

Training Prospectus



Health & Safety

People who value professional service, quality training and targeted, cost effective, solutions choose us as a complete training provider

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PUTTING CLIENTS FIRST

Training Solutions & Consultancy 2000 Ltd was established in 1997 in order to provide quality, cost effective training services to business' and individuals throughout the United Kingdom to help them meet both developmental and legislative needs within an ever changing environment.

With the experience and expertise of **over 25 top trainers** and a knowledgeable business development team we provide honest, straightforward consultancy services at no cost to you.

Our strength is working with you, putting the knowledge, understanding and experience you already have in the day to day running of your own organisation to good use.

This enables us to identify together current and potential weaknesses in the way your business is operating and to build on its existing strengths. Getting to the root of problem areas and targeting them at cause, whilst raising awareness of *and* planning for potential future challenges, proves very effective in the sustainability of long term business growth and success.

We provide specialist training from Health and Safety and Business Management & Development to Information Technology and Electrical and Engineering. For the latest information on our services please feel welcome to visit our website:

www.tsc2000.co.uk

If you would prefer to talk to a member of our friendly & experienced customer service team to discuss your training needs or to arrange a FREE Training Needs Analysis please call:

01685 371500

- **Over the Past 10 years TSC2000 has continuously provided:**
- A genuine interest in aiding you to become more successful – your success is ours too!
- **A prompt response to requirements – we recognise that training needs can be urgent**
- Customised training, targeting *your* specific needs – we focus on strengthening weaknesses
- **Flexible training times to reduce disruption – we will work weekends and evenings too!**
- A free Training Analysis – we take the time to listen to your needs and ensure our courses meet them
- **On / off-site training – whenever, wherever you are**
- Short, intensive courses designed to be effective and efficient – we understand how precious time is
- **Dedicated team of experienced trainers – we offer the expertise of over 25 specialists**
- Added value and discount options – we value returning customers, block bookings, contracts, referrals
- **Nationwide coverage – UK and Ireland**
- The ISO 9001: 2000 guarantee of quality – for your peace of mind

Contents

Health & Safety

Abrasive Wheel Safety
CDM—Construction, Design & Management
COSHH—Control of Substances Hazardous to Health
Contractor Safety Management
Evaluating your Environmental Impact
First Aid at Work
First Aid (Refresher)
First Aid Appointed Persons
Fire Safety/Use of Extinguishers
Food Safety in Catering CIEH
Food Hygiene Foundation Certificate CIEH
Food Safety Intermediate Certificate CIEH
Hazard Analysis Practice and Principles CIEH
Health & Social Care L2 Award CIEH
Health & Safety in the Workplace L2 CIEH
Health & Safety Supervising Certificate CIEH
IOSH Managing Safely
Ladder Safety
Lifting & Slinging (LOLER 98)
Manual Handling Principles CIEH
Manual Handling All Wales Passport
Noise at Work
Passport to Safety
Personal Safety and Lone Working
PICOLO Persons in Charge of Lifting Operations
Power Press Safety
Risk Assessment Practice & Principles CIEH
Risk Assessment for Childcare Providers
Safety for Managers & Supervisors
Waste Management
Working at Heights
Wood Machines Safe Use
Wood Machining and PUWER Regulations

Control of Substances Hazardous to Health (C.O.S.H.H.) CIEH

Aim: To enable candidates to comply with the requirements of the Control Substances Hazardous to the Health Regulations

Content:

- Introduction to COSHH
- COSHH Regulations
- Health Problems
- Identifying Hazardous Substances
- Controlling Hazardous Substances
- COSHH Assessments

Duration: One (1) Day

Course Code: TSCCOSHH

Contractor Safety Management

Aim: The programme gives a comprehensive overview to ensure the effective management of contractors. Delegates will gain a better understanding of the practical issues and relevant controls, in order to develop proactive management systems and ensure legal compliance.

Content:

- Current Legislation
- Company and individual liabilities
- Selection of a competent contractor
- Managing projects under The Construction (Design and Maintenance) Regulations 1994 (CDM)
- Management requirements regarding contractors
- Incident and practical control measures
- Contractor performance review
- Review Close

Duration: One (1) Day

Course Code: TSCCSM - NDC

Evaluating your environmental impact under PPC Act 1999

Aim: To provide delegates with guidance on how to assess your organisation's environmental impacts, evaluate your performance and implement a system to ensure compliance.

Content:

- Relevant Legislation, Activities, installations and operators
- Deemed LA PPC Applications, Consultation
- Management Systems & Operator competency, The PPC Application Process & BATNEEC
- Health & Safety Issues, Monitoring, Reporting and Inspections
- Environmental Quality Standards, Air Quality Management Areas
- Noise & Vibration, Odour Control, Energy Efficiency
- Accidents & Preventative Measures

Duration: Two (2) Days

Course Code: TSCPPC

HEALTH & SAFETY PROGRAMMES

Fire Safety/Use of Extinguishers

Aim: The programme has been developed to provide delegates with suitable and sufficient information to gain knowledge and skills relative to fire safety in accordance with current Health & Safety legislation.

Content:

- Introduction to basic Fire Safety Legislation
- Theory of Fire (Fire Triangle)
- Fire Procedures in Residential Care Homes
- Human Behaviours in Fire Situations
- Fire Preventions
- Practical workshop on use of fire extinguishers
- Review/Close

Duration: Half Day (Two training sessions/day)

Course Code:

TSCSFSS

Food Safety in Catering CIEH

Aim: Employees who handle food will gain a firm grasp of the importance of food safety and knowledge of the systems, techniques and procedures involved.

Content:

- Legislation
- Food Safety Hazards
- Temperature Control
- Refrigeration, Chilling and Cold Holding
- Cooking, Hot Holding and Reheating
- Food Handling
- Principles of Safe Food Storage
- Cleaning
- Food Premises and Equipment

Duration: One (1) Day

Course Code:

TSCFSCCIEH

Food Hygiene Foundation Certificate CIEH

Aim: First tier food handlers will gain an appreciation of the fundamentals of good food hygiene practice.

Content:

- Food poisoning
- Bacteriology
- Prevention of food contamination
- Personal hygiene
- Premises, equipment and pest control
- Cleaning and disinfection
- Legislation

Duration: One (1) Day

Course Code:

TSCFHCCIEH

Ladder Safety

Aim: The programme is designed for candidates who have to use ladders as part of their job. To ensure they have the skills and knowledge to inspect, carry and safely use ladders.

Content:

- Types of ladders, steps and trestles
- Ladder defects
- Inspection of ladders
- Carrying and positioning of ladders
- Securing ladders
- Lowering of ladders
- Maintenance and storage

Duration: Half (1/2) Day

Course Code:

TSCLS

Lifting and Slinging (LOLER 98)

Aim: To provide participants with sufficient knowledge and skills to use equipment – in a variety of work situation as to select the correct equipment for any task that may be undertaken.

Content:

- Health and safety responsibilities
- Introduction to slinging methods
- Estimating – weight and centre of gravity of loads
- In company Codes of Practice
- Practical Exercises
- Operating with and without loads
- Fault identification; Correcting load “swing”
- Select and inspect equipment
- Theory and practical assessment

Duration: One (1) Day

Course Code:

TSCSL

Manual Handling Principles (CIEH)

Aim: This programme is designed for candidates who have to carry out manual handling, insuring that the risk of injury from manual handling operations are suitably controlled.

Content:

- The mechanics of body movement
- Handling awkward loads
- Group lifting techniques
- Carry out risk:
- Assessment of the task
- Load environment and individual capabilities
- Observation of problem areas

Duration: Half (1/2) Day

Course Code:

TSCMH CIEH

HEALTH & SAFETY PROGRAMMES

Personal Safety & Lone Working

Aim: To provide delegates with an understanding of the implications of being a lone worker in relation to the policies and procedures of their organisation and to be aware of the potential risks associated with the role.

Content:

- Definition of a lone worker
- Health & Safety legislation relating to lone workers
- Risk Assessment of lone worker environments
- In-house company policy and procedures
- Practical ways of minimizing risk
- Recognising potentially violent/aggressive situations and dealing with them effectively

Duration: One (1) Day

Course Code:

TSCPSLW

PICOLO – Persons in Charge of Lifting Operations

Aim: To provide delegates with suitable information to assist them in managing Mechanical lifting operations, safely, effectively and in accordance with current Health legislation and company procedures.

Content:

- Programme Introduction
- Roles, Responsibilities, Accountability
- Dangers arising from use of mechanical lifting machines & precautions to take into account
- Principles of Risk Assessment
- Method statements – Development and use
- Company safe working procedures
- Developing safe working procedures for lifting operations
- Programme review
- Programme close

Duration: Two (2) Days

Course Code:

TSCPICOLO

Power Press Safety

Aim: Power presses can cause serious injury or death if not correctly maintained and operated in compliance with the regulations. This programme will benefit anyone involved with the use of power presses.

Content:

- Programme Introduction, Accident Cause and Prevention
- Power press mechanisms and examinations
- Inspection and test of safety devices, Defects and faults
- The work of the tool setter, Safe working methods
- Tool design in relation to safety, Daily tests to be carried out
- Appointment and registration, Examination (70% pass mark to receive certificate)

Duration: Five (5) Days

Course Code:

TSCPPS

HEALTH & SAFETY PROGRAMMES

Wood Machining & PUWER Regulations

Aim: This programme has been designed for members of staff who have previous knowledge of Wood Machining Equipment and procedures and PUWER and who require updating on the PUWER 98 Regulations and safe operating techniques.

Content:

PUWER regulations

- Introduction
- PUWER in relation to current legislation
- General requirements of PUWER
- Guidance – dangerous parts machinery
- Programme review
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Woodworking Machine Safety Regulations

- Safe use of woodworking machines (Woodworking machine Code of Practice 114)
- Accident, cause and prevention
- Regulations effecting woodworking machines
- Guidance on the dangerous parts of machinery
- Programme Review

Duration:

One (1) Day

Course Code:

TSCWMPR
