



RIGHTSFORUSLTD
SHARING KNOWLEDGE

Health, Safety and Welfare Workshops 2016.

Catalogue and Price List.

health&safety
at work



Rights for US –R4U Ltd
Britannia House, Van Road
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Catalogue and Prices 2016

Health & Safety Training with R4U Ltd.

Training Catalogue and Price List 2016: As a minimum standard. All courses are provided with training content handouts and relevant certificates.

Asbestos Awareness Course - Asbestos Awareness Training is designed to ensure workers who may disturb asbestos through their work activity understand the risks associated with asbestos materials. We will help employers to comply with the law by ensuring that their workers are appropriately trained in order to work safely. Cost. £55.00 per delegate (for block bookings of 6 to 12 £320.00).

Blood-borne virus in the workplace – If you are involved in work where exposure to blood or other body fluids may occur this course is for you. The law states, employers have a legal duty to assess the risk of infection at work for employees and others. Employees must have adequate information, instruction and training on any risks to their health which they may face at work. This course is about: Preventing and or controlling the risk. Cost. £55.00 per delegate (for block bookings of 6 to 12 £320.00).

Contact Dermatitis and Work - Contact Dermatitis is a serious occupational skin disease, and many substances used at work are irritants or allergenic. This Workshop also includes information on latex dermatitis and an introduction to the problems of contact dermatitis and its solutions. The workshop will equip you with the skills to tackle dermal exposure even if you have no previous experience. Cost. £50.00 per delegate (for block bookings of 6 to 12 £290.00).

CoSHH Level 1. Awareness Course - The COSHH Awareness course is aimed at people who deal with hazardous substances on a day to day basis. Delegates will be briefed on the summary of HS&W regulations, the importance of following policies and procedures, safe handling and risk assessment of hazardous substances within their organisation. Completion of the course will give delegates a sound understanding of their personal and legal responsibilities for the control of chemical and hazardous substances. Cost. £60.00 per delegate (for block bookings of 6 to 12 £350.00).

Defibrillation - CPR Saving Lives (Automated External Defibrillation (AED) Awareness) –This course offers delegates a basic introduction into automated external defibrillators. Delegates will be introduced to the safe set-up and application of the external defibrillator. The training conforms to the current Resuscitation Council (UK) guidelines. Cost. £60.00 per delegate (for block bookings of 6 to 12 £350.00).

Display Screen Equipment and Assessments - To identify the hazards and risks associated with Display Screen Equipment. Delegates will have practical advice on working safely with DSE equipment and gain a basic understanding of the DSE Regulations 1992 as amended. Cost. £60.00 per delegate (for block bookings of 6 to 12 £350.00).



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Fire Awareness Training - For delegates to know how to reduce fire risks, deal with fires if appropriate and escape safely in the event of fire. This course is designed to give you the knowledge and confidence to act safely in the event of a fire, and to aid fire prevention at work. Complies with the Regulatory Reform (Fire Safety) Order 2006. A very stimulating and informative course. Cost £50.00 per delegate (for block bookings of 6 to 12 £290.00).

Fire Warden/Marshal Course - All employers are required to carry out an assessment of the risk of fire in their workplace. As part of their fire plan, an employer may appoint fire marshals, otherwise known as fire wardens, to carry out certain tasks. This will include routine inspections such as ensuring fire exits are kept clear and that fire-fighting appliances are in the right place and alarms are tested. Cost £60.00 per delegate (for block bookings of 6 to 12 £350.00).

First Aid Emergency at Work - The First Aid Emergency at Work training course enables people designated as a First Aider to carry out appropriate first aid in an emergency situation at work. At the end of the course the candidate will be able to: manage a casualty who is injured at work, or suffers from a serious illness, while waiting for more qualified medical help to arrive. Candidates will also have knowledge of the legal requirement of First Aid at Work. Cost £55.00 per delegate (for block bookings of 6 to 12 £320.00).

First Aid Emergency at Work Refresher Course - Annual refresher courses. This course does not replace the statutory Emergency First Aid at Work course, it is a refresher for qualified first-aiders to maintain their basic skills and keep up to date with any changes to first aid procedures. Cost £50.00 per delegate (for block bookings of 6 to 12 £290.00).

Food Hygiene and Safety Level 2 - Overall aim is to develop a level of understanding of the basic principles of food hygiene and safety in the catering industry. Complies with the formal training requirement showing compliance with legislation and covers major aspects of food hygiene: Includes an introduction to the New Allergen Laws. Cost £50.00 per delegate (for block bookings of 6 to 12 £290.00).

Food Allergen Awareness – This course explains the skills required and the understanding of allergens in catering to facilitate compliance with the Food Information for Consumers Regulations 2014. We ensure people are trained on how to prepare food for customers asking for food free of certain ingredients, that they understand the risks of allergen cross contamination and can explain to customers. Cost £40.00 per delegate (for block bookings of 6 to 12 £230.00).

Food Safety, Hazard Analysis and Critical Control Point Seven Principles Training – This course will develop your skills to comply with the HACCP principles at every stage of the food production (from purchasing, receiving, transportation, storage, preparation, handling, cooking to serving) and will show you how to develop policies for monitoring scrupulously Cost £60.00 per delegate (for block bookings of 6 to 12 £350.00).



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Health and Safety at Work Level 1 – This course has been developed to ensure that delegates are equipped with a basic knowledge of health and safety at work, including the duties under UK health and safety legislation. This course is an excellent induction tool for new employees but also a great way for people looking for work to show prospective employers they have a good basic understanding of Health and Safety requirements. Cost £60.00 per delegate (for block bookings of 6 to 12 £350.00).

Health and Safety at Work Level 2 – This course has been developed to ensure that delegates are equipped with a basic knowledge of health and safety at work, including the duties under UK health and safety legislation. This course is an excellent induction tool for new employees but also a great way for people looking for work to show prospective employers they have a good basic understanding of Health and Safety requirements. Cost £65.00 per delegate (for block bookings of 6 to 12 £380.00).

Intermediate Health and Safety at Work for Supervisors – This is a 4 day comprehensive course accredited to level 3 covers: Accidents at work , Management of health & safety, Risk assessment, Display screen equipment, Personal protective equipment, Fire safety, Manual handling, Principles of health & safety law, Hazardous substances. Cost £650.00 per course 1 to a maximum of 10.

Infection Control - An excellent workshop sharing knowledge with the delegates on precautions that are necessary and practicable to:-

- Prevent the spread of infection and prevent an acquired infection.
- Protect staff from developing an occupationally acquired infection.
- Ensure that staff members have an understanding of the necessary precautions needed in their line of work.
- Protect others from acquiring an infection

Cost £55.00 per delegate (for block bookings of 6 to 12 £320.00).

Manual Handling and TILE Certification – A comprehensive course that provides participants with information on up to date manual handling legislation including risk assessment. Successful completion of the course will enable delegates to:

- Explain the Risk Assessment process required by the Manual Handling Regulations.
- Explain the process of carrying out an individual assessment in line with T.I.L.E.
- Perform correct manual handling techniques for lifting and moving loads

Cost £60.00 per delegate (for block bookings of 6 to 12 £350.00).



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Noise Awareness Training – A comprehensive course that provides participants an overview of The Control of Noise at Work Regulations 2005. The Course focuses on key facts and will give delegates an understanding of the issues relating to the measurement and control of noise in their workplace. Cost £60.00 per delegate (for block bookings of 6 to 12 £350.00).

R4U Ltd Portable Appliance Training - PAT training courses - are delivered via our expert tutors who will teach you the fundamentals of portable appliance testing - give you an introduction to equipment and give you the skills you need to become a fully qualified PAT testing professional. The course is two days duration and can be at our training centre or a venue of your choice. Cost £180.00 per delegate (for block bookings of 6 to 12 £1040.00).

Reporting of Injuries, Diseases and Dangerous Occurrences RIDDOR - This health and safety training course explains: the requirements of RIDDOR, which applies to all work activities in the UK, including the offshore oil and gas industry. The course includes the amendments to RIDDOR which became law on 1st October 2013. BSI. Approved. Cost £60.00 per delegate (for block bookings of 6 to 12 £350.00).

Risk Assessor Training - Risk Assessment Course - Employers and the self- employed have a legal duty to assess health and safety risks. Become a competent assessor, with this workshop you can gain the knowledge and skills to enable you as a competent person to carry out risk assessments. Cost £180.00 per delegate (for block bookings of 6 to 12 £1040.00). Competent Risk Assessor Accreditation.

Risk and Data Protection Requirements 2015 workshop - The course explains what is expected of people who handle personal data, including information on how to keep data secure what to do if data is lost and how to handle subject access requests. The course will also present an overview of the proposed EU Data Protection reform planned for 2015. Cost £60.00 per delegate (for block bookings of 6 to 12 £350.00).