



## Construction Courses - Health And Safety Awareness

# Health and Safety Awareness

This Site Safety Plus course is a popular route for anyone looking to take their first step towards obtaining a CSCS Labourers (Green) Card.

This one day course can be for those who have entered, or are about to enter, the construction and civil engineering industry. The course gives delegates an awareness of health and safety and how it affects their daily role.

### Overview:

This course is the first step towards a CSCS Labourers Card (Green Card) and to the progressive CITB Site Safety Plus suite of courses that range from training for operatives into the industry up to senior manager / director.

### Course structure:

- Their individual responsibilities for their own safety and the safety of others
- Typical construction hazards and how these are controlled
- How everyone can help achieve better practical standards of safety on site
- Legal requirements and liabilities
- Working at height
- Manual Handling
- Fire prevention
- Work equipment



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Occupational Health