

Careers in Building, Construction & Electrician



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Construction Design and Management Certification



What You Will Learn in This Course:

- The principles of the Construction Design and Management Regulation 2015, and when these regulations apply
- The role of the HSE and the notification process
- Details of the three key documents in the CDM regulations
- The role of the duty-holders who have legal responsibilities for upholding the CDM regulations

The Benefits of Taking This Course:

- Understand the importance and application of health and safety
- Be confident in your legal duties and responsibilities
- Gain knowledge that will open doors to further opportunities and can be applied to all future projects

Head Protection Awareness Certification



You Will Learn

- Why employers should take the issue of head protection seriously, the consequences of head injury, who is most at risk and the main pieces of legislation governing the use of head protection at work.
- The most common types of protective headgear used in the workplace, how safety helmets and bump caps reduce the risk of injury and how to choose the best type of head protection for your needs.
- The average lifespan of protective headgear, how to clean and store safety helmets and bump caps and the signs that suggest you need to replace them.
- Why workers need to comply with head and safety rules in the workplace, how to build a safety-centric work culture, the role of training in promoting compliance and why some employees are exempt from the rules that require them to wear head protection.

Benefits Of Taking This Course

- Anyone responsible for undertaking risk assessments and drawing up health and safety policies in a workplace will benefit from this overview of the proper use and care of head protection.
- If you are working as a health and safety trainer, this course will help you develop comprehensive training materials for those working in high-risk industries.
- This course will help those in supervisory roles encourage compliance in the workplace, thereby reducing the number of accidents that occur.
- If you are an employee in an industry that requires you to wear head protection, you will benefit from learning more about how head protection lowers your risk of injury.
- Anyone interested in the field of occupational health will find this course to be of interest, as it outlines the causes and consequences of head injury in the workplace.

Manual Handling Interactive Certification



You Will Learn:

- The obligations employers must fulfil according to the Manual Handling Operations Regulations
- The obligations employees must fulfil according to the Manual Handling Operations Regulations
- The risks and hazards that are involved with improper manual handling, including the development of musculoskeletal issues and repetitive motion injuries
- Techniques for safe and effective manual handling
- Practical solutions and tips to keep in mind when it comes to manual handling and workplace safety

Benefits of Taking This Course

- Learning about manual handling and how prevalent it is in today's workplaces
- Understanding the rights and obligations of employees in the workplace when it comes to manual handling
- Learning about the specific risks and hazards that employees face when they handle items improperly
- Learning how to manually handle loads properly

The Dangers of Construction Dust Certification



You Will Learn:-

- What construction dust is made of, how different forms of dust are classified, the activities that produce construction dust and the short and long-term risks of dust exposure.
- How Control of Substances Hazardous to Health Regulations (COSHH) (2002) protect workers from dust exposure and what employers need to do in order to meet their obligations under the law.
- How Respiratory Protective Equipment (RPE) can reduce the risk of harmful dust exposure and how to choose the best RPE for the job.
- Why health surveillance is useful in safeguarding worker health and how to implement an effective health surveillance programme that monitors employees who are exposed to silica dust.

Benefits of Taking This Course

- If you are an employer, you will benefit from learning how to uphold worker health and safety and meet your obligations under the law.
- If you work in dusty environments, this course will help you understand the potential risks to your health and empower you to stay safe at work.
- If you are interested in occupational health, particularly in the construction industry, the information in this course will help you understand the key health consequences of construction dust exposure.
- This course will help you draw up a comprehensive risk assessment regarding dust exposure, which is helpful for anyone responsible for identifying potential dangers in the workplace.

Working at Height Awareness Certification



You Will Learn

- The basic definition and history of 'working at height'
- The different industries and jobs that involve 'working at height'
- All the hazards and safety risks involved
- Prevention and safety measures needed
- The legal and regulatory obligations for anybody involved with 'working at height'

Benefits of Taking This Course

- You will be able to determine the safety risks in your work environment
- You will be able to identify and eliminate any potentially life-threatening hazards
- You will understand the legal requirements of 'working at height' and provide advice in your work environment
- You will understand the regulations which govern 'working at height' and provide invaluable advice in your workplace
- You will be able to perform a basic safety inspection and write up a safety report

Step Ladder Safety Awareness Certification



You Will Learn:-

- Why you need to take the risk of accidents and injury seriously and why the proper use of stepladders should be of concern to all employees and employers.
- How to assess whether a stepladder is the most appropriate form of equipment for a task and the factors you must take into consideration when conducting a risk assessment.
- How to check that a stepladder is fit for purpose, how to spot the signs that indicate it should be withdrawn from use and how to ensure that a faulty piece of equipment is not used by mistake.
- What you need to remember when working with a stepladder, including how to position your body and work effectively with tools whilst carrying out a task.
- How to move and store a stepladder safely and securely, taking into account its material, intended purpose and points of structural vulnerability.

Benefits Of Taking This Course:-

- You will be able to use a stepladder confidently and safely, both at home and in the workplace.
- You will be able to offer guidance to others who are inexperienced in stepladder use.
- You will have a greater understanding of health and safety concerns at work, which is especially beneficial if you are in a management or HR role.
- You will be in a position to advise your organisation regarding stepladder and work at height policies, which may make an appreciable difference to the number of accidents recorded at your place of work.

Emergency First Aid in the Workplace Certification



You Will Learn:

- How to undertake a primary assessment of a casualty's condition, how to employ the ABC protocol to gain an overview of the situation and how to place someone in the recovery position.
- The purpose of CPR, when it is performed, how it is carried out and how the process must be modified to meet the needs of children, infants and pregnant women.
- How to minimise blood loss if someone is bleeding, how to assess and bandage a wound, what to do if there is a foreign object embedded in a wound and how to identify and treat shock.
- The difference between mild and severe cases of choking, how to identify instances of each and how to dislodge obstructions in both adults and children using appropriate combinations of back blows and abdominal thrusts.
- How to cool and bandage a burn, how to minimise further skin damage, how to decide whether a burn warrants professional medical attention and what to bear in mind when assisting a casualty with chemical or electrical burns.
- How to manage an incident, keep yourself and others safe when administering first aid and pass on relevant information to emergency services personnel.
- How to identify the signs of a spinal injury, how to decide whether a head injury warrants professional medical attention and how to treat eye injury and irritation.
- How to tell when someone has broken a bone, the symptoms and signs of a muscle sprain and how to help someone who has received an electric shock.
- The most common symptoms of an epileptic attack, how to respond when someone has a seizure and the information you must record when someone has a fit.
- How to remember and identify the signs of a heart attack or stroke and when to summon help.

Electrical Safety in the Workplace



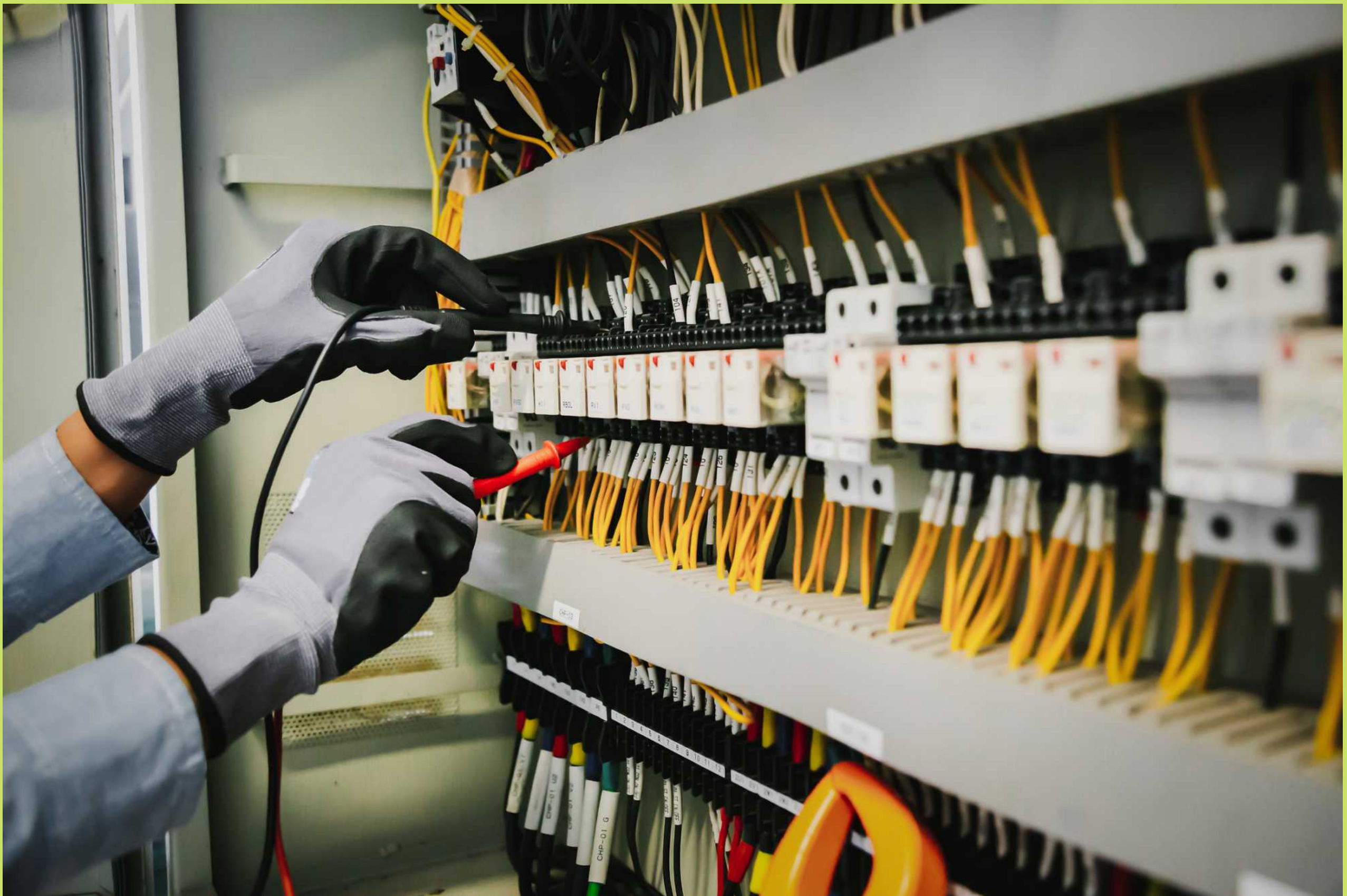
You Will Learn:

- The effects of electric shock on the body and why electrical accidents can be fatal
- The most common causes of electrical accidents in the workplace
- The scope of The Electricity at Work Regulations 1989 and how they complement other legislation
- How risk assessments reduce the chance of electrical injury, and other practical steps an employer can take to promote electrical safety at work
- How to select the right tools and equipment when carrying out work with electricity and how to ensure that anyone working with electricity is appropriately qualified to do so

Benefits of Taking This Course:

- If you are an employer, this course will help you meet your obligations under health and safety law with regards to electrical safety
- If you are responsible for conducting risk assessments at work, this course will help you identify and understand potential electrical hazards
- If you are an employee, this course will help you understand and avoid common electrical hazards
- If you have an interest in occupational health, this course will provide a useful introduction to one of the most lethal hazards present in the workplace

Cable and Wire Management Awareness Certification



What you will learn in this course:

- What is cable and wire management and why is it important?
- Ways to organise wires and cables
- Where to apply proper wire and cable management practices
- How cable management can affect overall performance and efficiency

Benefits of this course

- Understand why proper cable and wire management is vital for safety and how proper installation allows for longer material lifespan
- Learn how to keep an electrical area clean and safe
- Learn how to effectively and neatly organise cables and wire without compromising on performance or efficiency
- Understand the dangers associated with poor cable and wire exposures and how to avoid electrical hazards
- Become familiarised with ways to label cables and how to trace and locate them without spending too much time trying to identify them

Risk Assessment in the Workplace Certification



You Will Learn:

- What an employer must do when carrying out a risk assessment
- How and when employers must consult their employees when undertaking a risk assessment
- Which groups of workers are particularly vulnerable to accidents and injuries in the workplace
- How workplace inspections can facilitate risk management, and who is responsible for carrying out these inspections
- The eight strategies employers can use to prevent slips, trips and falls

Benefits of Taking This Course:

- If you are an employer, this course will help you meet your obligations under health and safety law
- If you are a worker, this course will improve your awareness of risks in the workplace and encourage you to use safe working practices
- If you are responsible for carrying out risk assessments at work, this course will help you identify hazards and evaluate risk
- If you are a worker representative, this course will provide you with a useful overview of how and when employers must consult workers with regards to health and safety

Fire Marshall Certification



You Will Learn:-

- Some of the basic principles behind combustion and how fires spread.
- What the most common causes of fire are.
- The safety and preventative measures to take in order to minimise the threat of fire.
- What the main duties of the fire marshal include.
- About the different classes of fire and how this leads to choosing the correct fire extinguisher.
- The actions to take in the event of a fire breaking out.

Benefits of Taking This Course:-

- Your knowledge will allow you to properly identify fire hazards in an area.
- Your knowledge will allow you to be better equipped in preventing fires from breaking out.
- You will learn of the proactive and reactive responsibilities of the fire marshal, allowing you to gain more confidence in this role.
- You will learn to handle a fire extinguisher.
- You will gain an overall better understanding of fire safety and awareness, all of which can be applied to both individuals and fire marshals.
- The knowledge provided in this course will help you to better deal with an emergency.

Noise and Vibration Awareness Certification



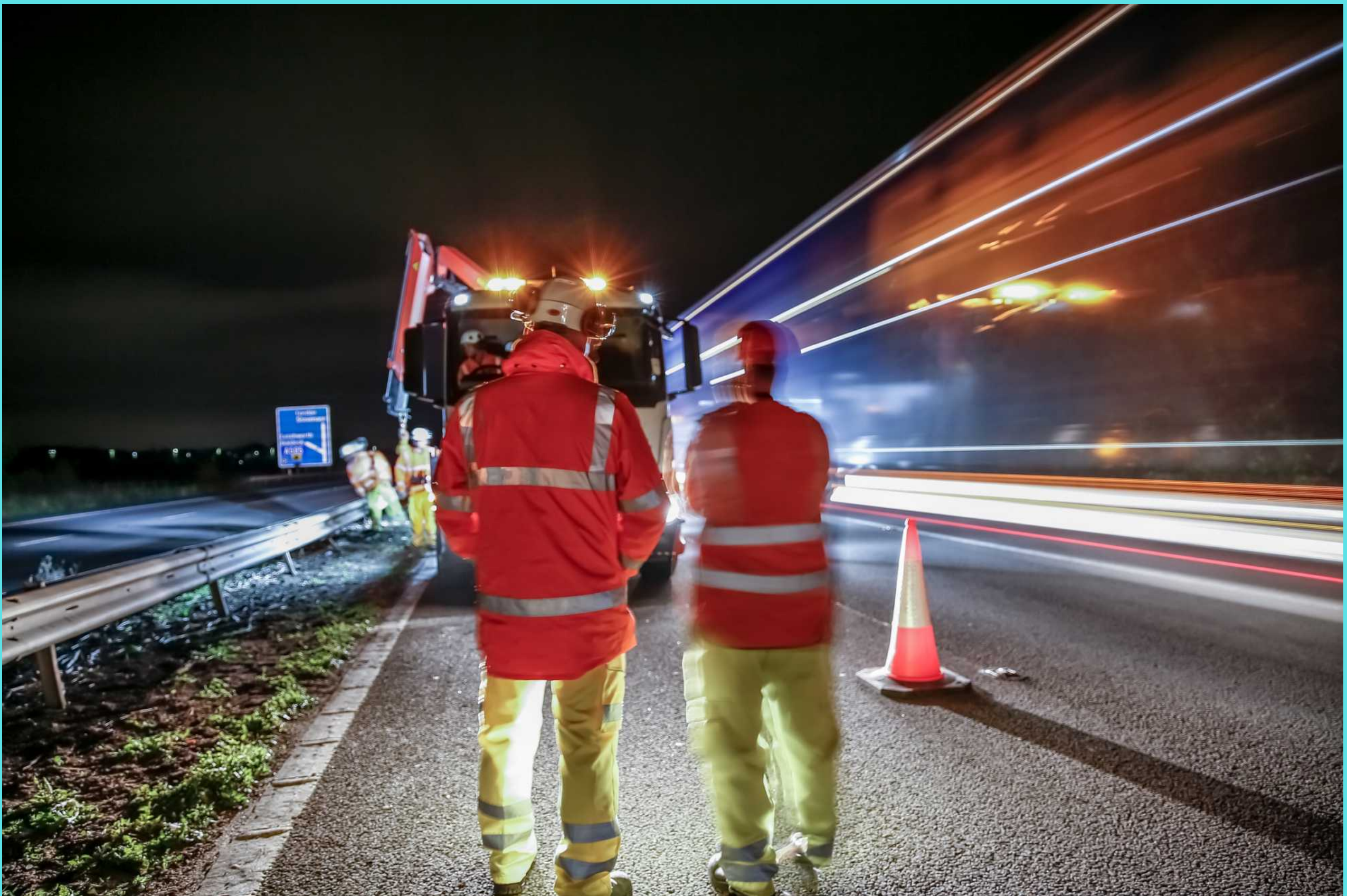
You Will Learn:

- Why high levels of workplace noise are dangerous
- The legislation that addresses workplace noise and what an employer must do to comply with these laws
- The measures an employer must take to protect their workers' hearing, including measuring noise levels, providing protective equipment and implementing health surveillance
- The two categories of workplace vibration and their effects
- What employers can do to protect their workers from injury caused by excessive vibration, and the health and safety legislation that sets out maximum acceptable vibration levels

Benefits of Taking This Course:

- If you work in a role that exposes you to high levels of noise or vibration, this course will help you take practical steps to safeguard your health
- If you are an employer, this course will help you meet your obligations under health and safety law
- If you have an interest in occupational health, this course will provide a good introduction to two of the most common workplace hazards
- If you are in a supervisory role, this course will help you check that your team are adhering to health and safety policies and provide guidance if necessary

Dangers of Working at Night Certification



You Will Learn:-

- The definition of a “night worker” and examples of jobs that fit that description
- Details about the rules and regulations covering night workers in the UK
- Information about the impact of working at night on your physical and mental health
- Tips on how to prevent certain dangers associated with night work from occurring
- Tips on how to reduce the impact of unavoidable risks
- Information on how to cope with the impact night work can have on your emotional fulfilment and social group

Benefits of Taking This Course

- Learning about the different rules that apply to night workers as opposed to those who work during the day
- Understanding the technical definition of night work
- Knowing how to identify the risks involved with night shift work
- Learning how to reduce the impact of night work on your health
- Determining how to cope with the impact night work can have on other areas of your life, including your sense of well-being

Introduction to RIDDOR Certification (Reporting of Injuries, Diseases and Dangerous)



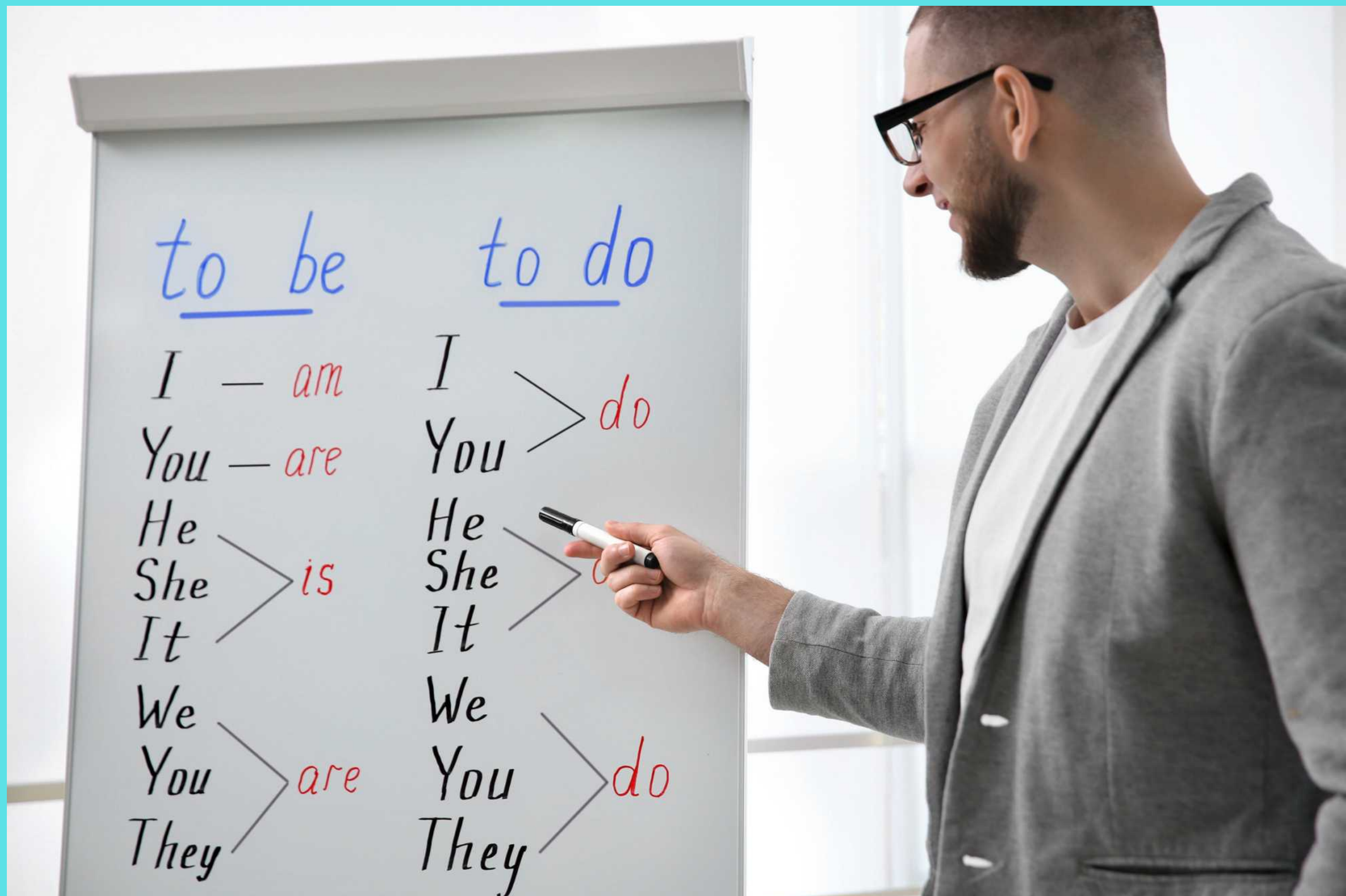
You Will Learn

- What RIDDOR is, its scope and the general criteria that determine whether an incident is reportable.
- The types of injuries you must report under RIDDOR including burns, amputations and “over-seven-day” injuries
- The occupational diseases and dangers you must report, including carpal tunnel syndrome, RSI and “near-misses”
- Who should make a RIDDOR report, how to file a report and the time frame in which you must submit the report

Benefits of Taking This Course

- If you are an employer, you will benefit from acquiring a background knowledge of RIDDOR because it covers all businesses and work activities
- If you are responsible for health and safety-related matters at work, knowing the key points contained within RIDDOR will give you the confidence to judge whether an incident is reportable
- If you are interested in occupational health, this course will give you a useful insight into how UK authorities investigate accidents, injuries and near-misses in the workplace
- This course will help you complete timely, useful reports in the event that a reportable incident occurs in your workplace

Basic English Certification



You Will Learn:

- Information about the two necessary parts of a sentence, along with the three types of each
- The difference between a direct and an indirect object
- The four different types of present tense
- The four different types of past tense and when to use each one
- The four different types of future tense

Benefits of Taking This Course

- Learn more about the building blocks of English communication
- Learn when it is appropriate to use informal language and when it is better to adapt a more formal tone
- If you are currently teaching English as a second language, learn more about the fundamentals of reading and writing in English
- If you are currently learning English, understand more about how to form grammatically correct sentences to ensure your message is understood
- If you are thinking about teaching basic English to non-native speakers, refresh your own skills by taking this course

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FEEES

Single course fees was £99 and now £45

All 15 courses fees was £1456 and now £600

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CONFIDENCE

Excellent

Current TrustScore

4.7 ★★★★★



Great

Efficient, well run centre and the staff are extremely friendly and helpful. Thoroughly recommended.
by James Dann 2 | Oct 1, 2020



Very Good

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by Christina Murray | Sep 28, 2020

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OXFORD COLLEGE OF
EDUCATION

56 Bridge House, Bridge Street
High Wycombe
Buckinghamshire, HP11 2EL
United Kingdom

Phone: +44 1494256340

WhatsApp: +44 7494 913216

<https://cpd.oxfordce.co.uk/>

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