

EAST COAST OCCUPATIONAL SAFETY AND HEALTH COURSES



PROFESSIONAL PROVIDER OF SAFETY, HEALTH, FIRST AID & ENVIRONMENTAL TRAINING



**TRAINING
EXCELLENCE
IN FIRST AID,
HEALTH &
SAFETY AND
ENVIRONMENTAL
MANAGEMENT.**



ECOSH (East Coast Occupational Safety and Health) delivers courses at Modal Training based in Immingham, or sites nationwide. We provide nationally recognised qualifications in First Aid, Health & Safety and Environmental Management.

The courses we offer cover all work sectors from hospitality, health and social care, local authorities and emergency services, to logistics, ports, construction, renewables, civil engineering, utilities, and facilities and property management. Our courses are designed for those who are looking for basic first aid and health and safety training to those who are experienced in this area and are looking to develop their skills further.

We offer a range of accredited courses such as NEBOSH (National Examination Board in Occupational Safety and Health), IOSH (Institution of Occupational Safety and Health), ECITB (Engineering Construction Industry Training Board) and CCNSG (Client Contractor National Safety Group) to provide local and national companies with industry-level standard and bespoke courses. All of our trainers have worked within industry, bringing real life experiences into learning.

For prices and course dates please call us on 0800 953 9511 or visit our website at modaltraining.co.uk.



FIRST AID COURSES



CERTIFICATE DEFIBRILLATOR TRAINING

We deliver the Certificate Defibrillator Training course suitable for operatives and new starters, providing individuals with the skills and knowledge of the safe operation/application of the defibrillator in an emergency situation.

The course will consist of half a day of training where you will study the following:

- Safe operation of equipment
- How and when to apply equipment
- Understanding of operation and use of equipment.

At the end of this course you will undertake an informal assessment by the tutor.

Employers are required to provide suitable first aid cover in the workplace. As a first aider, individuals are responsible for assessing the situation, protecting themselves and others from danger, getting help, prioritising treatment and minimising infection risks.

We offer a range of first aid training for both beginners and experienced individuals who need to regain their qualification.

FIRST AID COURSES

FAIB Certificate First Aid at Work

The FAIB Certificate First Aid at Work course is suitable for operatives and new starters, ensuring trainees have the skills, knowledge and confidence to deal with any emergency which may occur in the workplace.

On this three-day course you will learn the following elements:

First aid legislation and record keeping	Principles of first aid	Respiratory and asphyxia problems
Unconsciousness	Circulation and shock	Control of bleeding
Muscle, joints and the skeleton	Treatment of casualties	Burns and scalds
Poisons	Eyes	Defibrillation

We also offer the FAIB Certificate First Aid at Work Requalification course for those who wish to regain their first aid qualification. This is delivered across two days.

FAIB Certificate Emergency First Aid

The FAIB Certificate Emergency First Aid course ensures trainees have the skills and knowledge to deal with matters relating to first aid procedures and to manage emergency situations.

This course is suitable for operatives and new starters who can apply these skills in the workplace, but also for anyone who is looking to gain these skills to have general knowledge of emergency first aid.

On this one day course you will learn the following elements:

Basic principles of first aid	Resuscitation	Airway management including choking
Recognising unconsciousness	Wounds and bleeding	Fractures
Burns	Cardio pulmonary resuscitation	Recovery position
Defibrillation		

IOSH COURSES



Our IOSH courses are delivered by industry professionals with a wealth of experience to ensure trainees receive industry-standard training which is delivered with the benefit of experience.

IOSH Working Safely

The IOSH Working Safely course is suitable for anyone in any sector who requires health and safety training.

This course is delivered across one day and you will learn the following modules:

- | | | |
|----------------------------|------------------------------|--------------------------|
| Introducing working safely | Improving safety performance | Defining hazard and risk |
| Protecting our environment | Identifying common hazards | |

Trainees will benefit from receiving a nationally recognised certificate in health and safety training that meets government guidelines. This course is also a 100% match to the Health and Safety Executive's 'Passport' syllabus.

IOSH Working Safely is recognised as one of the underpinning courses that enable candidates in the construction industry to gain their CSCS card. As part of the course we can arrange the appointment to take the CITB touch screen test at your local centre.

IOSH Managing Safely

The IOSH Managing Safely is a four day course. As well as our standard course dates we can run the course in different formats for companies, for example, consecutive days, weekends and on customer's premises.

This course is suitable for those required to manage safely and effectively in compliance with both their organisation's policy and best practice in health and safety.

This course is the first phase to developing significant professional skills through the NEBOSH National General Certificate in Occupational Safety and Health and the Level 6 NEBOSH Diploma in Health and Safety

On this course individuals will learn the following:

- | | | |
|---------------------|-------------------------------|----------------------------------|
| Safety management | Health and safety legislation | Risk assessment and risk control |
| Reactive monitoring | General hazards | Active monitoring |
| Review and audit | Environmental management | |

CCNSG COURSES



CCNSG Nationally Accredited Safety Passport

The aim of the CCNSG Safety Passport course is to ensure a basic knowledge of health and safety for all site personnel, enabling them to work on site more safely with lower risk to themselves and others.

During this two-day course you will cover the following:

- Causes of accidents, behaviour, safety barriers and choices and attitudes
- Health & safety, trade union safety reps and employee reps, reporting, safe systems of work
- Fire and emergency, manual handling, electricity, work equipment, lifting operations
- Working at heights, evacuations, accidents and hand/arm vibration syndrome
- Control of substances, radiation, asbestos, the environment, site transportation, personal protective equipment.

We also offer the **CCNSG Nationally Accredited Safety Passport (Refresher)** course for those who have already had their qualification for three years and are looking to refresh.

CCNSG Leading a Team Safely (LATS)

This course is aimed at those who already hold a CCNSG Safety Passport qualification and are in a supervisory role within any business. This course is to be taken after obtaining the CCNSG Safety Passport and ongoing every three years thereafter.

During this one-day course you will learn the basic management skills that will assist you in managing the safety aspects within the working environment, such as:

- Roles and responsibilities
- The control of risk and accident prevention
- Planning and time management
- Risk assessment and hazard spotting
- Communication
- Monitoring
- Behavioural aspects.

NEBOSH COURSES



We offer a range of NEBOSH accredited courses which are suitable for managers and supervisors, those who are looking to move into health and safety as a career or those wishing to progress their health and safety training.

NEBOSH HSE Certificate in Health and Safety Leadership

This new one-day health and safety qualification is for senior business leaders or those aspiring to this position.

The course shows how leaders can influence health and safety performance and culture through their actions and behaviours.

The following topics are covered:

- What health and safety leadership means
- The moral, legal and financial reasons for good health and safety leadership
- The links between health and safety leadership and culture
- What the different leadership styles are
- How human failures can impact performance and culture
- The HSE's model of effective health and safety leadership
- How leaders can build effective relationships with the workforce.

NEBOSH National General Certificate in Occupational Safety and Health

The NEBOSH National General Certificate in Occupational Safety and Health course is delivered across 14 weeks.

This course is ideal for managers and supervisors who have the responsibility for health and safety, those who are safety representatives, or employee safety representatives.

This qualification will enhance your knowledge of health and safety at work. After completion of the course you will be able to:

- Ensure the health and safety legislation is applied in the workplace
- Carry out safety inspections and identify common hazards
- Investigate events which led, or might lead to injury
- Conduct training for new and inexperienced workers.

Many people take the NEBOSH National General Certificate as a first step in a career in health and safety. It provides a valuable overview, and is a sound basis for further professional study. It is the second phase to gaining a Level 6 NEBOSH Diploma in Health and Safety.

NEBOSH Diploma in Occupational Health and Safety

This course is suitable for operators, health and safety managers and those wishing to move into health and safety as a career. It is an ideal qualification to achieve the level of knowledge required to become an occupational safety and health practitioner.

On this 12 month course you will study the following modules:

- Managing health and safety
- Hazardous agents in the workplace
- Workplace and work equipment hazards
- Work based practical assignment.

NEBOSH HSE Certificate in Process Safety Management

This course is suitable for managers, supervisors and others working in high-hazard industries such as oil and gas, chemicals, plastics and pharmaceuticals. This is a brand new specialised course and ECOSH has become one of the first centres in the country to offer this qualification.

On this five day course you will learn the following:

- Process safety leadership
- Management of process risk
- Process safety hazard control
- Fire protection and emergency response.

OTHER HEALTH AND SAFETY COURSES

Abrasive Wheels

Majority of accidents involving abrasive wheels is due to the machinery not being operated properly or safely. The aim of the abrasive wheels course is to provide individuals with the knowledge to enable safe working practices in the use of abrasive wheels equipment, to protect both yourself and others from any harm. This course ensures you are able to identify the hazards and risks which come with using this equipment.

The abrasive wheels course is suitable for those who use bench, angle and pedestal grinders to allow for equipment to be used safely.

At the end of this half-day course you will be able to:

- Be aware of the hazards and risks which come from the use of abrasive wheels
- Mark abrasive wheels with their type, size and maximum operating speed
- Correctly select and mount abrasive wheels appropriate to the machine type and job requirement
- Explain the legal requirements relating to abrasive wheels
- Store, handle and transport abrasive wheels in the correct manner
- Inspect and test abrasive wheels correctly.

Asbestos Awareness

By law if you are in an industry that may come into contact with asbestos, employers must ensure their staff have attended an asbestos awareness training course. This is to make sure employees are aware of the potential dangers and the procedures they must follow in the event that they are working around materials containing asbestos.

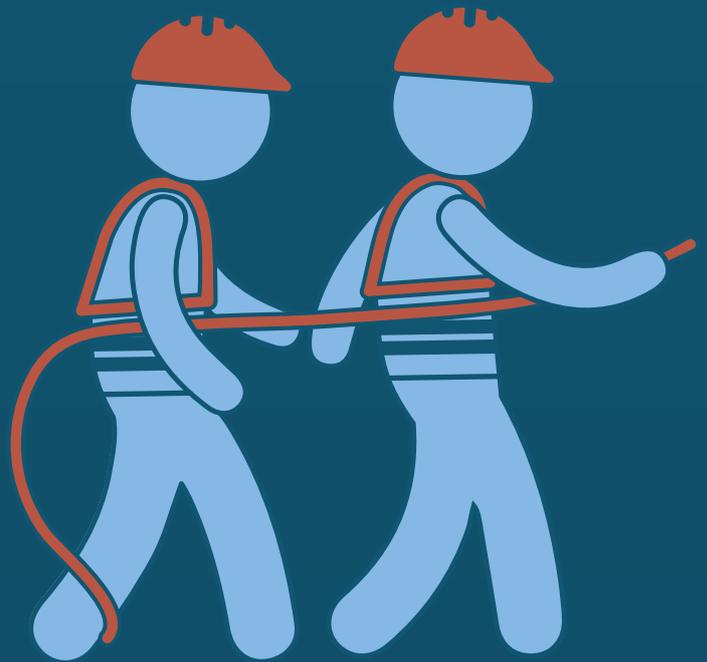
On this half-day course you will learn the following:

- The law around asbestos
- Where asbestos can be found
- How asbestos can affect your health
- Personal protective equipment
- Dealing with other dangers.



**For further information
about our range of courses:**

**Call 0800 953 9511
email ecosh@grimsby.ac.uk
or visit modaltraining.co.uk**





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