



# Basic First Aid



Veritas Consulting Safety Services

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Thousands of people every year suffer from various injuries at work which could have been easily minimised if a lot more people had known the basic principles of Basic First Aid.

This is not to replace any formal practical training, but provides an excellent guide to refreshing your knowledge and updating your skills as a first aider.

## Who is this training for?

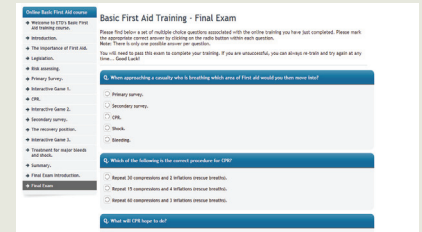
Do you need your workforce trained quickly but effectively in Basic First Aid? With impressive video presentations, great interactive games and a final exam where upon completion a certificate will be supplied, our course has just the thing!

## What does the course cover?

This course will teach the priorities to take into consideration until the emergency services arrive. Such as Primary Survey, Secondary survey, CPR, the recovery position and much more.

## What is the benefit to your business?

This will train your staff quickly and efficiently to learn the basic principles of Basic First and know how to deal with the unlikely situation of someone being critically ill. This will allow you staff to train at any time to suit your needs.



Video Presentations.

Interactive games.

Final exam - certificates provided.

“Surprisingly approximately 150,000 people could be saved each year if more people knew the basic skills of a first aider.”

HSE Executive

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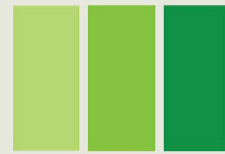
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# Display Screen Equipment



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Health and safety regulations surrounding Display Screen Equipment aim to protect employees working at desks, in front of computer screens, and those working with keyboards and monitors.

Employers are required by law to assess and reduce the risks of potential strains and stresses associated with DSE use.

They are also required to provide training to ensure a satisfactory working environment for their staff, helping to reduce back, neck and associated injuries.

## Who is this training for?

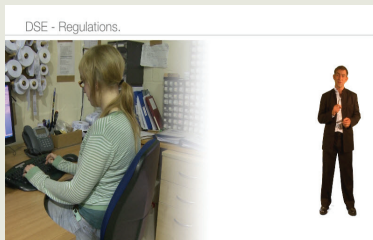
DSE stands for display screen equipment. Businesses who have staff working at a computer for more than one hour a day are legally required to provide training.

## What does the course cover?

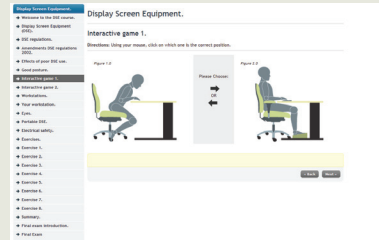
Incorrect use of DSE equipment can lead to repetitive strain injuries, head aches, eye strain and neck pain. The course shows how these type of injuries can be prevented and explains the correct working posture for DSE users, helping you comply with the law.

## What is the benefit to my business?

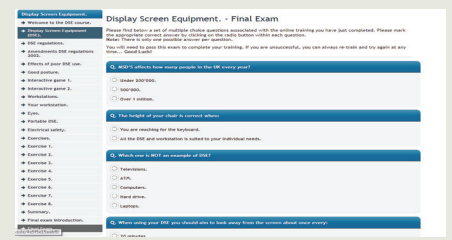
It is estimated that 1 million people in the UK suffer from a musculoskeletal disorder caused, or made worse, by their current or past work – some of those have led to compensation and insurance claims. Protect your business by protecting your staff.



Video Presentations.



Interactive games.



Final exam - certificates provided.

“The main risks that may arise in work with Display Screen Equipment are musculoskeletal disorders such as back pain or upper limb disorders (sometimes known as repetitive strain injury or RSI), visual fatigue, and mental stress.”

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Falls 



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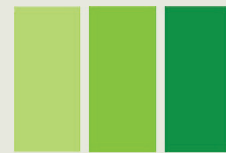
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# Falls Prevention



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All businesses employing staff who work at height are required to provide training to help prevent falls and reduce the risk of falls.

From selecting the right equipment for the right job to ensuring your employees are aware of the risks and how they can be reduced, this course also spells out your responsibilities as an employer.

The training is also for the self-employed and contractors, with the relevant law applying to any workplace where there is potential for injury from falling.

## Who is this training for?

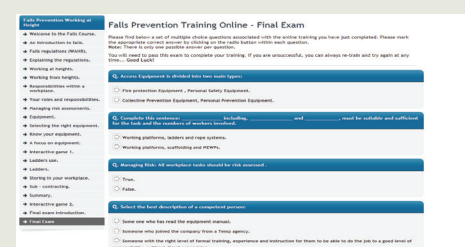
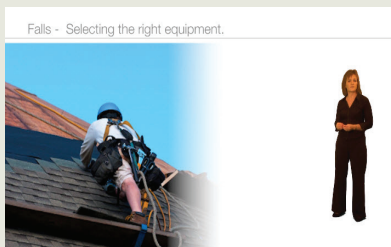
Whether your staff are required to use a step-ladder to reach files, stack shelves or even work on scaffolding on a construction site, this training is required for any business where employees are required to work at height.

## What does the course cover?

The roles and responsibilities of employers and how to take the right steps to avoid and reduce the risks of falls in the workplace are key content in this training. It also focuses on the selection of the correct equipment and its safe use, from ladders to guardrails.

## What is the benefit to your business?

Focusing on the Work at Height Regulations introduced in 2005, the training helps employers and business owners comply with health and safety regulations while protecting staff from injury through a fall while at work.



Video Presentations.

Interactive games.

Final exam - certificates provided.

“Falls from height remain the most common cause of workplace fatality. In 2008/09 there were 35 fatalities, 4,654 major injuries and a further 7,065 injuries that caused the injured person to be off work for over 3 days or more, due to a fall from height.”

HSE Executive

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# Food Safety



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Food Safety



# Food Safety



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This course is to teach your staff how to implement a good work flow and know how to deal with food safely from the beginning at the source to ending with the consumption of the food.

So that the health of the nation is protected the following food safety legislation applies to food business operators. The production, processing, distribution, retail, packaging and labelling of food stuffs are governed by a mass of laws, regulations, codes of practice and guidance.

Who is this training for?

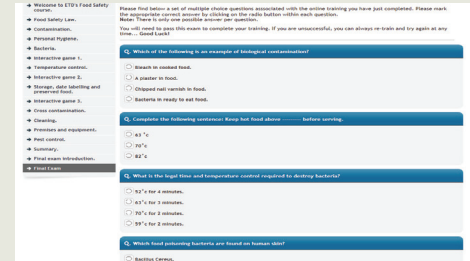
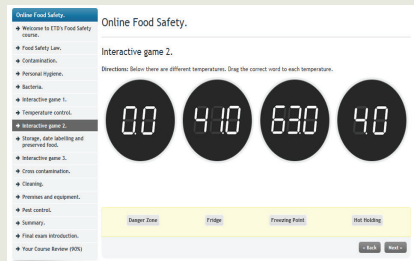
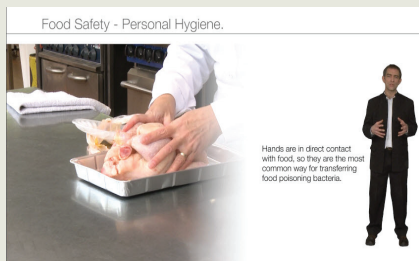
Do you have a Food safety management system in place in your establishment? Would you know how to if not? Are your staff are trained to deal and prepare with customers that have allergens? What is the best working practises to avoid cross contamination in your premises?

What does the course cover?

We are here to train your staff, working in food premises. To ensure that food is kept safe from contamination, beginning at the source to ending with the consumption of the food.

What is the benefit to your business?

To ensure that you and your staff know how to prevent cross contamination to food and know how to serve all types of food safely then train your staff with our Food safety course ensuring there is piece of mind for all.



Video Presentations.

Interactive games.

Final exam - certificates provided.

“Food could become contaminated with food poisoning bacteria and result in the person who has eaten the food, having an illness called food poisoning. It is estimated that food poisoning affects 5.5 million people in the UK each year”.

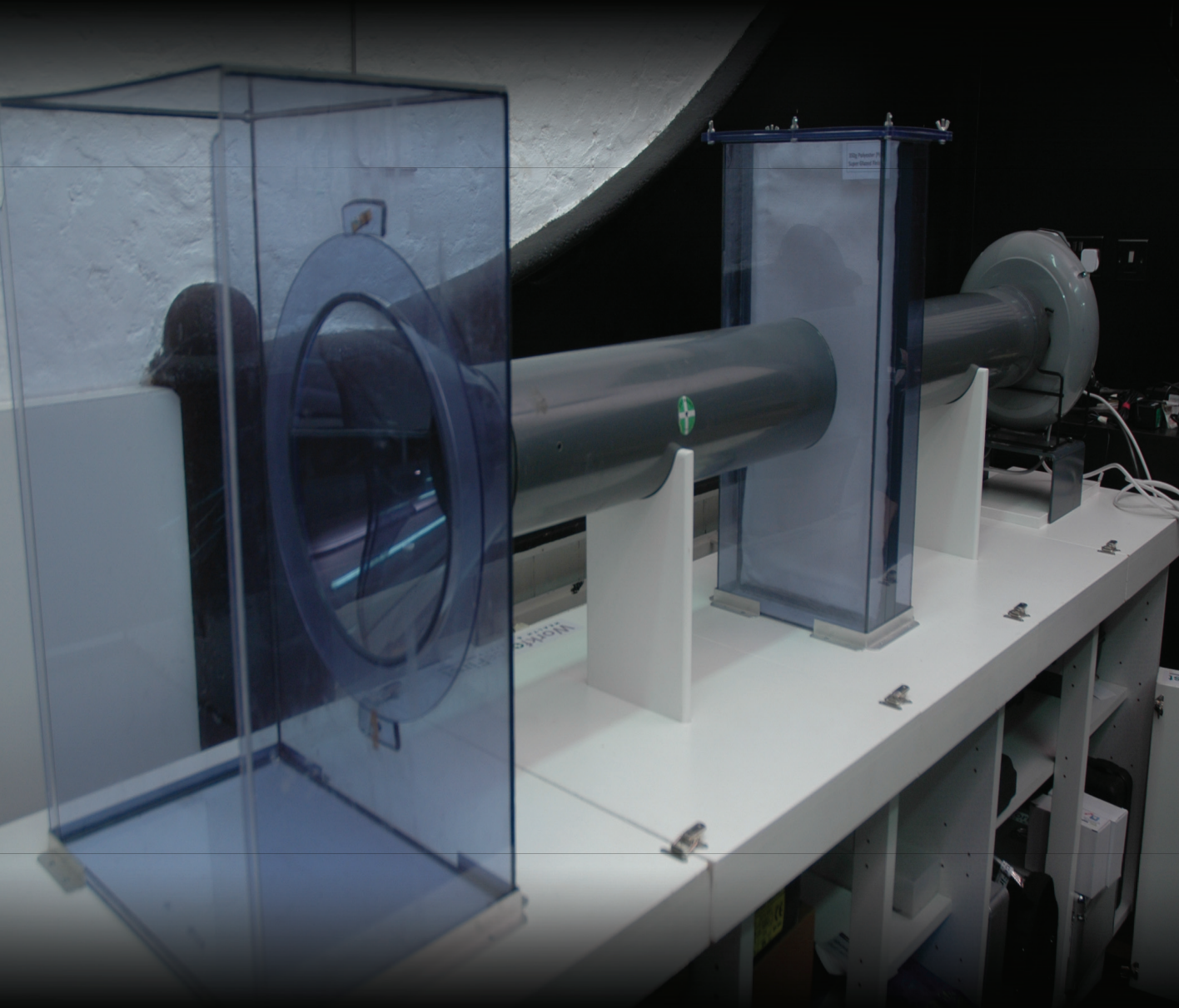
FSA - Food Safety Agency





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# Local Exhaust Ventilation



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Local Exhaust Ventilation |



# Local Exhaust Ventilation



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This course will be a guide as we take a look at the world of good and bad of LEV systems from the point of view of the user, whether you are the Health and Safety Manager, Maintenance or Safety Rep.

The topic of LEV is technical with many calculations but this course will show you how things work so you can see for yourself how to make sure that your LEV is up to the job without maths. Also, this course does not substitute for an LEV design and testing qualification gained with the British Occupational Hygiene Society.

### Who is this training for?

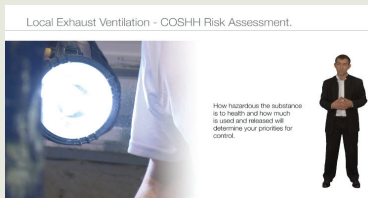
Do you know where you stand legally with the design and use of LEV? Do you know if you are using your LEV correctly? Do you know what to do if your LEV goes wrong? If you don't then consider using our Local Exhaust Ventilation course, where you can learn all the necessary steps that is involved with LEV.

### What does the course cover?

Our LEV will cover all legal aspects that is involved with LEV. Learn where LEV fits into the hierarchy of control of hazardous substances so that you can justify its selection over masks. Know how LEV can go wrong and what to do to prevent this.

### What is the benefit to my business?

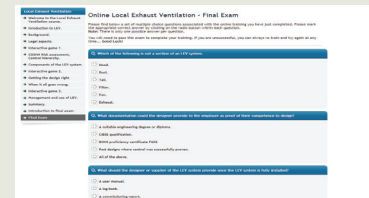
Giving detailed knowledge on important aspects of LEV to your staff. Providing quick but effective training minimising downtime in your workplace.



Video Presentations.



Interactive games.



Final exam - certificates provided.

“Thousands of employees made ill by contaminants they were breathing in at work, despite using extraction and masks. The controls of LEV and masks were not controlling exposures”

HSE - Health Safety Executive

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## Lone/Remote Workers and Personal Security



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# Lone/Remote Workers and Personal Security



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This course will provide an overview of the risks faced by many employees on a day to day basis without really understanding the potentially vulnerable situations to which you may be exposed on a regular basis.

A Lone or Remote Worker may operate in a wide and diverse range of job functions. When working alone, to protect your personal safety and security, it is vitally important to plan ahead and to take simple steps to keep safe, avoid potentially difficult situations. It is also important to ensure other people/colleagues who are concerned about your personal welfare and well being know both where you are going on business and also due to return.

## Who is this training for?

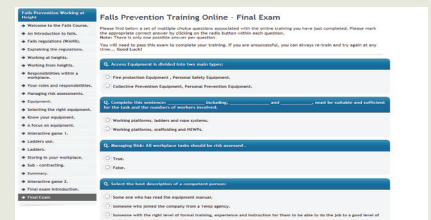
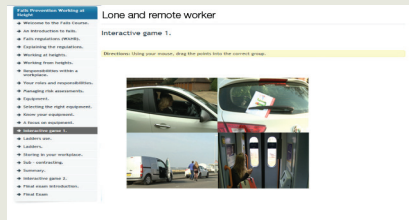
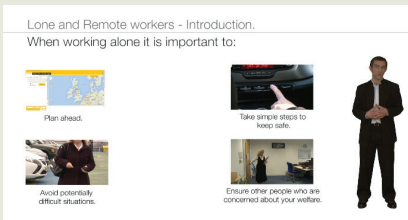
Whether you are a home based sales representative visiting clients, a delivery driver delivering a parcel, a nurse or doctor providing home medical care, or simply a home based worker. Then this course will aid you through your working day on what to look out for, using various techniques to avoid being put into any danger or risk.

## What does the course cover?

The course will aid you through your working day on what to look out for when traveling in unfamiliar areas and staying away on business, using various techniques to avoid being put into any additional or avoidable danger or risk.

## What is the benefit to my business?

If you and/or your staff are Lone or Remote Workers, then by taking this course you can learn how to keep yourself as safe and risk free as possible in various different scenarios which you may have either planned or alternatively may even have been unavoidably forced into!



Video Presentations.

Interactive games.

Final exam - certificates provided.

“Thousands of people face the risks on a day to day basis from being a lone or remote worker without really understanding the potentially vulnerable situations to which you may be exposed to”.

HSE - Health Safety Executive

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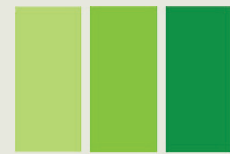
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# Fire Safety



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Business are required by law to provide fire safety training which can help prevent what is potentially the worst disaster which can occur for any organisation.

Those responsible for workplaces must provide staff with suitable, sufficient and appropriate training to help prevent the outbreak of fire and limit the risks of fire breaking out.

Prevention is the key and our courses are designed to help businesses fulfil their legal obligations as well as help ensure the safety of their employees and visitors.

Who is this training for?

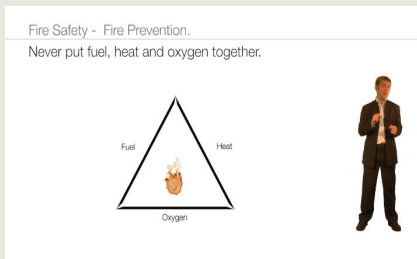
Do you know what the fire triangle is? What are the principles of fire safety? Who is in charge if a fire breaks out? If you run a business and you don't know the answers to these questions, you could be breaking the law and this course is for you.

What does the course cover?

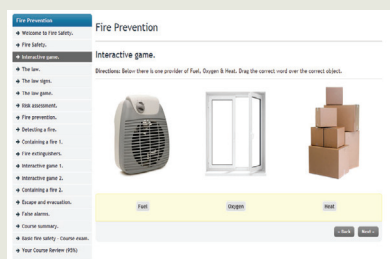
As well as covering the legal regulations in accordance with fire safety regulations, this course demonstrates how a risk assessment can help prevent a fire, tell you what signs and procedures need to be in place, and importantly, the steps to take to contain a fire if one breaks out.

What is the benefit to your business?

That's obvious – a fire in a workplace can be devastating not only leading to potential loss of life but the complete destruction of a company premises and potentially the loss of jobs and business revenue.



Video Presentations.



Interactive games.



Final exam - certificates provided.

“The Regulatory Reform (Fire Safety) Order 2005 applies to all non-domestic premises in England and Wales. The law applies to you if you are responsible for business premises, an employer or selfemployed with business premises, a charity or voluntary organisation or a contractor with a degree of control over any premises.”

HSE Executive



# Manual Handling

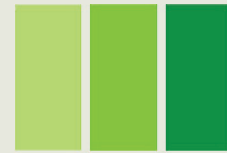


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# Manual Handling



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Manual handling injuries occur wherever people are at work, whether in offices, warehouses, factories, hospitals, building sites or farms.

Training is required for any staff who need to lift, push, pull, or lower any kind of loads, from boxes and trolleys to people and animals.

Our courses help you assess the risk to your staff, reduce any related potential injury and carry out the right steps to avoid hazardous manual handling where possible.

Who is this training for?

For most businesses, physical handling by people will always be required for some tasks. If your staff need to move boxes or carry loads, this course will ensure they do it safely.

What does the course cover?

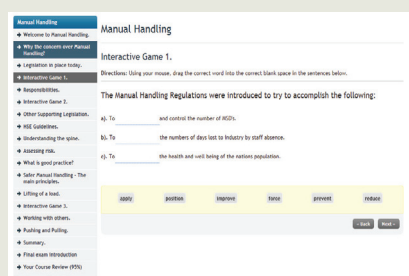
How to prevent injury to employees by helping staff understand how incorrect manual handling can lead to acute damage to the spine. It demonstrates how pushing, pulling, lifting, lowering and handling can cause back injuries and how to avoid them happening in the first place.

What is the benefit to your business?

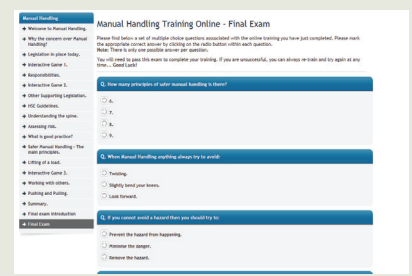
As well as meeting all your legal requirements under relevant health and safety regulations, manual handling training means fewer staff signed off through injury leading to a more productive business.



Video Presentations.



Interactive games.



Final exam - certificates provided.

“More than a third of all over-three-day injuries reported each year are caused by manual handling - the transporting or supporting of loads by hand or by bodily force. Effective training has an important part to play in reducing the risk of manual handling injury.”

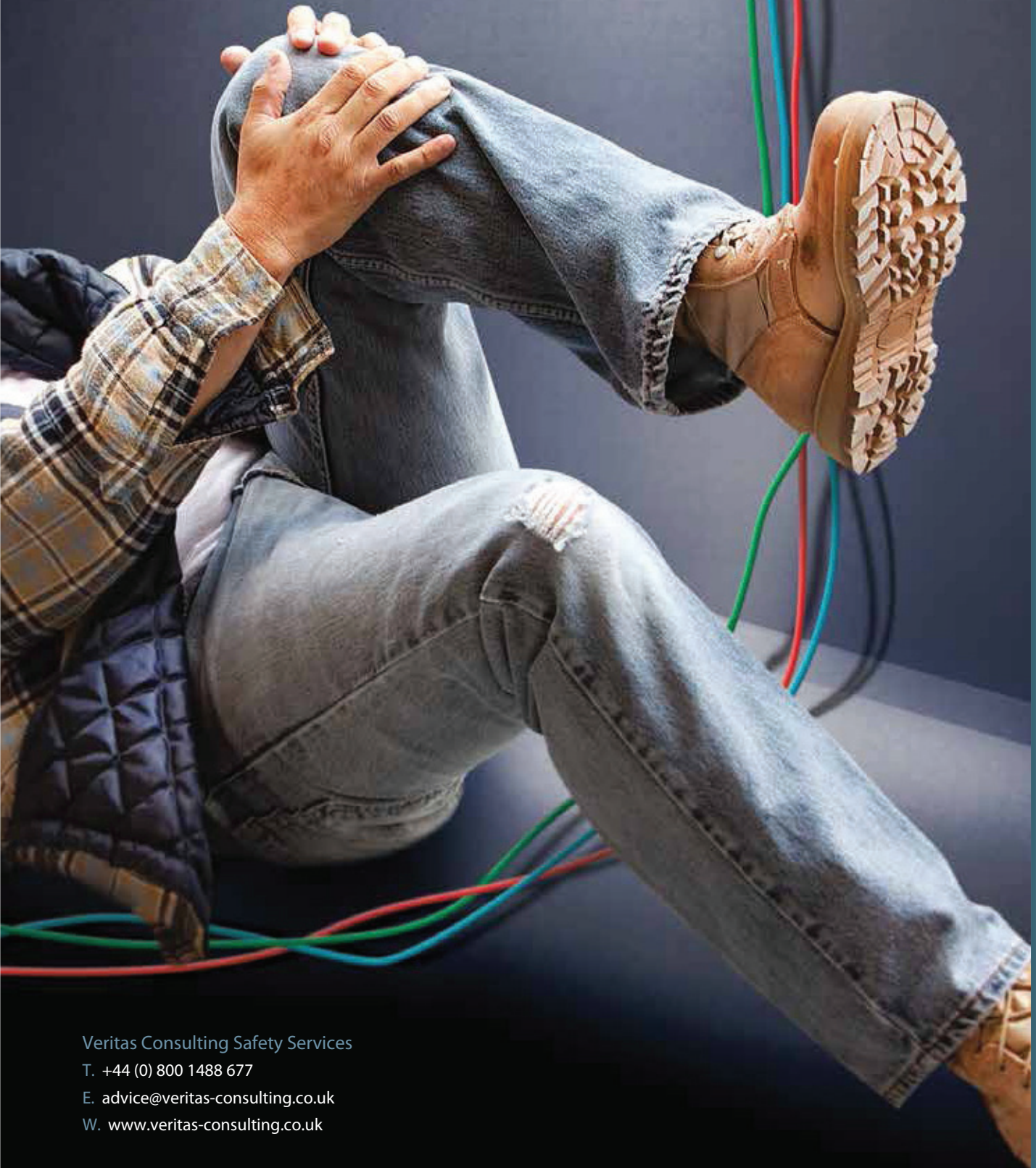
HSE Executive





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# Slips & Trips



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# Slips and Trips



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Your staff can slip or trip any time, any place. Slips often happen where there is too little traction between the foot and the floor, where the surface may be wet or oily or where a rug or a mat is unanchored.

Trips in the workplace can happen when an employee's foot collides with an object, causing a loss of balance.

Our courses help identify the most common factors contributing to a slip or a trip in the workplace and provides training to limit the risks.

## Who is this training for?

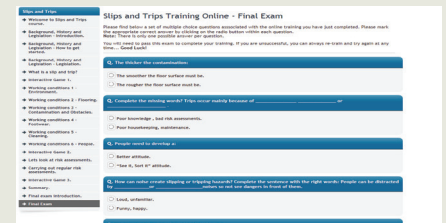
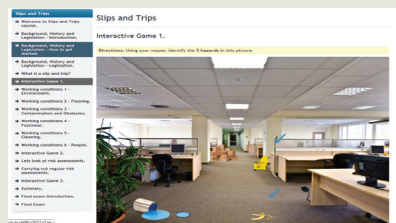
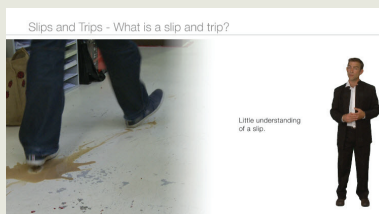
Everyone in a place of work whether that's an office, a school, a factory, a shop or a construction site. More than a third of all workplace injuries result from slips and trips.

## What does the course cover?

The training demonstrates the importance of risk assessments, what the contributory factors are to slips and trips and what hazards staff should be aware of. The course covers the necessary workplace legislation in place for slips and trips.

## What is the benefit to your business?

You will be able to reduce potential hazards in your business to limit and minimise the risk of a member of staff slipping or tripping while at work. By helping to prevent the injury, you're not only looking after the health of your business but the safety of your staff.



Video Presentations.

Interactive games.

Final exam - certificates provided.

**“Slips and trips are the most common of workplace hazards and make up over a third of all major injuries. More than 10,000 workers suffered serious injury because of a slip or trip last year, with 95% of major slips resulting in broken bones.”**

HSE Executive

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