

Basic Health and Safety for Construction Workers

Duration:

9 hours

Aim:

This 9 hours course is for those who have entered, or are about to enter, the construction and civil engineering industry. The course gives an awareness of health and safety and how it affects daily roles. It can be used as preparation for acquiring the Construction Industry Skill Card or as refresher training.

Contents:

WHY OHS? (1hour)

Occupational health

· **LEGAL OBLIGATIONS AND ALSO LEGISLATION IN PARTICULAR DAMAGE TO THIRD PARTIES REGULATIONS (1 hour)**

Roles, duties and obligations – Employers, Self-employed, employees, Workers H&S Reps, Vulnerable Workgroups, Clients, Project Supervisors, Competent Persons/ Occupational Health and Safety Authority Act (Act XXVII, 2000, - Chap 424 Criminal Code) LN 91/2000, LN 11/2002, LN 44/2002, LN 45/2002, LN 35/2003, LN 36/2003, LN 121/2003, LN 227/2003, LN 281/2004, LN 282/2004, LN 158/2006, ;N 323/2006

· **DEVELOPING A SAFE WORK CULTURE – OHS MANAGENET SYSTEMS (1 hour)**

Your responsibilities for your own safety and the safety of others;
Management Commitment and achieving better practical standards of safety on site

H&S Policy

Risk Assessments

Coordination between different contractors

Accident/incident investigations

Implementation of control measures

Health and Safety Programmes

Provision of training and information

Consultation and participation of workers

· **PRINCIPLES OF RISK ASSESSMENT (1 hour)**

Definition of Risk Assessment, Risks and Hazards

The need for a risk assessment

How everyone can achieve better practical standards of safety on site

Your responsibilities for your own safety and the safety of others

Hierarchy of Controls

· **GENERAL HAZARDS (NON-EXHAUSTIVE) (1 hour)**

Chemical – ex: adhesives, hazardous materials, asbestos, chemicals, (MSDS), dust fumes.

Physical - ex: noise, vibration, heat, cold...

Biological - ex: exposure to bacteria, fungi (where applicable)..
Mechanical - ex: falling objects, falls from heights, slips and trips, cuts, laceration
Electrical - ex: electrical equipment, wiring..
Ergonomics - ex: posture, manual handling, musculoskeletal disorders
Psychosocial - ex: occupational stress, production quotas, violence at work, unsocial hours, monotony at work...

· **MOST COMMON OCCUPATIONAL HAZARDS/RISKS (1 hour)**

Working at heights

- Safe use of ladders
- Proper use of scaffolding
- Working with protected edges
- Use of safety harness/fall arrestors

Work equipment

- CE marking
- Safe use
- Safety guarding/features
- Electricity
- Maintenance
- Noise
- Vibrations
- Use of PPE
- Inspection by competent persons

· **HEALTH AND HYGIENE (1 hour)**

- Housekeeping
- Welfare facilities
- Principles of First Aid
- Principles of Fire Safety
- Emergency Routes and Exits
- Health and Safety Signs
- Health Surveillance

Working in Confined spaces, explosive atmospheres (1hour)

Working in a traffic environment

Lone Workers

ASSESSMENT (1 hour)

Certification:

Institute of Health and Safety