

TRAINING COURSES

- > HEALTH AND SAFETY
- > ENVIRONMENTAL MANAGEMENT
- > WORLDWIDE TRAINING AND CONSULTANCY
- > CLASSROOM
- > E-LEARNING
- > DISTANCE LEARNING
- > PUBLICATIONS
- > IN-COMPANY TRAINING

A wide-angle photograph of the Dubai skyline at sunset. The sky is a mix of soft pinks, purples, and blues, with scattered clouds. The city's skyscrapers are silhouetted against the horizon, with the Burj Khalifa being the most prominent. The water in the foreground is calm, creating a clear reflection of the city and the sky. The word 'CONTENTS' is written in large, white, sans-serif capital letters across the middle of the image, with a thin white horizontal line underneath it.

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TRAINING ALL OVER THE WORLD

Training Centres

UNITED KINGDOM
Birmingham
Glasgow
Leeds
London
Manchester
Newcastle
UNITED ARAB EMIRATES
Dubai
GEORGIA
Tbilisi
TUNISIA
Tunis

Partners

AUSTRALIA
Perth
CHINA
Shenzhen
EGYPT
Cairo
GHANA
Accra
IRAN
Tehran
KENYA
Nairobi

MALAYSIA
Kuala Lumpur
NEW ZEALAND
Tauranga
NIGERIA
Lagos
MALAYSIA
Kuala Lumpur
PAKISTAN
Karachi
PALESTINE
Ramallah

POLAND
Krakow
SAUDI ARABIA
Ras Tanura
SPAIN
Asturias
SUDAN
Khartoum
TRINIDAD AND TOBAGO
Macoya
TURKEY
Istanbul

Exam Centres

AFGHANISTAN Kabul	Newfoundland Ottawa	INDIA Bangalore	MALTA Mriehel	PORTUGAL Lisbon	Tunis
ALBANIA Tirana	Vancouver	Calcutta	MAURITIUS Rose Hill	QATAR Doha	TURKEY Ankara
ALGERIA Algiers Oran	CHILE Santiago	Chennai	MEXICO Mexico City	ROMANIA Bucharest	Istanbul
ANTIGUA St Johns	CHINA Beijing	Kerala (Cochin)	MOROCCO Casablanca	RUSSIAN FEDERATION Moscow	Izmir
ARGENTINA Buenos Aires	Hong Kong	Mumbai	Rabat	SAINT HELENA Jamestown	UAE Dubai
ARMENIA Yerevan	Shanghai	New Delhi	MOZAMBIQUE Maputo	SAINT LUCIA Castries	UGANDA Kampala
AUSTRALIA Adelaide Brisbane Melbourne Perth Sydney	Shen Zhen	IRAQ Baghdad	MYANMAR Yangon	SAUDI ARABIA Al Khobar	UKRAINE Izmail
AUSTRIA Vienna	COLOMBIA Bogota	Erbil	NAMIBIA Windhoek	Jeddah	Kiev
AZERBAIJAN Baku	CONGO Kinshasa	IRELAND Dublin	NEPAL Kathmandu	Riyadh	UNITED ARAB EMIRATES Abu Dhabi
BAHAMAS Grand Bahama	CROATIA Zagreb	ISRAEL Tel Aviv	NETHERLANDS Rotterdam	SERBIA Belgrade	UNITED STATES Anchorage
BAHRAIN Manama	CUBA Havana	ITALY Milan	NEW ZEALAND Auckland	SIERRA LEONE Freetown	Bay Minette
BANGLADESH Chittagong Dhaka	CYPRUS Nicosia	Rome	Christchurch	SINGAPORE Singapore	Bellevue
BARBADOS Saint Michael	CZECH REPUBLIC Prague	JAPAN Tokyo	Invercargill & Queenstown	SLOVAKIA Bratislava	Bellingham
BOSNIA AND HERZEGOVINA Sarajevo	DENMARK Copenhagen	JORDAN Amman	Timaru	SLOVENIA Ljubljana	Brooklyn
BOTSWANA Gaborone	ECUADOR Quito	KAZAKHSTAN Almaty	NIGERIA Abuja	SOUTH AFRICA Bloemfontein	College Station
BRAZIL Belo Horizonte Brasilia Sao Paulo	EGYPT Alexandria	KENYA Nairobi	Lagos	Cape Town	Fayetteville
BRUNEI DARUSSALAM Bandar Seri Begawan Darussalam	ERITREA Asmara	REPUBLIC OF KOREA Seoul	Port Harcourt	Johannesburg	Los Angeles
BULGARIA Sofia Varna	ESTONIA Tallinn	KOSOVO Prishtina	NORWAY Oslo	SPAIN Barcelona	Mankato
CAMEROON Douala Yaoundé	ETHIOPIA Addis Ababa	KUWAIT Safat	OMAN Muscat	Valencia	Morehead
CANADA British Columbia Calgary	FINLAND Helsinki	LATVIA Riga	PAKISTAN Islamabad	SRI LANKA Colombo	Murfreesboro
	FRANCE Paris	LEBANON Beirut	Karachi	Kandy	North Las Vegas
	GEORGIA Tbilisi	LIBYAN ARAB JAMAHIRIYA Tripoli	Lahore	SUDAN Khartoum	Tampa
	GHANA Accra	LITHUANIA Vilnius	Multan	SWITZERLAND Basel	Wilmington
	GIBRALTAR South Bastion	MACEDONIA Skopje	PALESTINIAN TERRITORY Gaza	TAIWAN Taipei	URUGUAY Montevideo
	GREECE Athens	MADAGASCAR Mahajanga	Ramallah	TANZANIA Dar Es Salaam	UZBEKISTAN Tashkent
	HUNGARY Budapest	MALAWI Blantyre	PERU Lima	THAILAND Bangkok	VIETNAM Hanoi
		MALAYSIA Kuala Lumpur	PHILIPPINES Manila	TRINIDAD AND TOBAGO Port of Spain	YEMEN Sana'a
		Penang	PANAMA Clayton	TUNISIA	ZAMBIA Lusaka
		Sarawak	PALESTINE Ramallah		ZIMBABWE Harare

RRC's global network of training centres partners and exam venues.

A close-up, over-the-shoulder view of a worker wearing a bright yellow hard hat and a dark grey jacket. The worker is looking towards a large, dark, cylindrical industrial component, likely a power transformer, which is out of focus in the background. The scene is set outdoors under a clear blue sky.

WHY RRC?

RRC design and deliver occupational health and safety, environmental management and quality management training throughout the world. Over our 85 year history, over a million students and thousands of businesses have chosen RRC as their preferred training provider. RRC's expert trainers and friendly support teams inspire total confidence in the individuals and companies they train and advise.

Quality Training from the Experts

Training is all about quality and this starts with our trainers. It has taken many years to build RRC's team of expert trainers and we are proud that we have the best international team of HSE trainers there is. This team is integral to everything we do; developing and updating our course content, delivering and assessing our courses, supporting our students, consulting and always making sure we are firmly focused on our customers' needs.

The team is a highly effective mix of academics, practitioners and consultants with a wide range of experience across all sectors. The team is led by Hasan Alaradi, RRC Director and HSE Practitioner.



Hasan Alaradi MSc RMST DipSM
CMIOSH MIIRSM – Managing
Director RRC Middle East
Operations

Excellence in Customer Service

Providing a good service is essential to us. Whether you are enquiring about a course, registering for your exam or visiting any one of our training centres, you can be confident that you will receive the best customer service from our excellent team of dedicated advisors.

Commitment to Quality

RRC's reputation has been built on quality and over our 85 year history, many hundreds of thousands of happy customers have enjoyed success in their qualifications and careers through studying with RRC.

We work closely with the awarding and industry bodies to ensure our courses are fully up-to-date and aligned with the latest syllabus revisions, legislation changes and exam procedures.

Our ISO 9001 accreditation demonstrates our commitment to continual improvement.

Great Results

RRC have an exceptional track record. The clear, engaging and interactive courses we deliver guarantee our students receive the best possible training and ensure they get a full understanding of the subject matter and how the assessment works. This not only leads to exam success but also develops the understanding and competency they will need to apply their knowledge in the workplace.



TRAINING FOR INDIVIDUALS

RRC deliver high-quality training to individuals in a number of ways to offer the best flexibility in studying around other commitments.

Classroom

RRC's classroom training provides an excellent and effective place for you to learn. Our team of experienced HSE trainers are the best in the world, with expert knowledge, practical experience and a passion for teaching.

With this, we provide first class training facilities, and excellent Customer Service. Our internationally-respected course materials have been developed specifically by us to provide you with the best possible resources for your chosen course.

e-Learning

e-Learning with RRC gives you the ultimate in flexibility. You can start your course at any time, study at your own pace, and study anywhere in the world.

Everything you need to successfully complete your course is provided in your RRC Learning Centre, and you will also receive unlimited tutor support from our expert trainers here.

NEBOSH International General Certificate courses are available in Spanish and Turkish.

Distance Learning

Distance learning courses are available in Arabic, French and Spanish. RRC has returned to its roots to develop and re-invent Distance Learning for the 21st Century. We provide a flexible, cost-effective way to deliver courses in other languages as well as English.

You are able to learn from RRC's high quality, full-colour materials and will also receive the all important unlimited tutor support.

Blended Learning

Blended learning is both a time- and cost-effective way to study. It combines classroom study with e-learning/online study and is available for both the NEBOSH National and International Diploma courses, dramatically reducing the classroom study time.

Revision

RRC Revision Guides are highly-effective publications which summarise the key points in the course and provide examples of exam-style questions with guidance as to how to construct a successful answer for each one.

RRC Revision Workshops focus on key topics that feature regularly in the exams, as well as providing guidance on how to tackle the exam itself.

Publications

RRC Study Materials are available in full colour and cover the full course content for your chosen course. RRC Materials are available for all NEBOSH, IOSH and IEMA courses.

RRC Reference Publications are designed to support students in their studies, and also act as an on-going reference guide for practitioners. Publications include RRC Law Guides, Step Notes and ISO 14001 reference guides.

A close-up of a silver microphone on a stand, positioned in the foreground. The background is a blurred audience of people sitting in rows of white chairs, with a red stage or backdrop visible in the distance. The text "TRAINING VENUES" is overlaid in white, bold, sans-serif font, with a horizontal line underneath the word "VENUES".

TRAINING VENUES

RRC classroom courses are run at a range of venues, chosen specifically for their state-of-the-art facilities and easy access from major road, rail and air links.

RRC Training Centres

All RRC's training centres provide ideal locations in which to learn, with top class facilities and equipment to ensure the perfect environment for our students and tutors.

UK

RRC's six UK training centres all provide excellent facilities and good access to local transport networks, hotels and guest houses.

London – RRC's main training centre is in Wimbledon, situated just a short walk from Wimbledon station and just 15 minutes from central London.

Birmingham, Glasgow, Leeds, Manchester, Newcastle – these venues are all high quality hotels or conference centres.

Dubai

RRC Middle East's Dubai training centre is situated in Oud Metha, with courses run at the centre and in local hotels. The airport is just 15 minutes away and there is a wide range of hotels and apartments close to all training venues.

Tunisia

RRC Tunisia is currently hosting its courses in hotels and conference centres in the centre of Tunis. 30 minutes from the airport and with a wide range of hotels close to the venues.

Georgia

RRC Georgia's training centre is in the centre of Tbilisi, 30 minutes from the airport and with a wide range of hotels nearby.



CORPORATE SERVICES

RRC travel the world delivering high quality training to our clients, whenever and wherever they need it. Our in-company training provides a cost-effective and convenient solution for organisations looking to train groups of employees.

In-Company Training

Any of the courses we offer can be delivered at your training facilities. If you would like the course structure to be changed, or would like to use blended learning, or group e-learning, we can work with you to find the best training solution to meet your requirements.

Our non-accredited short courses are extremely flexible and can be easily adapted to meet your specific organisational needs.

Courses can be delivered worldwide, and in a range of languages including English, Arabic, French, Spanish and Turkish.

Bespoke Training

If your organisation has a need for training, RRC can help you meet it. We are able to develop and deliver bespoke training that can be aligned to your internal training systems. We can also provide training in multiple languages to help you deliver your own internal training.

Consultancy

Our Consultancy services are tailored to meet the needs of our Customers. Throughout the project, RRC's professional consultants will be able to provide the advice and support you need to improve your health and safety and/or environmental performance effectively.

Our Consultancy Services are available in English, Arabic, French, Spanish and Turkish and include:

- > The development of HSE policy and procedures and implementation support
- > Management Support Systems
- > Gap Analysis
- > Risk Assessments
- > Office Safety Inspections
- > Emergency Management and Response Systems
- > Training Needs Analysis
- > Accident Investigation and Reports



COURSE GUIDE





NEBOSH AWARDS

- > **AWARD IN HEALTH AND SAFETY AT WORK**
AVAILABLE IN ARABIC AND FRENCH
- > **AWARD IN HEALTH, SAFETY AND ENVIRONMENT FOR THE PROCESS INDUSTRIES**
- > **AWARD IN ENVIRONMENTAL AWARENESS AT WORK**

NEBOSH QUALIFICATIONS ARE RECOGNISED THROUGHOUT THE WORLD AS SETTING THE STANDARD FOR HSE MANAGEMENT.

KEY

C Classroom **D** Distance Learning **E** e-Learning **I** In-Company **P** Publication



NEBOSH Award in Health and Safety at Work

AVAILABLE IN ARABIC AND FRENCH

The NEBOSH Award in Health and Safety at Work qualification is designed for workers in any sector who need a basic understanding of health and safety as part of their job. It also provides a perfect foundation for those looking towards a career in health and safety.

What you will study

UNIT HSW1 WORKPLACE SAFETY FOUNDATIONS

- > The Foundations of Health and Safety
- > The Responsibility for Health and Safety
- > Health and Safety Risk Assessment and Control
- > Transport Safety
- > Hazards and Controls Associated with Work Equipment
- > Hazards and Controls Associated with Working with Electricity
- > Fire Safety
- > Hazards and Controls Associated with Manual Handling and Repetitive Movement
- > Hazards and Controls Associated with Hazardous Substances
- > Hazards and Controls Associated with the Working Environment

UNIT HSW2 PRACTICAL APPLICATION

The completion of a short risk assessment activity.

Methods of study

- > Classroom – 3 days, plus exam (English, Arabic, French)
- > e-Learning – 24 hours of study (English)
- > Publications – Study Texts (English, Arabic, French)
- > In-Company – courses delivered worldwide

Assessment

The assessment consists of one multiple-choice examination and a short risk assessment activity.



NEBOSH Award in Health, Safety and Environment for the Process Industries

This NEBOSH Award is designed to provide process operators and technicians with an understanding of health, safety and environmental management within process industries, such as chemical, pharmaceutical, petrochemical and food processing. The Award covers a broad range of topics at an introductory level, as well as common safety and environmental issues specifically associated with process safety.

What you will study

UNIT HSE1 HEALTH, SAFETY AND ENVIRONMENT FOR THE PROCESS INDUSTRIES

- > The Foundations of Health and Safety
- > The Responsibility for Health and Safety
- > Health and Safety Risk Assessment and Control
- > Hazards and Controls Associated with Work Equipment
- > Transport Safety
- > Hazards and Controls Associated with Working with Electricity
- > Fire Safety
- > Hazards and Controls Associated with Manual Handling and Repetitive Movement
- > Hazards and Controls Associated with Hazardous Substances
- > Hazards and Controls Associated with the Working Environment
- > The Foundations of Process Safety
- > Systems to Prevent Loss of Containment
- > Common Hazards, Risks and Controls in the Chemical Industry
- > Plant Integrity
- > Planning for Emergencies
- > Foundations in Environmental Management
- > Control of Emissions
- > Environmental Risk Assessments (Impact Assessment)

Methods of study

- > Classroom – 5 days plus exam
- > e-Learning – 44 hours of study
- > Publications – Study Texts
- > In-Company – courses delivered worldwide

Assessment

The assessment consists of one multiple-choice examination.



NEBOSH Award in Environmental Awareness at Work

The NEBOSH Environmental Award provides an introduction to environmental issues within the workplace and is aimed at those needing a basic understanding of environmental issues or who are looking to introduce, or improve the performance of, an Environmental Management System.

What you will study

ELEMENT 1 - FOUNDATIONS OF ENVIRONMENTAL AWARENESS

- > Meaning of key environmental terms
- > Sustainability
- > Components and certification of an environmental management system

ELEMENT 2 – POLLUTION, IMPACT ASSESSMENT AND EMERGENCIES

- > Principles and practice of risk assessments
- > Air, water and land pollution
- > Environmental noise
- > Waste management
- > Environmental emergencies

Methods of study

- > Classroom – 1 day
- > In-Company – courses delivered worldwide

Assessment

The assessment consists of one 30-minute multiple-choice examination.



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Approved centre
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NEBOSH CERTIFICATES

- **INTERNATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY**
AVAILABLE IN ARABIC, FRENCH, SPANISH AND TURKISH
- **INTERNATIONAL CERTIFICATE IN CONSTRUCTION HEALTH AND SAFETY**
- **INTERNATIONAL CERTIFICATE IN FIRE SAFETY AND RISK MANAGEMENT**
- **HSE CERTIFICATE IN PROCESS SAFETY MANAGEMENT**
- **INTERNATIONAL CERTIFICATE IN ENVIRONMENTAL MANAGEMENT**
- **NATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY**
- **NATIONAL CERTIFICATE IN CONSTRUCTION HEALTH AND SAFETY**
- **NATIONAL CERTIFICATE IN FIRE SAFETY AND RISK MANAGEMENT**
- **NATIONAL CERTIFICATE IN THE MANAGEMENT OF HEALTH AND WELL-BEING AT WORK**
- **INTERNATIONAL TECHNICAL CERTIFICATE IN OIL AND GAS OPERATIONAL SAFETY**

KEY



Classroom



Distance Learning



e-Learning



In-Company



Publication



NEBOSH International General Certificate in Occupational Health and Safety

AVAILABLE IN ARABIC, FRENCH, SPANISH AND TURKISH

The NEBOSH International General Certificate provides an excellent foundation in health and safety for managers, supervisors, employee representatives and people starting out on a career in health and safety. The certificate is relevant to all types of organisations and helps its holders manage risks effectively.

What you will study

UNIT IGC1: MANAGEMENT OF INTERNATIONAL HEALTH AND SAFETY

- > Foundations in Health and Safety
- > Health and Safety Management Systems – PLAN
- > Health and Safety Management Systems – DO
- > Health and Safety Management Systems – CHECK
- > Health and Safety Management Systems – ACT

UNIT GC2: CONTROLLING WORKPLACE HAZARDS

- > Workplace Hazards and Risk Control
- > Transport Hazards and Risk Control
- > Musculoskeletal Hazards and Risk Control
- > Work Equipment Hazards and Risk Control
- > Electrical Safety
- > Fire Safety
- > Chemical and Biological Health Hazards and Risk Control
- > Physical and Psychological Health Hazards and Risk Control

UNIT GC3: INTERNATIONAL HEALTH AND SAFETY PRACTICAL APPLICATION

The completion of a health and safety assessment of a workplace and report to management.

Methods of study

- > Classroom – 10 days plus exam (English, Arabic, French, Spanish, Turkish)
- > e-Learning – 130 hours of study (English, Spanish, Turkish)
- > Distance Learning – 130 hours of study (Arabic, French, Spanish)
- > Publications – Study Texts (English, Arabic, French, Spanish) and Revision Guides (English)
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a workplace.



NEBOSH International Certificate in Construction Health and Safety

The NEBOSH International Construction Certificate has been designed to provide those making day-to-day decisions in construction work with the knowledge they need to ensure that the health and safety implications of their decisions are properly taken into account. It is designed for supervisors and managers within the international construction industry.

What you will study

UNIT IGC1: MANAGEMENT OF INTERNATIONAL HEALTH AND SAFETY

(see NEBOSH International General Certificate)

UNIT ICC1: MANAGING AND CONTROLLING HAZARDS IN INTERNATIONAL CONSTRUCTION ACTIVITIES

- > Construction Management
- > Construction Site – Hazards and Risk Control
- > Vehicle and Plant Movement – Hazards and Risk Control
- > Musculoskeletal Hazards and Control
- > Work Equipment – Hazards and Risk Control
- > Electrical Safety
- > Fire Safety
- > Chemical and Biological Health – Hazards and Risk Control
- > Physical and Psychological Health – Hazards and Risk Control
- > Working at Height – Hazards and Risk Control
- > Excavation Work and Confined Spaces – Hazards and Risk Control
- > Demolition and Deconstruction – Hazards and Risk Control

UNIT ICC2: INTERNATIONAL CONSTRUCTION PRACTICAL APPLICATION

The completion of a health and safety assessment of a construction site and report to management.

Methods of study

- > Classroom – 13 days plus exam
- > e-Learning – 160 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a construction site.



NEBOSH International Certificate in Fire Safety and Risk Management

The NEBOSH International Fire Certificate provides the knowledge to carry out fire risk assessments and identify the range of protective and preventive measures you need to minimise the risk of fire. This course is designed for anyone with fire safety responsibilities in the workplace and is suitable for managers, supervisors and employee representatives.

What you will study

UNIT IGC1: MANAGEMENT OF INTERNATIONAL HEALTH AND SAFETY

(see NEBOSH International General Certificate)

UNIT IFC1: INTERNATIONAL FIRE SAFETY AND RISK MANAGEMENT

- > Managing Fire Safety
- > Principles of Fire and Explosion
- > Causes and Prevention of Fire and Explosions
- > Fire Protection in Buildings
- > Safety of People in the Event of Fire
- > Fire Safety Risk Assessment

UNIT IFC2: FIRE SAFETY PRACTICAL APPLICATION

The completion of a fire safety risk assessment of a workplace.

Methods of study

- > Classroom – 9 days plus exam
- > e-Learning – 120 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical fire risk assessment of a workplace.



NEBOSH HSE Certificate in Process Safety

The NEBOSH HSE Certificate in Process Safety Management is designed specifically for those with safety responsibilities in the process industry, such as oil and gas, chemicals, plastics and pharmaceuticals. The course has been developed through a collaboration between NEBOSH and the Health and Safety Executive (HSE) - the UK's Health & Safety Regulator.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT PSM1: PROCESS SAFETY MANAGEMENT

Comprises four elements:

- > Process Safety Leadership
- > Management of Process Risk
- > Process Safety Hazard Control
- > Fire Protection and Emergency Response

With topics including:

- > Establishment of process management systems
- > Asset management and maintenance strategies
- > Safe start-up and shutdown of process plant
- > Performance standards for safety critical systems and equipment
- > Hazards and controls for:
 - Chemical reactions
 - Bulk storage of dangerous substances
 - Fire and explosion
- > Purpose and features of emergency plans

Methods of study

- > Classroom – 4 days plus exam
- > e-Learning – 48 hours of study
- > In-company – courses delivered worldwide

Assessment

The assessment consists of one 90 minute examination.



NEBOSH Certificate in Environmental Management

The NEBOSH Environmental Certificate is aimed at managers, supervisors and staff from all types of organisations who need a broad understanding of environmental management issues. It provides a good overview of environmental management systems, including the relevant international standards and best practices for control of environmental hazards.

What you will study

UNIT EC1: MANAGEMENT AND CONTROL OF ENVIRONMENTAL HAZARDS

- > Foundations in Environmental Management
- > Environmental Management Systems
- > Environmental Impact Assessments
- > Control of Emissions to Air
- > Control of Contamination of Water Sources
- > Control of Waste and Land Use
- > Sources of Use of Energy and Energy Efficiency
- > Control of Environmental Noise
- > Planning For and Dealing With Environmental Emergencies

UNIT EC2: PRACTICAL APPLICATION

The completion of an environmental review of a workplace and report to management.

Methods of study

- > Classroom – 5 days plus exam
- > e-Learning – 70 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of one examination and a practical assessment.



NEBOSH National General Certificate in Occupational Health and Safety

The NEBOSH National General Certificate provides an excellent foundation in occupational safety and health for all types of organisations. It is suitable for managers, supervisors, employee representatives and those starting a career in health and safety. This qualification enables holders to manage risks effectively.

What you will study

UNIT NGC1: MANAGEMENT OF HEALTH AND SAFETY

- > Foundations in Health and Safety
- > Plan
- > Do
- > Check
- > Act

UNIT GC2: CONTROLLING WORKPLACE HAZARDS

- > Workplace Hazards and Risk Control
- > Transport Hazards and Risk Control
- > Musculoskeletal Hazards and Risk Control
- > Work Equipment Hazards and Risk Control
- > Electrical Safety
- > Fire Safety
- > Chemical and Biological Health Hazards and Risk Control
- > Physical and Psychological Health Hazards and Risk Control

UNIT GC3: HEALTH AND SAFETY PRACTICAL APPLICATION

The completion of a health and safety assessment of a workplace and report to management.

Methods of study

- > Classroom – 10 days plus exam
- > e-Learning – 130 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a workplace.



NEBOSH National Certificate in Construction Safety and Health

The NEBOSH National Construction Certificate has been designed to provide those making day-to-day decisions in construction work with the knowledge they need to ensure that the health and safety implications of their decisions are properly taken into account.

What you will study

UNIT NGC1: MANAGEMENT OF HEALTH AND SAFETY
(see NEBOSH National General Certificate)

UNIT NCC1: MANAGING AND CONTROLLING
HAZARDS IN CONSTRUCTION ACTIVITIES

- > Construction Law and Management
- > Construction Site – Hazards and Risk Control
- > Vehicle and Plant Movement – Hazards and Risk Control
- > Musculoskeletal Hazards and Risk Control
- > Work Equipment – Hazards and Risk Control
- > Electrical Safety
- > Fire Safety
- > Chemical and Biological Health – Hazards and Risk Control
- > Physical and Psychological Health – Hazards and Risk Control
- > Working at Height – Hazards and Risk Control
- > Excavation Work and Confined Spaces – Hazards and Risk Control
- > Demolition and Deconstruction – Hazards and Risk Control

UNIT NCC2: CONSTRUCTION HEALTH AND SAFETY
PRACTICAL APPLICATION

The completion of a health and safety assessment of a construction site and report to management.

Methods of study

- > Classroom – 13 days plus exam
- > e-Learning – 160 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a construction site.



NEBOSH National Certificate in Fire Safety and Risk Management

The NEBOSH National Certificate in Fire Safety and Risk Management is designed for those with fire-safety responsibilities in the workplace. It is ideal for managers and supervisory staff who need to ensure that their organisation meets its responsibilities under fire-safety legislation. This qualification equips holders to carry out fire risk assessments of most low-risk workplaces and to identify the range of fire protective and preventive measures required.

What you will study

UNIT NGC1: MANAGEMENT OF HEALTH AND SAFETY
(see NEBOSH National General Certificate)

UNIT FC1: FIRE SAFETY AND RISK MANAGEMENT

- > Managing Fire Safety
- > Principles of Fire and Explosion
- > Causes and Prevention of Fires and Explosions
- > Fire Protection in Buildings
- > Safety of People in the Event of Fire
- > Fire Safety Risk Assessment

UNIT FC2: FIRE SAFETY PRACTICAL APPLICATION

The completion of a workplace fire risk assessment.

Methods of study

- > Classroom – 9 days plus exam
- > e-Learning – 125 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a workplace.



NEBOSH National Certificate in the Management of Health and Well-Being at Work

The NEBOSH Health and Well-being Certificate is aimed at general managers, supervisors, health and safety and HR personnel who have responsibility for, or involvement in, the health and well-being of employees as part of their day-to-day duties. It will benefit companies in all sectors who are seeking to improve the efficiency and morale of their workforce.

What you will study

UNIT 1: MANAGING HEALTH AND WELL-BEING IN THE WORKPLACE

- > Introduction to Workplace Health
- > Effects of Health on Work
- > Effects of Work on Health
- > Management of Attendance
- > Mental Health at Work
- > Management of People with Musculoskeletal Disorders
- > Workplace Health Promotion
- > Workplace Health Support

UNIT 2: PRACTICAL APPLICATION

The completion of a health review at a workplace.

Methods of study

- > Classroom – 5 days plus exam
- > e-Learning – 55 hours of study
- > Publications – Study Texts
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a 2-hour examination and a practical assessment.



NEBOSH International Technical Certificate in Oil and Gas Operational Safety

The NEBOSH International Oil and Gas Certificate is designed specifically for those with safety responsibilities in the oil and gas industry. It focuses on international standards and management systems, highlighting the importance of process safety management in the oil and gas industry, enabling holders of the certificate to discharge workplace safety responsibilities effectively both onshore and offshore.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT IOG1: THE MANAGEMENT OF INTERNATIONAL OIL AND GAS OPERATIONAL SAFETY

- > Health, Safety and Environmental Management in Context
- > Hydrocarbon Process Safety
- > Fire Protection and Emergency Response
- > Logistics and Transport Operations

Methods of study

- > Classroom – 5 days plus exam
- > e-Learning – 55 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of one 2-hour examination.



nebosh

Approved centre
335

NEBOSH DIPLOMAS

- › INTERNATIONAL DIPLOMA IN OCCUPATIONAL HEALTH AND SAFETY
- › NATIONAL DIPLOMA IN OCCUPATIONAL HEALTH AND SAFETY
- › NATIONAL DIPLOMA IN ENVIRONMENTAL MANAGEMENT
- › INTERNATIONAL DIPLOMA IN ENVIRONMENTAL MANAGEMENT

NEBOSH DIPLOMA — THE GLOBAL STANDARD FOR HSE MANAGERS

KEY

B Blended Learning **C** Classroom **E** e-Learning **I** In-Company **P** Publication



NEBOSH International Diploma in Occupational Health and Safety

The NEBOSH International Diploma is a prestigious and demanding professional qualification for those wanting to advance their career in occupational health and safety. The NEBOSH Diploma is fast becoming recognised around the world as the global standard for health and safety professionals.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT IA: INTERNATIONAL MANAGEMENT OF HEALTH AND SAFETY

- > Principles of Health and Safety Management
- > Regulating Health and Safety
- > Loss Causation and Incident Investigation
- > Measuring and Reviewing Health and Safety Performance
- > The Assessment and Evaluation of Risk
- > Risk Control
- > Organisational Factors
- > Human Factors
- > The Role of the Health and Safety Practitioner

UNIT IB: INTERNATIONAL CONTROL OF HAZARDOUS AGENTS IN THE WORKPLACE

- > Managing Occupational Health
- > Identification, Assessment and Evaluation of Hazardous Substances
- > The Control of Hazardous Substances
- > The Monitoring and Measuring of Hazardous Substances
- > Biological Agents
- > Noise and Vibration
- > Radiation
- > Mental Ill-Health and Dealing with Violence and Aggression at Work
- > Noise and Vibration
- > Radiation
- > Mental Ill-Health and Dealing with Violence and Aggression at Work
- > Musculoskeletal Risks and Controls
- > Work Environment Risks and Controls

UNIT IC: INTERNATIONAL WORKPLACE AND WORK EQUIPMENT SAFETY

- > Workplace Welfare Requirements and Specific Workplace Issues
- > Fire and Explosion
- > Workplace Fire Risk Assessment
- > The Storage, Handling and Processing of Dangerous Substances
- > Work Equipment
- > Workplace Machinery
- > Mechanical Handling
- > Mobile, Lifting, Access and Work at Height Equipment
- > Electrical Safety
- > Construction and Works of a Temporary Nature - Hazards and Controls
- > Workplace Transport and Managing Work-Related Road Risk

UNIT DNI: INTERNATIONAL APPLICATION OF HEALTH AND SAFETY THEORY AND PRACTICE

This unit comprises an 8,000-word assignment for submission after completion of units IA, IB and IC.

Methods of study

- > Blended – 300 hours of private study + 15 days classroom attendance plus exams
- > e-Learning – 475 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

Units IA, IB and IC are assessed by a three hour written assessment and Unit DNI is assessed by an 8,000 word workplace assignment. All four Units must be successfully completed to be awarded the NEBOSH International Diploma.



NEBOSH National Diploma in Occupational Health and Safety

The NEBOSH National Diploma is a prestigious and demanding qualification aimed at occupational health and safety practitioners. Firmly established as the UK's leading qualification for health and safety professionals, the NEBOSH Diploma is now rapidly setting the standard internationally.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT A: MANAGING HEALTH AND SAFETY

- > Principles of Health and Safety Management
- > Principles of Health and Safety Law
- > Criminal Law
- > Civil Law
- > Loss Causation and Incident Investigation
- > Measuring and Reviewing Health and Safety Performance
- > The Assessment and Evaluation of Risk
- > Risk Control
- > Organisational Factors
- > Human Factors
- > The Role of the Health and Safety Practitioner

UNIT B: HAZARDOUS SUBSTANCES/AGENTS

- > Managing Occupational Health
- > Identification, Assessment and Evaluation of Hazardous Substances
- > The Control of Hazardous Substances
- > The Monitoring and Measuring of Hazardous Substances
- > Biological Agents
- > Noise and Vibration
- > Radiation
- > Mental Ill-Health and Dealing with Violence and Aggression at Work
- > Musculoskeletal Risks and Controls
- > Work Environment Risks and Controls

UNIT C: WORKPLACE AND WORK EQUIPMENT SAFETY

- > Workplace Welfare Requirements and Specific Workplace Issues
- > Fire and Explosion
- > Workplace Fire Risk Assessment
- > The Storage, Handling and Processing of Dangerous Substances
- > Work Equipment
- > Workplace Machinery
- > Mobile, Lifting, Access and Work at Height Equipment
- > Electrical Safety
- > Construction and Works of a Temporary Nature - Hazards and Controls
- > Workplace Transport and Managing Work-Related Road Risk

UNIT DNI: APPLICATION OF HEALTH AND SAFETY THEORY AND PRACTICE

This unit comprises an 8,000-word assignment for submission after completion of units A, B and C.

Methods of study

- > Classroom – 31 days plus exam
- > Blended – 300 hours of private study + 15 days classroom attendance plus exams
- > e-Learning – 468 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

Units A, B and C are assessed by written examination and Unit DNI by assignment. All four units must be successfully completed to be awarded the NEBOSH National Diploma.



NEBOSH National Diploma in Environmental Management

The NEBOSH Diploma in Environmental Management has been designed for those responsible for the management of environmental risk, popular with safety professionals looking to expand their competence.

Entry Requirement

Knowledge of the English legal system is recommended.

What you will study

UNIT ED1 – CONTROLLING ENVIRONMENTAL ASPECTS

- > Key environmental cycles and the effects of human activity on the environment
- > Environmental leadership
- > Environmental management systems and emergency planning
- > Environmental risk evaluation and control
- > Environmental performance evaluation
- > Sustainability
- > Waste management
- > Managing emissions to the atmosphere
- > Managing emissions to the water environment
- > Control of environmental noise
- > Hazardous substances and contaminated land
- > Energy use

UNIT NDEM2 – ENVIRONMENTAL REGULATION

Comprises 3 elements:

- > Enforcement of environmental legislation
- > Civil liability
- > Pollution prevention and control legislation

Methods of study

- > Classroom – 15 days plus exam (10 days for Environmental Certificate holders)
- > e-Learning – 235 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

Unit ED1 is assessed by a 3-hour examination and Unit NDEM2 a work-based project.



NEBOSH International Diploma in Environmental Management

The NEBOSH Diploma in Environmental Management has been designed for those responsible for the management of environmental risk, popular with safety professionals looking to expand their competence.

Entry Requirement

A good understanding of environmental issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT ED1 – CONTROLLING ENVIRONMENTAL ASPECTS

- > Key environmental cycles and the effects of human activity on the environment
- > Environmental leadership
- > Environmental management systems and emergency planning
- > Environmental risk evaluation and control
- > Environmental performance evaluation
- > Sustainability
- > Waste management
- > Managing emissions to the atmosphere
- > Managing emissions to the water environment
- > Control of environmental noise
- > Hazardous substances and contaminated land
- > Energy use

UNIT IDEM2 – ENVIRONMENTAL REGULATION

Comprises 2 elements:

- > Enforcement of environmental legislation
- > Pollution prevention and control legislation

Methods of study

- > e-Learning – 235 hours of study
- > Publications – Study Texts and Revision Guides

Assessment

Unit ED1 is assessed by a 3-hour examination and Unit IDEM2/NDEM2 a work-based project.



IEMA COURSES

- FOUNDATION CERTIFICATE IN ENVIRONMENTAL MANAGEMENT
- CERTIFICATE IN ENVIRONMENTAL MANAGEMENT
- LEAD ENVIRONMENTAL AUDITOR
- WORKING WITH ENVIRONMENTAL SUSTAINABILITY
- MANAGING WITH ENVIRONMENTAL SUSTAINABILITY
- LEADING WITH ENVIRONMENTAL SUSTAINABILITY

INSTITUTE OF ENVIRONMENTAL MANAGEMENT AND ASSESSMENT (IEMA) IS A UK BASED MEMBERSHIP ORGANISATION ESTABLISHED TO PROMOTE BEST PRACTICE IN ENVIRONMENTAL MANAGEMENT, AUDITING AND ASSESSMENT.

KEY



Classroom



e-Learning



In-Company



Publication



IEMA Certificate in Environmental Management

The IEMA Certificate in Environmental Management provides detailed knowledge of environment and sustainability principles, and will arm you with management tools and skills to deliver positive change. It is aimed at staff who already have a foundation level of environmental/sustainability knowledge (gained from work experience or through a course such as the IEMA Foundation Certificate).

What you will study

- > Implications of global trends for the environment, society, the economy and for organisations and the role of an environment/ sustainability professional in overcoming these challenges
- > Sustainable business/governance models and principles
- > Environmental principles
- > Major policy and legislation
- > Major tools, techniques, systems and practices to develop sustainable products and services and improve sustainability performance
- > The role of innovation in developing sustainable products, services and solutions
- > Data collection, critical analysis and information reporting to inform decision making
- > Problem identification and opportunity assessment for delivery of innovative and sustainable products and services
- > Effective communications
- > Stakeholder identification and engagement
- > Tools, techniques, systems and practices to identify opportunities and risks
- > Project and programme delivery to achieve performance improvements
- > Implementing change and transformation

Methods of study

- > Classroom – 15 days
- > e-Learning – 120 hours of study
- > In-company – courses delivered worldwide

Assessment

Assessed by assignments for each module and an assessment of competence (this forms Module 4 of the programme).



IEMA Foundation Certificate in Environmental Management

This IEMA Foundation Certificate in Environmental Management provides a solid foundation of environment and sustainability knowledge to build on. It is aimed at staff who have recently become involved in environmental management.

What you will study

- > Implications of global trends for the environment, society, the economy and for organisations
- > Sustainable business/governance principles
- > Environmental Principles
- > Major policy and legislation
- > Major tools, techniques, systems and practices to improve sustainability performance
- > The role of innovation in developing sustainable products, services and solutions
- > Data collection, analysis and evaluation
- > Research and planning for sustainable solutions
- > Effective communications and feedback
- > Stakeholder engagement
- > Tools and techniques to identify opportunities and risks
- > Environmental and sustainability performance improvement

Methods of study

- > Classroom – 5 days
- > e-Learning – 40 hours of study
- > In-company – courses delivered worldwide

Assessment

The assessment comprises a 1-hour multiple choice exam, which is completed on-line.



IEMA Lead Environmental Auditor

The IEMA Lead Environmental Auditor is designed for environmental practitioners conducting 1st, 2nd and 3rd-party EMS audits. It provides the knowledge and understanding required for competence in this field but must be combined with appropriate experience.

Entry Requirement

Participants must have a good understanding of ISO 14001 before attending this course; this can be gained through completing another of RRC's IEMA-approved training courses.

What you will study

- > Environmental Issues
- > Aspects and Impacts Identification
- > Evaluation and Explanation of the Significance of Environmental Impacts
- > Analysis and Validation of Objectives, Targets, Management and Monitoring Regimes
- > Audit Standards and Types
- > Environmental Legal and Other Requirements
- > Audit Roles and Responsibilities
- > The Audit Process
- > Audit Competencies

Methods of study

- > Classroom – 5 days
- > In-company – courses delivered worldwide

Assessment

The assessment comprises a multiple-choice exam and a coursework assignment.



IEMA Working with Environmental Sustainability

The IEMA Certified Working with Environmental Sustainability course is a practical introduction. It is designed to help you embed environmental sustainability in all areas of your company. It will aid compliance and inform discussions at grass roots level, allowing all workers to contribute to improvements in environmental sustainability in the organisation. Because it is not aimed at environmental specialists, it will suit any job role in any sector and can be tailored for individual company needs.

What you will study

- > Main Environmental Risks and Opportunities facing Organisations
- > Importance of Resource Efficiency
- > Impacts of Pollution, Prevention, Control and Legislation on the Organisation
- > Impact of Transport on the Environment and Organisation
- > How Employees can Practically Support Environmental Sustainability

Methods of study

In-company – 1 day (courses delivered worldwide)

Assessment

The assessment comprises a multiple-choice exam.



IEMA Managing with Environmental Sustainability

The IEMA Certified Managing with Environmental Sustainability course is aimed at managers, supervisors and other implementers. It is designed to give them a strategic and operational overview of environmental sustainability to help them translate strategy into plans and inform decisions. It can be tailored to individual organisations.

What you will study

- > Strategic Opportunities and Constraints Environmental Sustainability presents to the Organisation
- > Importance of Resource Efficiency
- > Impact of Environmental Sustainability across the Value Chain
- > Impacts of Pollution, Prevention, Control and Environmental Legislation in the Organisation
- > How you can Support Environmental Sustainability in the Workplace

Methods of study

- > In-company – 2 days (courses delivered worldwide)

Assessment

The assessment comprises a short written exam.



IEMA Leading with Environmental Sustainability

The IEMA Certified Leading with Environmental Sustainability course is a half-day workshop that will challenge leaders in your organisation to take account of sustainability in your strategic objectives. It will change the way you do business. It is designed for high level decision makers in any organisation, regardless of sector.

What you will study

- > What Environmental Sustainability means for the organisation
- > Is the Organisation's strategy fit for purpose?
- > Which organisations are leading with Environmental Sustainability and Why?
- > The Implications of complying with Environmental Law
- > What would a new strategy look like?

Methods of study

- > In-company – ½ day (courses delivered worldwide)

Assessment

The course is not assessed (no exam).



IOSH COURSES

- › SAFETY FOR EXECUTIVES AND DIRECTORS
- › MANAGING SAFELY
- › WORKING SAFELY
- › LEADING SAFELY

THE INSTITUTION OF OCCUPATIONAL SAFETY AND HEALTH (IOSH) IS THE UK CHARTERED BODY FOR HEALTH AND SAFETY PROFESSIONALS AND THE WORLD'S BIGGEST PROFESSIONAL HEALTH AND SAFETY MEMBERSHIP ORGANISATION.

KEY

C Classroom **E** e-Learning **I** In-Company **P** Publication



IOSH Safety for Executives and Directors

IOSH Safety for Executives and Directors aims to provide directors/owners of small and medium-sized enterprises with an understanding of the moral, legal and business cases for health and safety management, and to give guidance on effective risk management.

What you will study

- > The Moral, Legal and Financial Case for Safety
- > PLAN - Planning for Health and Safety
- > DO - Delivering Health and Safety
- > CHECK - Monitoring Health and Safety
- > ACT - Reviewing Health and Safety

Methods of study

- > Classroom – 1 day
- > Publications – Study Texts
- > In-company – courses delivered worldwide

Assessment

The assessments comprise a multiple-choice and short-answer exam and a short project.



IOSH Managing Safely

IOSH Managing Safely is designed for managers & supervisors across all industries. It provides essential knowledge and understanding of how to manage health & safety, and will ensure they understand their health & safety responsibilities and can perform their roles successfully.

What you will study

- > Introducing Managing Safely
- > Assessing Risk
- > Controlling Risks
- > Understanding Responsibilities
- > Understanding Hazards
- > Investigating Incidents
- > Measuring Performance

Methods of study

- > Classroom – 3 days
- > e-Learning – 25 hours of study
- > Publications – Study Texts
- > In-company – courses delivered worldwide

Assessment

The assessment comprises a 30 question mixed format exam and a short practical assessment.



IOSH Working Safely

IOSH Working Safely is aimed at all employees and is designed to improve the safety culture within an organisation. It focuses on how individual actions contribute to health and safety in the workplace.

What you will study

- > Introducing Working Safely
- > Defining Hazard and Risk
- > Identifying Common Hazards
- > Improving Safety Performance

Methods of study

- > Classroom – 1 day
- > e-Learning – 8 hours of study
- > Publications – Study Texts
- > In-company – courses delivered worldwide

Assessment

The assessments comprise a multiple-choice and short-answer exam and a short project.



IOSH Leading Safely

IOSH Leading Safely is designed for Directors, Senior Managers and anyone with leadership responsibilities. The course focuses on coaching you to become an effective leader for health and safety.

What you will study

- > Diagnosing your current behaviours (using a mobile app questionnaire before the course)
- > Understanding safety and health leadership, its importance and key behaviours
- > Looking at when things go wrong - case studies
- > Getting leadership right - case studies
- > Actions and commitment - reviewing your behaviours and making personal commitments for change

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

IOSH Leading Safely is assessed by the quality of your personal action plan.

NVQ COURSES

> **NVQ CERTIFICATE (QCF LEVEL 3)**

NVQS ARE WORK-BASED AND ARE NOT A COURSE OF STUDY; THEY ARE A WAY OF PROVING YOUR COMPETENCE BY BUILDING A COLLECTION OF EVIDENCE (A 'PORTFOLIO') WHICH IS ASSESSED AGAINST SPECIFIC CRITERIA.

ENTRY REQUIREMENTS

- > YOU NEED A GOOD LEVEL OF ENGLISH LANGUAGE.
- > YOU NEED TO BE WORKING IN A HEALTH AND SAFETY ROLE SO THAT YOU CAN GATHER THE EVIDENCE YOU NEED.
- > YOU SHOULD ORDINARILY BE RESIDENT AND WORKING IN ENGLAND, SCOTLAND OR WALES, AS IT MAY BE NECESSARY FOR AN ASSESSOR AND/OR VERIFIER TO DIRECTLY OBSERVE YOU IN YOUR OWN WORKPLACE.



NVQ Level 3 Certificate in Occupational Health and Safety

The NVQ level 3 Certificate in Occupational Health and Safety is ideal if you do not have a health and safety qualification at this level but have some health and safety responsibility, authority and autonomy. The C&G NVQ Certificate is accepted by IOSH for TechIOSH membership.

Content

To achieve this qualification you need to achieve a minimum 31 credits from the 5 mandatory units (23 credits) plus a minimum of 8 credits from 2 optional units.

MANDATORY UNITS

- > Unit 1: Ensure Responsibility for Actions to Reduce Risks to Health and Safety (4 credits)
- > Unit 2: Develop Procedures to Safely Control Work Operations (4 credits)
- > Unit 3: Monitor Procedures to Safely Control Work Operations (5 credits)
- > Unit 4: Promote a Culture of Health and Safety in the Workplace (4 credits)
- > Unit 5: Conduct a Health and Safety Risk Assessment of the Workplace (6 credits)

OPTIONAL UNITS

- > Unit 6: Investigate and Evaluate Health and Safety Incidents and Complaints in the Workplace (5 credits)
- > Unit 7: Make sure Actions in the Workplace aim to Protect the Environment (4 credits)
- > Unit 8: Review Health and Safety Procedures in the Workplace (4 credits)
- > Unit 9: Supervise the Health, Safety and Welfare of a Learner in the Workplace (4 credits)

Assessment

Assessment is based upon the evidence that you provide demonstrating that you have met all of the assessment requirements. Evidence can include documents, videos, photographs and witness statements. All evidence is uploaded to RRC's e-Portfolio system where it will be assessed by your assessor.



Chartered
Institute of
Environmental
Health

CIEH COURSES

- > INTRODUCTORY CERTIFICATE IN FOOD SAFETY
- > FOUNDATION CERTIFICATE IN FOOD SAFETY
- > INTERMEDIATE CERTIFICATE IN FOOD SAFETY
- > INTRODUCTORY CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY
- > FOUNDATION CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY
- > INTERMEDIATE CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY

THE CHARTERED INSTITUTE OF ENVIRONMENTAL HEALTH IS A LEADING AWARDING BODY FOR VOCATIONAL QUALIFICATIONS IN ACCREDITED FOOD SAFETY, HEALTH AND SAFETY, AND ENVIRONMENTAL PROTECTION QUALIFICATIONS.

KEY

1 In-Company



Introductory Certificate in Food Safety

This CIEH course provides an understanding of food safety hazards and good food safety practice.

It is aimed at those who are new to working in a food preparation environment.

What you will study

- > An Introduction to food safety
- > Food safety hazards
- > Good food safety practice



Foundation Certificate in Food Safety

This CIEH course builds upon the knowledge gained at the introductory level. It also provides an understanding of food safety management systems.

It is suitable for those who have a basic background knowledge and understanding of food safety, and those who will be working on their own.

What you will study

- > Introduction to food safety
- > Food safety hazards
- > Good food safety practice
- > Food safety management systems



Intermediate Certificate in Food Safety

This CIEH course provides an understanding of being in a leading role within food safety.

It is aimed at those who are at a supervisory level within a management structure, who are responsible for training colleagues and monitoring working practices and controls.

What you will study

- > An Introduction to food safety
- > Food safety hazards
- > Good food safety practice
- > Food safety management systems
- > Food safety training



Introductory Certificate in Occupational Health and Safety

This CIEH course provides an introduction to the subject, focusing on hazards, conditions and procedures. It is suitable for new employees in an occupational health and safety role.

What you will study

- > Introduction to occupational health and safety
- > Workplace hazards
- > Workplace conditions
- > Workplace procedures



Foundation Certificate in Occupational Health and Safety

This CIEH course provides an understanding of health and safety. It is suitable for those who already have background knowledge and understanding of the subject, and will be working to some extent on their own.

What you will study

- > Introduction to occupational health and safety
- > Risk assessment
- > Common workplace hazards and controls
- > Incident reporting and emergency procedures



Intermediate Certificate in Occupational Health and Safety

This CIEH course provides in-depth knowledge and understanding to those in a supervisory or managerial position. It is suitable for those who train colleagues on tasks and procedures, monitor workplace practices, and control procedures.

What you will study

- > Occupational health and safety management
 - Planning
- > Risk profiling
- > Work-related injuries, hazards and controls
- > Work-related ill-health, hazards and controls
- > Organisation and implementation
- > Checking performance
- > Reviewing performance

Methods of study

- > In-company – courses delivered worldwide

Assessments

The assessments consist of a short multiple-choice exams.

CITB COURSES

- CSKILLS SITE SAFETY PLUS**
- **HEALTH AND SAFETY AWARENESS**
 - **SITE SUPERVISORS' SAFETY TRAINING SCHEME (SSSTS)**
 - **SITE MANAGEMENT SAFETY TRAINING SCHEME (SMSTS)**
 - **SMSTS REFRESHER**
 - **SITE ENVIRONMENTAL AWARENESS TRAINING SCHEME (SEATS)**

THE CITB SITE SAFETY PLUS SCHEME IS DESIGNED TO PROVIDE THE BUILDING, CIVIL ENGINEERING AND ALLIED INDUSTRIES WITH THE TRAINING THEY NEED TO KEEP SAFE.

KEY



Classroom



In-Company



Health and Safety Awareness

This CITB course is ideal for employees who have just started work in the construction industry and need training that provides a good awareness of the main issues involved in construction safety, including compliance with health and safety law.

What you will study

- > The Need to Prevent Accidents
- > Understanding Health and Safety Law
- > Identifying How Each Worker's Role Fits into The Control and Management of The Site
- > Understanding the Need for Risk Assessments and Method Statements
- > Appreciating the Need to Work Safely and Ask for Advice
- > The Obligation to Report Unsafe Acts to Prevent an Accident

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



Site Supervisors' Safety Training Scheme (SSSTS)

This CITB course is designed for those who have supervisory responsibilities within the construction industry and want to be confident that they understand the key health and safety issues relevant to their role. The course provides an understanding of the employer's legal duties to enable better contribution to the instruction, supervision and monitoring of tasks and activities to ensure safety on site.

What you will study

- > The Problems of the Construction Industry
- > How Health and Safety Law is Structured and How it Applies to Supervisors
- > How the Supervisory Role fits with the Management Structure in Controlling Site Safety
- > How to Carry out Risk Assessments and the Need for Method Statements
- > How to Carry out Effective Site Inductions, Toolbox Talks and Method Statement Briefings
- > How to Monitor Site Activities Effectively
- > The Importance of Timely Intervention when Bad Practice is Identified

Methods of study

- > Classroom – 2 days
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam and a tutor review.



Site Management Safety Training Scheme (SMSTS)

This CITB course is designed for those with management responsibilities within the construction industry who need to be confident that they understand the key health and safety issues that are relevant to their role.

What you will study

- > The Implementation of all Health, Safety, Welfare and Environmental Legislation that Affects Construction Managers During Their Daily Work
- > How to Implement New Guidance and Industry Best Practice
- > Managers' Duties and Responsibilities with Regard to Health, Safety, Welfare and the Environment

Methods of study

- > Classroom – 5 days
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam, three exercises, a case study and a tutor review.



Site Management Safety Training Scheme Refresher Course

This CITB course is designed for those who have previously passed the full five-day SMSTS course (or subsequent two-day refresher course) and can provide proof of attendance.

What you will study

- > Health and Safety Knowledge Update
- > Overview of Legislative Changes and Their Impact in the Workplace
- > Wide Range of Topics (building on those contained within the five-day course programme and introducing new subjects)

Methods of study

- > Classroom – 2 days
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam, three exercises, a case study and a tutor review.



Site Environmental Awareness Training (SEATS)

This CITB course is designed for site supervisors/managers, providing an introduction to environmental issues on construction sites.

What you will study

- > The environment and why it is important
- > An outline of Environmental Management Systems
- > Waste management
- > Pollution prevention and water management
- > Being a good neighbour – statutory nuisance, communication, archaeology and heritage
- > Energy and resources
- > Being a responsible contractor

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam, three exercises, a case study and a tutor review.



OSHACADEMY

- > 30-HOUR OUTREACH TRAINING FOR GENERAL INDUSTRY
- > OCCUPATIONAL SAFETY AND HEALTH SPECIALIST
- > CONFINED SPACE ENTRY

RRC MIDDLE EAST IS AN AUTHORISED INDEPENDENT TRAINING PROVIDER OF THE OSHACADEMY, AUTHORISED TO USE OSHACADEMY TRAINING MATERIALS FOR THE DELIVERY OF SAFETY TRAINING.

OSHACADEMY SAFETY AND HEALTH TRAINING IS ENDORSED BY THE NATIONAL SAFETY MANAGEMENT SOCIETY AND APPROVED FOR THE ACCREDITED ASSOCIATE SAFETY HEALTH MANAGER (ASHM) CERTIFICATION THROUGH THE INSTITUTE FOR SAFETY AND HEALTH MANAGEMENT. TRAINING IS ALSO CONDUCTED THROUGHOUT THE WORLD BY INDEPENDENT AUTHORISED TRAINERS.

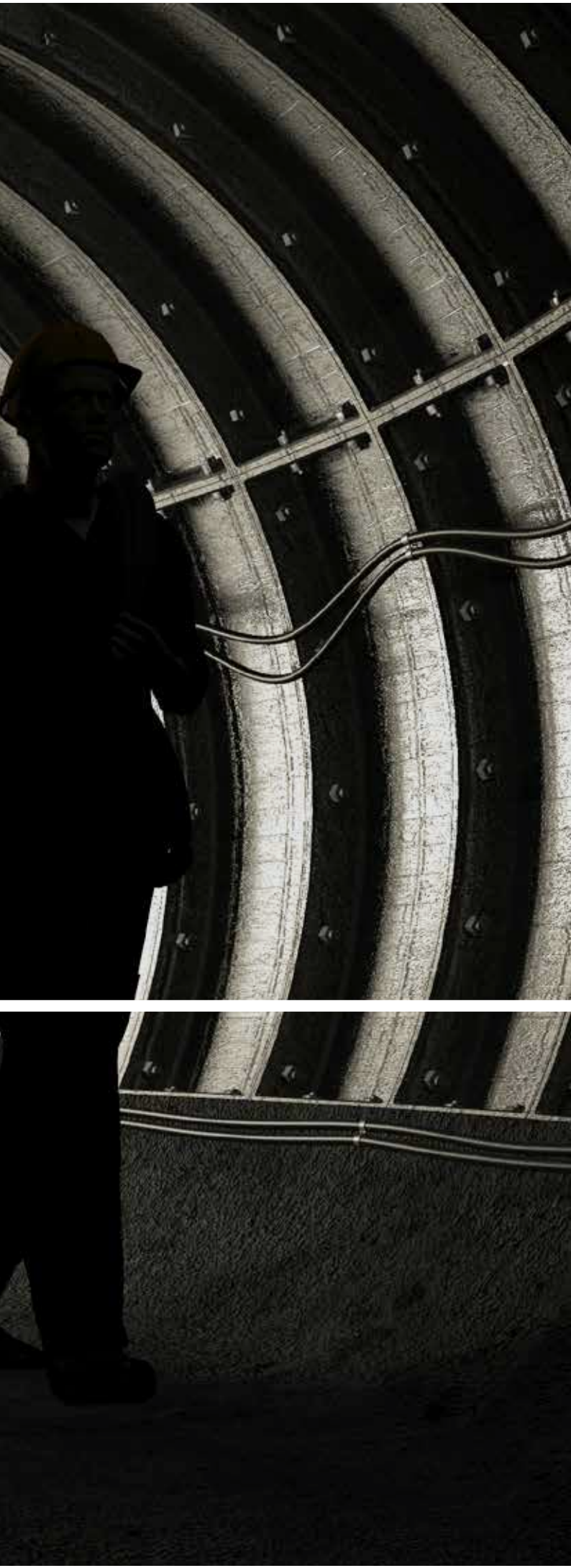
KEY



Classroom



In-Company



Occupational Safety and Health Specialist

This program is designed for safety officers and others responsible for implementing safety and health programs. Emphasis is placed on gaining the knowledge and skills to assist in the deployment of effective safety programs. The course covers OSHA policies, standards and requirements and focuses on safety management, hazard communication, PPE, emergency control program, introduction to ergonomics, fall protection and electrical safety basics.

What you will study

The course comprises the following modules:

- > 700 Introduction to Safety Management
- > 705 Hazard Communication Program
- > 709 Personal Protective Equipment
- > 710 Emergency Control Program
- > 711 Introduction to Ergonomics
- > 714 Fall Protection Program
- > 715 Electrical Safety Basic

Methods of study

- > Classroom – 5 days
- > In-company – courses delivered worldwide

Assessment

The assessment consists of seven multiple-choice exams, one for each module.



30-Hour Outreach Training for General Industry

This course covers OSHA policies, standards and requirements, including safety and health principles for general industries and focuses on hazard identification, avoidance, control and prevention. The course is aimed at people with some safety responsibility.

What you will study

- > Introduction to OSHA and the OSH Act
- > Walking and Working Surfaces
- > Means of Egress and Fire Protection
- > Hazardous Materials
- > HAZWOPER
- > Personal Protective Equipment
- > Confined Spaces
- > Lockout/Tagout
- > Materials Handling
- > Machinery and Machine Guarding
- > Welding and Cutting
- > Electrical Safety
- > Hazard Communication
- > Industrial Hygiene
- > Blood-borne Pathogens
- > Record Keeping
- > Workplace Violence
- > Safety and Health Programs
- > Basic Safety Orientation
- > Lead Safety in the Workplace
- > Use of Explosives in the Workplace
- > Formaldehyde Awareness
- > Ionising and Non Ionising Radiation Safety
- > Hazards of Asbestos in the Workplace
- > Non Office Ergonomics

Methods of study

- > Classroom – 4 days
- > In-company – courses delivered worldwide

Assessment

- > The assessment consists of a multiple-choice exam.



Confined Space Entry

This course aims to provide knowledge regarding confined space activities. It provides guidance on how to establish safe systems of work in confined space areas.

What you will study

- > Basic Requirement of OSHA standard 29n CFR 1910.146
- > Confined Space Permits
- > Atmospheric Hazards
- > Ventilation Practices and Use /SCBA (self contained breathing apparatus)
- > Injuries and Fatalities Involving Gas Testing
- > Other Atmospheric Conditions
- > Physical Hazards and Other Types of Hazards
- > Controlling Hazards
- > Equipment and Emergency Retrieval
- > Duties and Responsibilities of the Confined Spaces Entry Team
- > Confined Space Rescue
- > Confined Space Training and Drill
- > Practical Application

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



RRC SHORT COURSES

RRC PROVIDES A WIDE RANGE OF SHORT HEALTH AND SAFETY AND ENVIRONMENTAL MANAGEMENT COURSES DESIGNED TO MEET THE NEEDS OF ORGANISATIONS SEEKING TO IMPROVE OR REFRESH THE SKILLS WITHIN THEIR ORGANISATION. ALL COURSES CAN BE SPECIFICALLY TAILORED FOR YOUR ORGANISATION.

Construction/Maintenance/Facilities Management

- > Construction Health & Safety
- > Managing Contractors / CDM
- > Scaffold Awareness / Safe Use
- > Work at Height
- > Safe Working with Steps and Ladders
- > Lifting & Rigging
- > Asbestos Awareness
- > Selection & Use of PPE

Chemical & Biological Hazards

- > COSHH /Working with Hazardous Chemicals
- > Dangerous Substances and Explosive Atmospheres (DSEAR)
- > Legionella Awareness

General Health and Safety

- > Health and Safety for Managers
- > Health and Safety for Supervisors
- > Health and Safety for Workers
- > Health & Safety In the Workplace
- > Health for Safety for Senior Managers
- > Office Safety
- > Work in Hot Environments
- > DSE Assessor/Risk Assessment
- > Electrical safety Awareness
- > Accident Investigation
- > Risk Assessment
- > Manual Handling – Operations, Risk Assessment
- > Stress Management
- > Workplace Noise Assessment
- > Machinery safety

Fire Safety

- > Fire Safety - Awareness, Warden/Marshal, Risk Assessment

Catering/Food Safety

- > Food Safety Awareness/Hygiene

Safety Management Systems

- > OHSAS 18001 or ISO 45001 Internal auditing
- > Safety Policies and Procedures
- > Effective Safety Committee / Consultation
- > Leadership in HSE
- > Developing a Positive Health and Safety Culture
- > Measuring Health and Safety Performance

Process Safety

- > Management of Change
- > Developing Safe System of Work
- > Auditing PSM Systems
- > Asset Integrity
- > Elements of Successful PSM system
- > Fault Tree Analysis
- > Event Tree Analysis
- > Lock-Out Tag-Out
- > Introduction to HAZOP
- > Emergency Planning for high hazard sites
- > Confined Spaces – Management, Working, Entry
- > Permit to Work
- > H2S Awareness
- > Human Factors in Safety

Train the Trainer

- > Train the Trainer

Environmental Courses

- > Environmental Aspects and Impacts
- > Environmental Awareness
- > ISO 14001




RRC LEADERSHIP COURSES

▷ LEARNING TO LEAD

THE RRC CERTIFIED LEADERSHIP COURSES ARE DESIGNED TO MEET THE RAPIDLY GROWING NEED FOR GOOD QUALITY LEADERSHIP TRAINING FOR HSE (AND OTHER) PROFESSIONALS.

THE RRC CERTIFIED LEADERSHIP COURSES HAVE BEEN DEVELOPED IN COLLABORATION WITH BELFRY TRAINING, BRINGING TOGETHER RRC'S EXPERTISE IN HSEQ TRAINING AND CONSULTANCY WITH BELFRY'S EXPERTISE IN LEADERSHIP, MANAGEMENT AND PROFESSIONAL DEVELOPMENT TRAINING.

KEY

 e-Learning



E

Learning to Lead

Learning to Lead aims to make you a better leader - giving you the essential skills to make a practical difference in the way you work and get the results you want.

Leadership is a transferable management skill at all levels and across all sectors (yes, even health and safety).

You may be in a leadership position - a first line manager or supervisor. You may not have anyone reporting directly to you, but, in reality, we all need to lead sometimes, whether it's championing a new idea or trying to convince higher management to implement change.

What you will study

The course is made up of 4 topics:

- > Introduction to Leadership
- > Leadership and teams
- > Leadership and motivation
- > Developing yourself as a leader

Methods of study

- > e-Learning – 10 hours of study

Assessment

You will be assessed throughout the course through a mixture of quizzes and activities.

An online certificate will be available to download, once you have successfully completed all the mandatory elements of the course.



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