

First 4+ Safety

THE ONLINE IOSH TRAINING EXPERTS

Proud to be an 'Outstanding*' IOSH Training Provider



Approved
training
provider
1980

Tried, Tested, Trusted

CONTACT US

First4Safety Ltd
30 Tower View
Kings Hill
Kent
ME19 4UY

info@first4safety.co.uk
www.first4safety.co.uk
01732 446880





WELCOME TO FIRST4SAFETY

We pride ourselves on helping our clients to embed health and safety into their everyday working culture.

We do this by supporting our candidates throughout their learning journey with expert tutor guidance, guaranteeing their success while studying and in taking their learning back to the work place.

We have a fantastic relationship with our clients, both individuals and companies. It is great to have built so many relationships and be the people to call for so many when it comes to IOSH training.

**“OUR PRIORITY
AND MISSION
IS SIMPLE –
MAKING
THE WORKPLACE,
A SAFER PLACE”**



WHY STUDY IOSH ONLINE WITH FIRST4SAFETY?

First4Safety was first established in 2000 offering face to face training working with manufacturing businesses from large to small. Realising the need for more affordable, consistent and convenient training for scattered teams we launched our Online training back in 2016. Our learning platform offers far greater flexibility than classroom training. Start immediately, if you need to stop you can just pick up where you can left off. You can study on any device anywhere and at anytime - taking less time away from the work place studying at your own pace with the same learning experience for all.

Classed as 'Outstanding' by IOSH - Our partnership delivers a range of approved courses with official certification - All developed by IOSH Health and Safety consultants and learning experts.

We are very proud of our Online learning platform, we are able to put the learning journey at the centre of everything that we do. We work with market leading e-learning technology and deliver a fast, secure and professional learning experience.

Our candidates have a 100% success rate. Free exam and course re-sits are available along with tutor support with no hidden charges. Our learning is 100% Online and includes all the materials you need. The exam is included in the price, along with the IOSH certificate.

Our priority and mission is simple – Making the workplace, a safer place.



**CLASSED AS
'OUTSTANDING*'
BY IOSH**

READ OUR
5 STAR REVIEWS

TS - IOSH Safety For Executives and Directors -

Informative, concise and inspiring. I would recommend this course to anyone wanting to ensure that the health and safety culture of their organisation was the best it could possibly be.

GB - IOSH Safety For Executives and Directors -

Would recommend to anyone, the course can be done at anytime ie weekends or nights when you can fit it in, it doesn't have to affect your working day, also it was very helpful that someone was available to speak to at the weekend.

S - IOSH Safety For Executives and Directors -

Excellent thought provoking course for senior management. Instant communication and feedback is quick as promised. After service is second to none and they are willing to give further advice.

MG - IOSH Managing Safely Online -

Excellent course throughout. And impressive time from submitting risk assessment assignment to receiving it back marked and great feedback, 15 minutes!! I would definitely recommend.

JJ - IOSH Managing Safely Online -

A great course, learn a lot. I can only thank these guys for all the help they gave me in completing the course.

CM - IOSH Managing Safely Online -

Highly recommend this course, very informative, really liked the fact I could go over the modules as many times as I liked before the exam. Well done first4 safety. Already looking at other courses.

BS - IOSH Managing Safely Online -

Excellent online course. Tough at times and really challenging assessments especially the Risk Assessment section which really makes you think. Content is the same as a class room based course. Feedback from the assessor was good and concise with recommendations for completing future risk assessments. I would recommend this course to anyone. Thank you.

CV - IOSH Managing Safely Online -

Great course, brilliant support and response times.

DN - IOSH Managing Safely Online -

An excellent course that is well structured and extremely interactive. Your competence is tested throughout each section and delivery of knowledge is very well structured.

More than satisfied with the course and happy to recommend!

P - IOSH Fire Safety For Managers Online -

Excellent course and great service from first4safety. Highly recommend.

AA - IOSH Working Safely Online -

Excellent online course. Content is the same as a class room based course. Feedback from the risk assessment project was concise with recommendations for completing future risk assessments. I would recommend this course to anyone. Thank you.

PW - IOSH Manual Handling Online -

The range of IOSH online courses offered by First4Safety are excellent, the courses are well structured, easy to follow and easy to use. Great support provided as well if required. Recommended to all who wish to improve their Health and Safety knowledge and skills.

IOSH-APPROVED SAFETY FOR EXECUTIVES AND DIRECTORS

WHO SHOULD STUDY SAFETY FOR EXECUTIVES AND DIRECTORS ONLINE COURSE?

Senior management who have overall operational or strategic accountability for an organisation. It will provide a complete understanding of health and safety responsibilities for leading safety, the benefits of having a proactive safety system and an understanding of the Corporate Manslaughter and Corporate Homicide Act.

COURSE CONTENTS

- Describe the legal, moral and financial role of Operational Directors, owners of small businesses and Senior Executives, including their responsibilities, liabilities and accountability, both personal and organisational.
- Explain the importance of safety and health at the top-management level and how integrating those objectives into other business management objectives can help to minimise risk, reduce losses and make better use of time and resources.
- Illustrate how to plan the direction for safety and health through developing and implementing a safety and health policy and integrating it into business systems.
- Explain the value of an adequately resourced and efficient safety and health management system, the value and benefits of training at all levels, and when to access competent advice.
- Outline the benefits of good safety and health management systems, the consequences of failure to manage effectively, and how to ensure internal controls are working.
- Describe the importance of reviewing and continually improving management systems, especially following change or failure.
- Explain the positive impact and improvement that an organisation's leaders can have on its performance through their attitude and support for improving its safety culture.
- Describe the importance of setting key performance indicators and targets, together with performance monitoring and review for continual improvement in safety and health management.

FINAL EXAM





SAFETY STARTS AT THE TOP

READ OUR
5 STAR REVIEWS

You will submit a Personal Action Plan, based upon your learning from the course.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

5 hours.

“ Informative, concise and inspiring. I would recommend this course to anyone wanting to ensure that the health and safety culture of their organisation was the best it could possibly be. ”

“ I personally found the course quite refreshing and eye opening in terms of senior directors roles and responsibilities within the industry, gave me a new outlook on how to further contribute to changing the overall attitude and “culture” within the company towards health and safety. ”

“ Very useful online course, with excellent content based on real life cases that reinforce the essential nature of this subject in any business. Highly recommended for all senior staff and above. ”

“ Excellent thought provoking course for senior management. First4Safety do exactly as they state on the website. For example - instant communication and feedback is quick as promised. After service is second to none and they are willing to give further advice. Many thanks. ”

IOSH MANAGING SAFELY ONLINE

WHO SHOULD STUDY THE MANAGING SAFELY COURSE?

The course is aimed at Managers, Supervisors, Leaders, Small Business Owners or anyone within your business directly responsible for managing or leading others. Understanding Health and Safety in a Managers role is crucial to any business. By the end of the course, you will be able to make an immediate impact in your workplace.

COURSE CONTENTS

- Introducing IOSH Managing Safely - The first module makes it clear that managers are accountable for the employees under their control and makes a persuasive case for managing safely.
- Assessing risks - Explanation of the terms 'risk' and 'risk assessment'. Delegates learn how to complete a basic risk assessment using the risk assessment process.
- Controlling risks - We look at the hierarchy of control and concentrate on the best techniques to control key risks. Delegates soon understand to look at first eliminating risk, whereas PPE is the last resort.
- Understanding your responsibilities - We review the legal system and health and safety law and enforcement. Then introduce the importance of having a health and safety management system.
- Identifying hazards - We explain all the common hazards that managers may face. Both those that are well known, but also the less obvious but important hazards.
- Investigating accidents and incidents - The importance of why accidents should be investigated is explained. The process of good accident investigation is described so that root causes can be identified.
- Measuring performance - This module explains how checking performance can help to improve health and safety. Delegates learn how to develop basic performance indicators. Auditing and proactive and reactive measuring are also shown.

FINAL EXAM

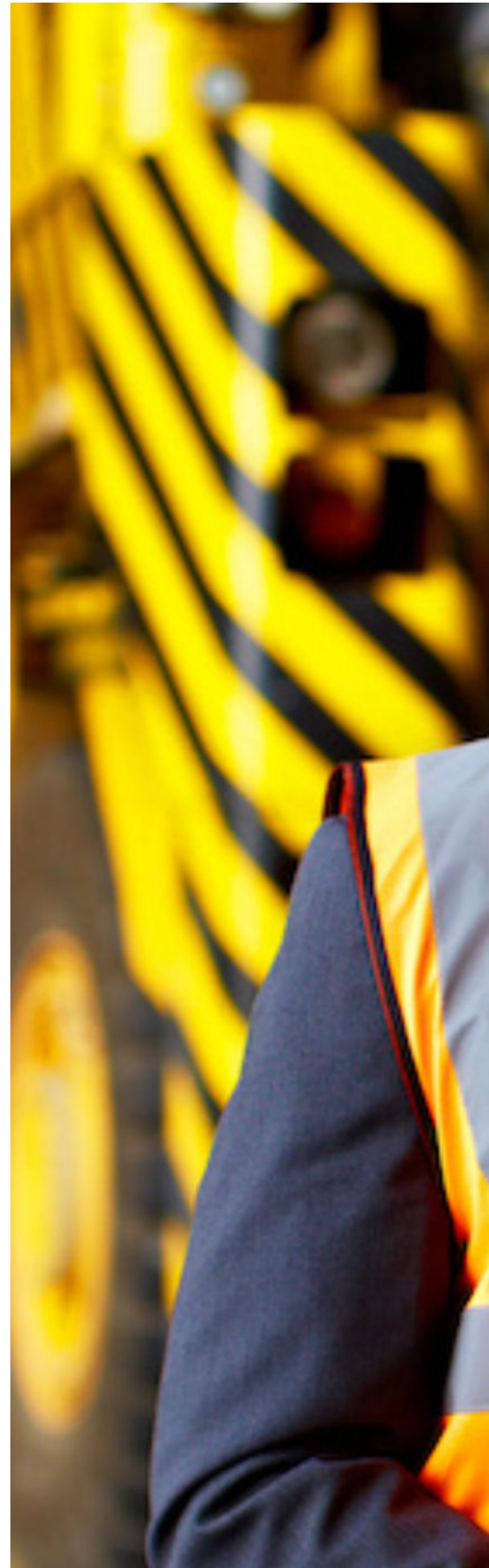
Multiple Choice Exam and a Risk Assessment Project.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

15 hours.





IOSH MANAGING SAFELY REFRESHER ONLINE

WHY SHOULD YOU STUDY MANAGING SAFELY REFRESHER ONLINE COURSE?

The IOSH Refresher course will ensure that you keep up with ever-changing health and safety legislation and best practice. It enables your organisation to meet your statutory obligations and will help move the business towards a positive safety culture.

The IOSH Refresher course is a cost-effective way to keep your IOSH Managing Safely Certification up to date.

COURSE CONTENTS

- Revisiting managing safely and remembering the key parts of a Safety and Health management system.
- Leadership is an essential part of a safety and health management system.
- The 'Plan' stage of a safety and health management system - which consists of the safety and health policy and planning to deliver it.
- The 'Do' stage includes risk profiling and implementing the plan.
- The 'Check' stage is important as it helps to evaluate progress by identifying what went well and what needs to be improved.
- The 'Act' stage also allows you to see if the essential safety and health principles have been accepted into the culture of the organisation.

FINAL EXAM

Multiple choice.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

5 hours.





IOSH WORKING SAFELY ONLINE

WHO SHOULD STUDY WORKING SAFELY?

This course is for everyone and anyone who wants to get a good grounding in Health and Safety knowledge. This is in any sector, profession or any location.

COURSE CONTENTS

- **Introducing Working Safely.** Why is it important for us to work safely.
- **Defining Hazard and Risk.** Understanding risks, how they can be controlled, and what we can do about them.
- **Identifying Common Hazards.** How you can identify and spot hazards that are common in the workplace. What you can do about hazards.
- **Improving Safety Performance.** Understanding responsibilities, and how safety is improved.

FINAL EXAM

Multiple Choice.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

5 hours.

IOSH MANAGING OCCUPATIONAL HEALTH AND WELLBEING ONLINE

WHO SHOULD STUDY MANAGING OCCUPATIONAL HEALTH AND WELLBEING?

Considering the emotional fitness of your business is a now a big strategic consideration and at the top of Health and Safety agendas for many. Resilience Training or Boosting is being seen as key in reducing the likelihood of developing a mental health illness, and so preventing the need for a cure.

The IOSH approved Managing Occupational Health and Wellbeing Course from F4S equips your managers with the necessary skills and tools to understand these important issues - helping them to create a healthy and productive workplace for themselves and their teams.

COURSE CONTENTS

- A Healthy Company - What health management is and why it makes good business sense to manage occupational health and wellbeing in the workplace.
- Health Risk Management - Explanation of the terms 'risk' and 'risk assessment'. Delegates learn how to complete a basic health risk assessment using the risk assessment process.
- Fitness For Work - We look at how physical and mental conditions may impact fitness for work, how to recognise a problem, and the elements of a return to work process.
- Wellbeing - What is 'wellbeing'? We look at the benefits of a wellbeing programme and understand how the culture and attitude of leaders contribute to overall wellbeing. We also look at mental health and stress.

FINAL EXAM

Multiple Choice Exam and a Risk Assessment Project.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

7-8 hours.





IOSH-APPROVED RISK ASSESSMENT ONLINE

WHO SHOULD STUDY RISK ASSESSMENT TRAINING

Legislation states that employing over 5 people requires recording of risk assessments; all employers are required to control risks and this course is suitable for anyone who may be involved in carrying out assessments in their workplace.

This course is designed to help you to learn how to understand risks in the workplace. A risk assessment is an important step in protecting your employees and your place of work. By preparing a risk assessment and evaluating any risks it will help you identify those with the potential to cause real harm and how to put in measures that can readily control risks to ensure your workforce is protected.

COURSE CONTENTS

- Understand the five steps to risk assessment - You will learn what is a risk assessment and how risk assessments carried out.
- Understanding hazards and hazardous events - Understand the types of hazards and what is a hazardous event.
- Introduction to common hazards - Understand the types of hazards that can cause harm, what you can do about common hazards and how easy it is to overlook some hazards.
- Defining and assessing risk - Learn what is a risk and how to assess risk.
- Hierarchy of controlling risks - Understand the hierarchy of control, how you reduce risk and how you decide which risk control to use.
- How to complete a risk assessment form - Learn how to complete a risk assessment form and understand the risk rating matrices.

FINAL EXAM

Multiple Choice Exam and a Risk Assessment Project.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

2 - 3 hours.

IOSH FIRE SAFETY FOR MANAGERS ONLINE

**WHO SHOULD STUDY FIRE
SAFETY FOR MANAGERS ON-
LINE?**

Fire Safety for Managers is designed for managers and supervisors in any sector, and any organisation worldwide, who require an awareness of fire safety.

They won't suddenly become fire safety experts – but they'll get up-to-speed on the practical actions they need to take, and gain the knowledge and tools to tackle the relevant fire safety issues they're responsible for.

Importantly, Fire Safety for Managers makes a powerful case for fire safety being an integral part of day-to-day management and business.

FIRE SAFETY FOR MANAGERS COVERS

- Employers' responsibilities.
- Fire and fire safety measures Including understanding fire, the stages of a fire evacuation and unsafe practices and conditions.
- Assessing fire risks. The steps to Fire Risk Assessment, and the actions that can be taken following the identification of risk.
- Creating a fire safety culture. How can a management system help an organisation to manage fire safety.

FINAL EXAM

Multiple Choice.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

5 hours.





IOSH FIRE AWARENESS ONLINE

**WHO SHOULD STUDY
FIRE AWARENESS ONLINE?**

Anyone at any level in an organisation who wants to understand the risks that fire the cause, how to spot fire hazards, and what their own responsibilities are.

COURSE CONTENTS

- Understand your own responsibilities for fire safety.
- Identify and report on fire hazards.
- Assess workplace fire risks.
- Evacuate effectively in an emergency.
- Identify equipment for fire fighting.

FINAL EXAM

Multiple Choice.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

3 hours.





IOSH-APPROVED MANUAL HANDLING ONLINE

WHO SHOULD STUDY THE MANUAL HANDLING COURSE?

This course is for everyone and anyone who wants to gain an appreciation of Manual Handling. This is in any sector, profession or any location.

The delegate will be able to understand the importance of Manual Handling and the types of injuries related to Manual Handling. Followed up by some guides on how to lift safely, and the appropriate use of handling aids.

COURSE CONTENTS

- What is Manual Handling.
- The Risks Involved.
- The regulations.
- How to Lift Manually.
- Using Lifting and Handling Aids.

FINAL EXAM

Multiple Choice.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

1.5 hours.

IOSH-APPROVED CDM AWARENESS

WHO SHOULD STUDY THE CDM AWARENESS COURSE?

This online CDM Awareness online training course has been developed to provide all duty holders with an understanding of their role and responsibilities under Construction, Design and Management Regulations (CDM) 2015.

The course gives an overview of the requirements for Clients, Principal Designers, Principal Contractors, Contractors, Designers and Workers, and how the regulations apply to construction projects.

COURSE CONTENTS

- Introduction to CDM, understanding the main requirements, a brief history, and what 2015 refers to.
- Managing High Risk Activities. What are they key areas to concentrate on. Fatalities do happen, how do they happen. How can we reduce risk?
- Overview of the roles of the duty-holders. Client, Principal Designer, Designers, Principle Contractor and Contractors.
- Pre-construction phase. What information and documents are required during pre-construction. What are the key elements required preparing for the work including the welfare arrangements, how to manage construction traffic and the elements of a safe site.
- We look at the Construction Phase Plan in greater detail. We discuss the importance of the plan, and key elements that are required.

FINAL EXAM

Multiple Choice Exam.

CERTIFICATION

Upon successful completion you will receive an official IOSH certificate.

STUDY TIME

2-3 hours.





GROUP BOOKINGS

Our learning platform allows you to purchase any number of courses and allocate them as delegates are decided. Progress reports are available on request to allow the organiser to follow the learning journeys.

BESPOKE COURSES

If you're in need of any bespoke courses for your organisation please contact us. We'll work in partnership with you and IOSH to provide your business with the training it might need.

**'OUTSTANDING*'
IOSH APPROVED
TRAINING PROVIDER**





CONTACT US

First4Safety Ltd
30 Tower View
Kings Hill
Kent
ME19 4UY

info@first4safety.co.uk
www.first4safety.co.uk
01732 446880



Book a course today.

Immediate start.

Study at your own pace.

First4Safety Ltd
30 Tower View
Kings Hill
Kent
ME19 4UY



01732 446880
info@first4safety.co.uk
www.first4safety.co.uk



*Graded 'Outstanding' by IOSH Quality Assurance Review, 2018.