

# Health & Safety Awareness (Level 1) CITB

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## Overview

This 1 day Health and Safety Awareness course is for those who have entered, or are about to enter the construction and civil engineering industry as a member of the workforce, to help them understand the potential hazards that they face at work on site.

This Site Safety Plus course is a popular route for anyone looking to take their first step towards obtaining a CSCS Labourers (Green) Card.

## Course Content

- Their individual responsibilities for their own safety and the safety of others
- Typical construction hazards and how these are controlled
- How everyone can help achieve better practical standards of safety on site
- Legal requirements and liabilities
- Working at height
- Manual Handling
- Fire prevention
- Work equipment
- Occupational Health

Please supply the following information at time of booking:

Male/Female	
Date of Birth	
National Insurance Number	
Full Name	
Telephone Number	
Home Address	
Email Address	