

# Health and Safety at Work

## Overview

This is the essential health and safety course! This course covers the core fundamentals of health and safety in the workplace and how these are observed in relation to the Health and Safety at Work Act 2015. This course is designed for trainees to be able to understand and apply safe and effective workplace health and safety practices at work in relation to the new Act, including hazard identification and risk assessment.

## Who Should Attend

Any worker! This is an ideal course to get to know the new legislation and how this applies to your work environment. All workers are required to understand the legislative and organizational health and safety requirements for the workplace and are able to apply these effectively.

## Course Outcomes

- Identify and describe legislative rights and responsibilities for workplace health and safety
- Describe the systems approach to workplace health and safety
- Explain how hazards and risks are defined in the Health and Safety at Work Act 2015
- Identify the principles of workplace safety in a given workplace
- Demonstrate safe work practices in a specific workplace
- Describe hazards that may harm workers, the work environment, and organisations
- Explain health and safety requirements for hazard control
- Describe hazard control methods
- Identify hazards and apply risk assessment procedures

# Fire and Emergency Training

## Overview

This course is designed to enable an attendee to understand the duties of a Fire and Emergency Warden and the evacuation requirements for a particular workplace or site. This course can also be completed in conjunction with the [Fire Extinguisher training](#) for a full day fire safety training course.

## Who Should Attend

- Ideally fire wardens and emergency co-ordinators or those planning to take on this role in their workplace
- Health and safety representatives

## **Course Outcomes**

- Explain the roles and responsibilities of Fire and Emergency Wardens
- Identify Factors pertaining to safe evacuation
- Identify resources required to ensure safe evacuation from a workplace or site
- Explain requirements and procedures to pre-warn other parties involved in emergency operations

# Working At Heights

## Overview



Where there is a risk of a person falling, an employer is responsible to ensure that staff performing that work are trained (whether that is done internally, or using an external training provider) on how to work safely and use the equipment safely according to manufacturer and WorkSafe Best Practice Guidelines.

Our Working at Heights safety course has been designed to give trainees both the theoretical and practical knowledge and awareness of height specific hazards, including:

- Hazards associated with different work at heights (e.g. roofers, scaffolders, window cleaners, construction/builders, maintenance workers and inspectors)
- Hierarchy of Fall Arrest and Fall Restraint
- Fall distances vs. forces exerted on the body
- Suspension trauma
- Isolation of height hazards vs. minimization
- Appropriate PPE
- Health and Safety at Work Act 2016 (HSWA) and its impact on Height Safety

The course objective is provide participants with the knowledge and awareness of hazards at working at heights, set-up requirements and the impact that appropriate fall arrest systems have on improving workplace safety. The course is specifically written to include the contents of NZQA unit standards.

