



EASTERN REGION TRAINING

INSPIRATIONAL TRAINING FOR YOUR BUSINESS



Training Brochure



INVESTOR IN PEOPLE





An introduction into who we are...

Eastern Region Training are a training company based in Ipswich. We deliver our training courses across the East of England and London. With a team of qualified instructors, our focus is on providing high-quality, cost effective training.

We cover a vast range of courses from Construction to Health Care and pride ourselves on consistently putting our customers first. From 2014 when the company was formed, we have built up firm relationships with all of our clients. As good evidence of this, our customers have returned for training time and time again. Our clients are also safe in the knowledge that no matter what special requirements they may have for their training, we will try our best to accommodate them and custom design training to their individual needs.

Please take a look through the rest of this brochure for further details on all of the training courses that we offer.

If you have any questions, please do not hesitate to contact us on 01473 830255 or email us at info@easternregiontraining.co.uk.

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Construction



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Abrasive Wheels

Course Aim:

The aim of this course is to provide the relevant knowledge allowing individuals to be aware of the dangers and hazards of using abrasive wheels/diamond blades.

Who should attend this course?

This course is suitable for anyone that works within the manufacturing and construction industry and uses abrasive wheels/diamond blades in their day to day job.

Duration:

Half Day.

Course Overview:

- A brief outline of the Health and Safety at Work Act 1974
- Provision & Use of Work Equipment Regulations 1998
- Safety in the use of abrasive wheels HSG17
- Personal Protective Equipment Regulations 1998
- The correct use of PPE
- Hazards arising from use of abrasive wheels
- Methods of marking abrasive wheels
- Methods of storing and handling abrasive wheels
- Mounting procedures & precautions of abrasive wheels
- Diamond wheels
- COSHH
- Safe use of the machines and equipment

IATP Asbestos Awareness Category A

Course aim:

The aim of this course is to raise awareness of where asbestos is found, what the different types of asbestos are and the implications of working with asbestos.

Who should attend this course?

This course is designed for any personnel that could potentially come into contact with asbestos containing materials.

Duration:

Half Day.

Course Overview:

- What is asbestos?
- Asbestos in buildings
- Health effects of asbestos
- Legislation, Including the Control of Asbestos Regulations 2012
- Asbestos removal
- Asbestos protection
- The asbestos management plan



IATP Asbestos Category B: Non-Licensed Asbestos Work

Course Aim:

The aim of this course is to enable individuals to legally carry out Non-Licensed and notifiable Non-Licensed work with Asbestos.

Who should attend this course?

The course is designed for employees who have a direct responsibility to work with or remove non-licensed asbestos materials.

Duration:

1 Day.

Course Overview:

- What to do if you uncover or damage materials that may contain asbestos
- Building and dismantling a mini-enclosure
- Using a class H vacuum
- Wetting asbestos materials
- Personal protective equipment
- Personal decontamination
- Disposal of asbestos waste
- Risk assessments
- Management and demolition surveys
- Emergency procedures
- Legislation

IATP Asbestos Category B Refresher

Course aim:

The aim of this course is to refresh the delegates knowledge on Non-Licensed Asbestos Works.

Who should attend this course?

This course is designed for those that have previously attended a Non-Licensed Asbestos course and now require refresher training.

Duration:

Half Day.

Course Overview:

- Health surveillance
- Decontamination units
- Enclosures
- Legislation
- Plan of works
- PPE
- Disposal



Introductory Asbestos Survey

Course Aim:

The aim of this course is to provide the relevant information so that delegates can undertake a basic asbestos survey as part of the estimation process.

Who should attend this course?

The course is designed for any individual that carries out survey's as part of the estimation process.

Duration:

1 Day.

Course Overview:

- To understand what asbestos is
- To understand where asbestos can be found
- To understand why it's a potential health hazard
- Relevant legislation
- The purpose of a survey
- Responsibilities as a surveyor



CDM Managing Health & Safety

Course Aim:

The course aims to provide delegates with an understanding of the CDM Regulations and the importance of planning for designing within construction projects.

Who should attend this course?

Structured for individuals dealing with construction projects, designers, project supervisors, clients and contractors from inception to completion of the project and thereafter.

Duration:

Half Day.

Course Overview:

- Legal requirements as outlined within CDM Regulations
- Role of key duty holders as defined
- Clients
- CDM co-ordinator
- Designers
- Principal contractor
- Other contractors
- CDM documentation
- Integrated safety management



CITB Site Safety Plus Health & Safety Awareness

Course Aim:

The aim of this course is to provide delegates with a general overview of health and safety on a work site.

Who should attend this course?

This course is designed for individuals that want to obtain a CSCS green operatives card, or require a general overview of health and safety on a work site.

Duration:

1 Day.

Course Overview:

- Accident prevention and reporting.
- Health and welfare
- Manual handling
- Work at height
- Emergency procedures and First Aid
- Hazardous substances
- Electrical safety and handheld tools
- Noise and vibration
- Site transport safety

Confined Spaces

Course aim:

The aim of this course is to teach people who work in the construction industry how to manage themselves when in confined spaces.

Who should attend this course?

Any employees in the construction industry who may deal with confined spaces in their workplace.

Duration:

1 Day.

Course Overview:

- Prepare to enter and work safely in low and medium risk confined spaces
- Enter and exit low and medium risk confined spaces safely.
- Prepare and use appropriate respiratory protective equipment for escape purposes in accordance with manufacturers specifications
- Use equipment and tools safely and in accordance with manufactures instructions



COSHH (Control of Substances Hazardous to Health)

Course Aim:

The aim of the course is to teach personnel how to recognize and control hazardous substances and how to prevent them being a danger to health in the workplace.

Who should attend this course?

Any personnel responsible for using or dealing with chemicals in the work place.

Duration:

Half day.

Course Overview:

- Duties under the regulations
- Prohibition relating to certain substances
- Applying the regulation
- Assessment of the harm involved with using the substance
- Prevention and control of exposure to substances hazardous to health
- How to use control measures
- Maintenance, examination and testing of control measures
- Health Surveillance
- Actions taken to deal with accidents, incidents and emergencies

Demolition Operative Safety Awareness

Course aim:

The aim of this course is to give general demolition operatives a view of health and safety issues and how they affect their activities.

Who should attend this course?

This course is intended for Demolition Operatives who require a general overview of Health and Safety.

Duration:

Half day.

Course Overview:

- Individual responsibilities under the Health and Safety at Work Act
- Specific demolition hazards
- How demolition hazards are controlled
- How everyone on site can help achieve better practical standards of safety
- Updating on new safe working practices
- Understanding Method Statements and Risk Assessments



Directors Role for Health and Safety

Course Aim:

The aim of this course is to enable individuals to understand the importance of strategic management of risks and the consequences of failing to manage Health and Safety properly.

Who should attend this course?

Our course is suitable for any directors that wish to enhance their health and safety knowledge.

Duration:

1 Day.

Course Overview:

- Health and safety strategy influences
- Getting it right
- Plan, deliver, monitor and review CDM duty holder roles
- Putting people to work safely
- Safety leadership action plan
- Theory test

Face Fit Testing

Course aim:

The aim of this course is to give a comprehensive overview of how to use Face Fit equipment and successfully Face Fit Test your mask.

Who should attend this course?

This course is designed for individuals who require an in depth knowledge of face fit testing and need to have a mask fit tested.

Duration:

1 hour per test
(approximately)

Course Overview:

- Background to face fit testing
- Legislation and guidance
- Installation and operation of equipment
- Sampling from the face piece
- Fit test protocols
- Set-up and running procedures
- Practical face fit testing
- Problem solving



Fire Extinguisher

Course Aim:

The aim of this course is to enable delegates to be competent in the use of Fire Extinguishers.

Who should attend this course?

This course is designed for anybody responsible for fire safety in the workplace or anyone that may need to use a Fire Extinguisher.

Duration:

Half day.

Course Overview:

- Background to fire safety legislation
- The new approach to fire safety
- Common causes of fire
- Understanding fire
- When to use an extinguisher
- Practical



Fire Risk Assessment

Course aim:

The aim of this course is to provide the delegate with the knowledge needed to complete a Fire Risk Assessment for your premise.

Who should attend this course?

Anyone that wishes to produce fire risk assessments for their workplace.

Duration:

1 Day.

Course Overview:

- Current fire legislation & expectations
- Fire – the dangers, how it spreads and the chemistry
- The risk assessment process
- Means of escape
- Fire warning systems
- Fire extinguisher appliances
- Fire risk assessment relevant to your property
- Control measures

Forklift Truck operator

Course Aim:

This course aims to provide the practical skills and the safety knowledge for the safe and efficient operation of a forklift truck.

Who should attend this course?

This course is designed for any personnel who wish to learn how to operate a forklift truck.

Duration:

Dependant on experience.

Course Overview:

- Basic maintenance
- Driver/operator techniques
- Correct use of control
- Lifting techniques and weight assessment
- Specific load training
- Safety precautions
- Pre-test preparation
- Theoretical safety code and stability video
- Safety video
- Theoretical/practical testing

Hoist and Ginny Wheel

Course aim:

The aim of this course is to provide individuals with the basic knowledge and practical skills which will allow them to operate a hoist.

Who should attend this course?

The course is designed for anyone who uses/will be using hoists in their work environment.

Duration:

Half day.

Course Overview:

- Current Legislation
- Knowledge of the different types of hoists and slings
- Practical session



Ladder/ Step Ladder Safety

Course Aim:

The aim of this course is to provide the knowledge and understanding of the safety aspects, the safe use of and the storage of ladders.

Who should attend this course?

Anyone who's day to day work duties involve the use of ladders.

Duration:

Half day.

Course Overview:

- All ladders including step ladders
- Brief overview of "working at height"
- Correct handling
- Different working locations
- Fault identification
- Identification of different types of ladders
- Practical inspections
- Setting up and use of safety equipment and PPE
- Safe working practices

Manual Handling

Course aim:

The aim of this course is to teach delegates the techniques that will allow them to perform manual handling tasks safely.

Who should attend this course?

All those that undertake lifting procedures in a work environment.

Duration:

Half day.

Course Overview:

- Manual handling operation regulations 1992
- Accident statistics: causes, prevention and control
- Company brainstorm
- Elimination/ reduction of manual handling
- Manual handling techniques
- The environment
- Personal protection equipment
- Dual lifting
- Long term health issues



PASMA

Course Aim:

The aim of this course is to train delegates to a high level of competence so they can assemble a mobile access tower without risk of personal injury to themselves or others.

Who should attend this course?

This course is intended for employees, supervisors and managers that come into contact with scaffolding and mobile towers.

Duration:

1 Day.

Course Overview:

- Legal overview of health and safety
- British and European standards
- Guidance and information
- Tower components– inspection and maintenance
- Video presentation
- Tower assembly and dismantling
- Hazards
- Your responsibilities



Permit to Work

Course aim:

The aim of this course is to ensure that individuals are aware of safety measures implemented for a safe and secure working environment.

Who should attend this course?

Permit to work is for employees that are working in an environment or using equipment which does not cover their general daily tasks.

Duration:

Half day.

Course Overview:

- Introduction
- Legal responsibilities
- Permit to work (PTW) key players
- PTW documentation
- Practical application of PTW



Risk Assessments/Method Statements

Course Aim:

The aim of this course is to teach delegates how to conduct risk assessments in the work place and how to complete method statements.

Who should attend this course?

Anyone who is required to carry out risk assessments or method statements within their company.

Duration:

1 Day.

Course Overview:

- HASAWA 74
- Management of health & safety at work regulations 1999
- Principles of risk assessments
- Hazard identification
- Deterring risk
- Risk rating, probability & severity
- Monitoring and reviewing
- Principles of method statements
- Permits, contents and cancellation

Safety Harness & Lanyards

Course aim:

The aim of this course is to ensure that anyone who uses safety harnesses and lanyards has a comprehensive understanding of the different types and the related health and safety.

Who should attend this course?

This course is designed for individuals who use safety harnesses and lanyards in their work place.

Duration:

Half day.

Course Overview:

- Health & safety laws and regulations
- Responsibilities of employers and employees
- The different types and applicable uses of harnesses and lanyards
- Correct selection
- How to correctly put on and wear the different harnesses
- Devising a safe rescue plan
- The correct storage for the equipment



SEATS

Course Aim:

The aim of this course is to provide delegates with a range of skills and knowledge in relating to Environmental matters in the Construction industry.

Who should attend this course?

Anyone that wishes to improve their knowledge in environmental matters.

Duration:

1 Day.

Course Overview:

- Best practice techniques and legal compliance
- The environment and why it matters
- Environmental management systems
- Waste management
- How to be a good neighbour: statutory nuisance, communication
- Archaeology and heritage
- Energy and resources
- Being a responsible contractor

SMSTS

Course aim:

The aim of this course is to teach managers how to meet the ever-increasing demand for evidence of sound health and safety management on site.

Who should attend this course?

Project managers, site managers and supervisors as well as proprietors of small to medium sized companies.

Duration:

5 Days.

Course Overview:

- The Health and Safety at Work Act
- CDM Regulations 2015
- Site set-up
- Risk assessments/method statements
- Recent changes in accepted working practices
- Behavioural safety
- Management of Occupational Health

SMSTS Refresher

Course Aim:

The aim of this course is to refresh site managers on their responsibilities for site safety, health and welfare and current health and safety legislation including risk assessments.

Who should attend this course?

People who have completed a full SMSTS course and currently hold a valid Site Management Safety Training Scheme (SMSTS) certificate.

Duration:

2 Days.

Course Overview:

- Introduction to health and safety management
- Managing health and safety
- Responsibilities of Supervisors and managers
- Measuring and auditing health and safety performance
- Control of hazards and risks

SSSTS

Course aim:

The aim of the course is to ensure that individuals with supervisory responsibilities understand why they are carrying out their identified duties.

Who should attend this course?

This course is designed for supervisors or those wishing to become supervisors.

Duration:

2 Days.

Course Overview:

- Investigate events which led, or may have led to injuries
- Have an appreciation of the legal reporting system
- Understand the monitoring and recording systems required
- Be able to prepare formal reports
- Be able to make logical proposals to prevent further occurrences
- Definition of accident and the main causes of them
- The principles of accident investigation using HS(G)245
- reporting of injuries, diseases and dangerous occurrences

SSSTS Refresher

Course Aim:

This course aims to refresh the delegates knowledge of the responsibilities of a supervisor on site.

Who should attend this course?

Individuals who have completed a full SSSTS course and now require a refresher course to renew their certificate.

Duration:

1 Day.

Course Overview:

- Noise and vibration
- Dermatitis
- Asbestos
- Drugs and alcohol
- Stress factors
- Dynamic risk assessments procedures
- Hazardous substances
- Work at height
- Manual handling
- Tool box talks

Working at Height

Course aim:

The aim of this course is to give a comprehensive overview of the risks in working at height and the necessary means in protecting yourself.

Who should attend this course?

This course is designed for anyone that works at height in the workplace.

Duration:

1 Day.

Course Overview:

- Work at height
- Bad practice
- Related legislation
- Hierarchy of controls
- Work at height equipment selection
- Ladders
- Inspecting and wearing PPE

Working safely on a roof

Course Aim:

The aim of this course is to provide the relevant training and skills that will enable personnel to work safely on a roof.

Who should attend this course?

This course is designed for managers, supervisors, surveyors and roof workers, to increase their levels of awareness to the hazards and risks they are exposed to.

Duration:

Half day.

Course Overview:

- Introduction– roof working
- Planning for roof work safety
- Requirements for roof edge protection
- Safe access and egress
- Belts, harnesses and nets
- The law and your responsibilities
- Safety checklists.

At Eastern Region Training, we take pride in the vast range of construction courses we offer. Not only are our courses delivered by specialist instructors, with a wealth of knowledge and experience in the subject, but many of them are also fully accredited. Our construction accreditations include

IOSH, IATP, NEBOSH AND CSKILLS.

If you require any further information on our construction courses, please get in contact with us by calling **01473 830255** or emailing us on

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Health Care



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Anaphylaxis Awareness

Course Aim:

The course aim is to provide individuals with a thorough understanding of anaphylactic shock and the treatments associated with anaphylactic shock.

Who should attend this course?

The course is intended for those who want an understanding of anaphylactic shock and the different treatments available.

Duration:

Half day.

Course Overview:

- Role of the first aider
- Types of auto injectors
- How to use the auto injectors
- What to do in a anaphylactic emergency
- Signs and symptoms

Challenging Behaviour

Course aim:

The aim of this course is to give an understanding of how to effectively deal with challenging behaviour.

Who should attend this course?

Anyone that may experience challenging behaviour in the work-place.

Duration:

2 Hours.

Course Overview:

- Defining challenging behaviour
- Types of challenging behaviour
- Understanding challenging behaviour
- Causes
- Symptoms
- Methods of dealing with challenging behaviour



Dementia Awareness

Course Aim:

The aim of this course is to provide an understanding of dementia, allowing the delegates to put the relevant knowledge into practice.

Who should attend this course?

Anyone that wants an insight into Dementia and how to deal with Dementia.

Duration:

2 Hours.

Course Overview:

- What is dementia
- The different types of dementia
- Techniques used to help manage dementia
- Communication
- Supporting the individual
- Managing behavioural changes

Diabetes Awareness

Course aim:

This course aims to give individuals an overview of what diabetes is, the implications of diabetes and the treatments.

Who should attend this course?

Anyone that wants an insight into diabetes and learn how to deal with diabetes.

Duration:

2 Hours.

Course Overview:

- What is diabetes
- The complications
- Medications and treatments
- Food and weight management
- The impact of diabetes



Epilepsy Awareness

Course Aim:

The course aims to give the individuals a comprehensive overview into epilepsy including first aid skills.

Who should attend this course?

This course is designed for all individuals that want to learn about epilepsy. These include private employers, healthcare and service providers, colleges and schools.

Duration:

Half day.

Course Overview:

- What is epilepsy
- Seizures and seizure types
- Treatments
- What to do
- Treatments
- Living with epilepsy

Equality and Diversity

Course aim:

This course aims to raise awareness of Equality and Diversity and encourage candidates to take a proactive approach within the workplace.

Who should attend this course?

This course is designed for anyone that would like an understanding of equality and diversity.

Duration:

2 Hours.

Course Overview:

- Equality and diversity defined
- Understanding individual needs
- Equality and diversity and the law
- Promoting equality and diversity
- Respecting individual needs



Food Safety & Hygiene Awareness

Course Aim:

The course aims to give each individual a comprehensive overview of safe work practices within the catering and hospitality sector.

Who should attend this course?

The course is designed for all individuals that are involved within the catering or hospitality Environment.

Duration:

Half day.

Course Overview:

- Food borne illness
- Food Law
- Food hazards and contamination
- Food preservation and storage
- Personal hygiene practices
- Maintaining a hygienic environment



Health care training package

Course aim:

The aim of the healthcare training package is to give delegates a comprehensive overview of subjects that are important within the health care industry.

Who should attend this course?

This course is designed for any healthcare professionals that require a broad range of training.

Duration:

4 Days.

Course Overview:

Day 1- Food Safety Awareness & First Aid Awareness

Day 2- Health & Safety, Risk Assessment and Fire Awareness
Introduction to Infection Control, Safeguarding Vulnerable Adults (SOVA)

Day 3- Moving and Handling induction

Day 4- Medication Awareness and Dementia Awareness



Infection Control

Course Aim:

The course aims to give the individuals a comprehensive overview of infections and the necessary measures to control them.

Who should attend this course?

The course is designed primarily for individuals that work within the health care industry.

Duration:

Half day.

Course Overview:

- Basic microbiology
- Infection control
- MRSA
- CDI
- Handling waste
- You and infection control



MCA & DOLS

Course aim:

The aim of this course is to enable candidates to gain an understanding of how to keep the best interests of those that they care for.

Who should attend this course?

This course is designed for anyone that works within the health care industry.

Duration:

2 Hours.

Course Overview:

- Mental Capacity Act 2007
- Deprivation of Liberty Safeguards (DOLS)
- Principles of assessment
- Career Liability
- Recording practice
- Advance decision
- Assessments



Moving and positioning people

Course Aim:

The course aims to enable individuals to move and position individuals safely using the correct procedures.

Who should attend this course?

The course is intended for anyone who has duties that involve moving and positioning individuals safely in the workplace.

Duration:

1 Day.

Course Overview:

- Duties of employers/employees
- Considerations whilst moving people
- Moving and handling policies
- Equipment
- Avoid, assess, reduce
- Generic assessments

Nutrition Awareness

Course aim:

The aim of this course is to provide delegates with the relevant knowledge about nutrition.

Who should attend this course?

This course is designed for anyone who work within the health care Industry or just wishes to gain an insight into nutrition awareness.

Duration:

2 Hours.

Course Overview:

- What is nutrition
- Different types of nutrients
- Nutrition for the elderly
- Factors leading to malnutrition
- Implications of malnourishment
- Screening tools



Palliative Care

Course Aim:

The aim of this course is to enable delegates to undertake the carers role with confidence applying understanding of palliative care.

Who should attend this course?

This course is designed for anyone that works within the health care industry.

Duration:

2 Hours.

Course Overview:

- Understanding palliative care
- Coping with palliative care
- Different types of therapies
- How to support people
- Dealing with their emotions



Person centred care

Course aim:

The aim of this course is to provide delegates with the importance of seeing people as unique individuals that require unique interventions.

Who should attend this course?

This course is designed anyone that works within the health care Industry.

Duration:

2 Hours.

Course Overview:

- Understanding person centred care
- Creating the individuals care plan
- Confidentiality
- How work practice may affect the individual
- Boundaries

SOVA Awareness

Course Aim:

The aim of this course is to highlight the importance of the safeguarding of vulnerable people.

Who should attend this course?

This course is designed for anyone that works within the health care industry, or those that would like an awareness of SOVA.

Duration:

Half day.

Course Overview:

- What is safeguarding
- Understanding what makes people vulnerable
- Types of abuse
- Recognising/ symptoms of abuse
- Dealing with abuse
- Current legislation
- Reporting of abuse

Stress Awareness

Course aim:

The aim of this course is to provide attendees with a thorough understanding of what causes stress and how to manage it.

Who should attend this course?

This course is designed for anyone that works within the health care industry, or for those that want to gain an awareness of stress.

Duration:

2 Hours.

Course Overview:

- What is stress
- Causes of stress
- Symptoms of stress
- How stress effects you
- Methods of coping with stress



IOSH



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IOSH Working Safely

Course Aim:

The aim of this course is to provide Individuals with the health and safety knowledge that will allow them to be safe at work.

Who should attend this course?

This course is designed for any personnel in any sector of employment that need an overview of the essential health and safety knowledge in work.

Duration:

1 Day.

Course Overview:

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



IOSH Managing Safely

Course aim:

The aim of this course is to allow supervisors, team leaders and managers to effectively manage their teams' health and safety.

Who should attend this course?

Any supervisor, manager, team leaders or heads of department in any industry that wish to learn the actions required to manage safely.

Duration:

4 Days.

Course Overview:

- Role of health & safety management
- Development of a health & safety culture within the organisation
- Duties under HASAWA
- Responsibilities under the Management of Health & Safety at Work Act 1992
- Civil and criminal liability and enforcement
- Risk management principles
- Identification of hazards and assessment risks
- Strategies for controlling risks



IOSH Supervising Safely

Course Aim:

The aim of this course is to give supervisory staff a range of health and safety knowledge that they can apply to their work-place.

Who should attend this course?

IOSH Supervising Safely is designed for anyone with a supervisory aspect to their role across all industries and organisations.

Duration:

3 Days.

Course Overview:

- The supervisor's role.
- Hazards, risks and control measures.
- Improving safety performance.
- Communication.
- Environmental awareness.

Eastern Region Training are a fully accredited IOSH centre. IOSH are a nationally recognised organisation that are committed to creating a world of work which is safe, healthy and sustainable.

Upon completion of each IOSH course, delegates will receive an IOSH accredited certificate.

If you are interested in booking any IOSH training for you or your employees please call **01473 830255** or email us at **info@easternregiontraining.co.uk**

E-Learning



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Anaphylaxis Awareness

Course Aim:

The course aim is to provide individuals with a thorough understanding of anaphylactic shock and treatments associated with anaphylaxis shock.

Who is this course for?

The course is intended for those who need an understanding of anaphylactic shock and the different treatments available.

Duration:

1 Hour.

Course Overview:

- Role of the first aider
- Types of auto injectors
- How to use the auto injectors
- What to do in a anaphylactic emergency
- Signs and symptoms

COSHH

Course aim:

The aim of this course is to provide the relevant knowledge so that delegates are aware of COSHH and how to manage it.

Who is this course for?

This course is designed for anybody that wishes to learn about COSHH and gain an awareness of the subject.

Duration:

1 Hour.

Course Overview:

- What is COSHH?
- Hazard & risk
- Rules of chemical safety
- Hazard symbols
- Chemical cleaning
- Reducing risk
- PPE



Conflict Management

Course Aim:

The aim of this course is to teach individuals how to deal with conflict in the work place and how to resolve it.

Who is this course for?

Team Leaders, Managers and Supervisors who facilitate group processes. Anyone who has the task of resolving conflict or disputes.

Duration:

1 Hour.

Course Overview:

- The two primary reasons why conflict occurs
- Proven ways to prevent conflict from escalating
- How to spot the warning signals
- The five classic conflict resolution strategies
- Five essential rules for open communication and open discussion
- Comforting people in a manner that minimises Defensiveness and negativity
- Separating the person from the problem

Dementia Awareness

Course aim:

The aim of this course is to provide the relevant knowledge so that delegates are aware dementia and how to manage it.

Who is this course for?

This course is designed for anybody that wishes to learn about Dementia and gain an awareness of the subject.

Duration:

1 Hour.

Course Overview:

- What is dementia?
- Communication
- Theoretical models of dementia
- Types of dementia
- Risk factors
- Managing dementia
- Seeking support
- Short test



Diabetes Awareness

Course Aim:

The Diabetes Awareness course aims to give individuals an overview of what diabetes is, the implications of diabetes and the treatments.

Who is this course for?

The course is intended for individuals who require a knowledge of diabetes, care home workers, health care assistants.

Duration:

1 Hour.

Course Overview:

- What diabetes is
- The complications
- Medications and treatments
- Food and weight management
- The impact of diabetes
- Short test



Equality & Diversity

Course aim:

This course aims to raise awareness of Equality & Diversity and encourage candidates to take a proactive approach within the workplace.

Who is this course for?

This course is designed for all personnel in the workplace.

Duration:

1 Hour.

Course Overview:

- Equality and diversity defined
- Understanding Individual needs
- Equality & diversity and the law
- Promoting equality & diversity
- Respecting Individual needs
- Short test

Fire Safety Awareness

Course Aim:

The aim of this course is to provide the relevant knowledge so that delegates are aware of fire safety.

Who is this course for?

This course is designed for anybody that wishes to learn about fire safety awareness so that they can transfer this knowledge into a workplace.

Duration:

1 Hour.

Course Overview:

- Background to fire safety legislation
- The new approach to fire safety
- Common causes/hazards
- Understanding fire
- Fire classification
- Evacuation
- Prevention
- Short test



Food Safety and Hygiene

Course aim:

The course aims to give each individual a comprehensive overview of safe work practices within the catering and hospitality sector.

Who is this course for?

The course is designed for all individuals that are involved within the catering or hospitality environment.

Duration:

1 Hour.

Course Overview:

- Food borne illness
- Food law
- Food hazards and contamination
- Food preservation and storage
- Personal hygiene practices
- Maintaining a hygienic environment
- Short test



Health and Safety

Course Aim:

The aim of this course is to ensure you and your companies comply with health & safety legislation and promote a safe environment within the workplace.

Who is this course for?

This course is designed for all personnel in the workplace.

Duration:

1 Hour .

Course Overview:

- What is health & safety?
- Health & safety in the workplace
- Legal responsibilities
- Policies and procedures
- RIDDOR
- Hazards in the workplace
- Accident reporting
- Short test



IATP Asbestos Awareness

Course aim:

The aim of this course is to raise awareness of individuals who may come into contact with asbestos within a workplace environment.

Who is this course for?

This course is designed for any personnel that could potentially come into contact with asbestos containing materials.

Duration:

2 Hours.

Course Overview:

- What is asbestos?
- Asbestos in buildings
- Health effects of asbestos
- Legislation, including the Control of Asbestos Regulations 2012
- Asbestos removal
- Asbestos protection
- The asbestos management plan



Infection control

Course Aim:

The aim of this course is to provide the relevant knowledge so that delegates are aware of the measures needed to control infection.

Who is this course for?

This course is designed for anybody that wishes to learn about how to control infection and gain an awareness of the subject.

Duration:

1 Hour.

Course Overview:

- Principles of infection control
- How infections are spread
- Prevention
- Sterilisation & disinfection
- Protective barriers
- Short Test



Ladders, Steps and trestles

Course aim:

This course is designed to raise an awareness of the dangers involved when using ladders, steps, and trestle type work platforms in the workplace.

Who is this course for?

Any person who requires to use ladders, steps, and/or trestles as part of their daily duties.

Duration:

1 Hour.

Course Overview:

- Correct methods
- Selecting and inspecting
- Safe methods
- Safe codes of practice

Manual Handling

Course Aim:

The course aims to teach people techniques which allow them to perform manual handling tasks safely.

Who is this course for?

This course is designed for all those that undertake lifting procedures in a work environment.

Duration:

1 Hour.

Course Overview:

- Manual handling operation Regulations 1992
- Accident statistics: causes, prevention and control
- Elimination/ reduction of manual handling
- Manual handling techniques
- Individual capabilities
- The environment
- Person protection equipment
- Dual lifting
- Mechanised lifting aids
- Long term health issues

Medication Awareness

Course aim:

The aim of the course is to provide candidates with the relevant skills needed so that they can be competent in the Medication Procedures.

Who is this course for?

This course is designed for those that wish to enhance their knowledge of medication awareness in the workplace.

Duration:

1 Hour.

Course Overview:

- A background into medicine
- Medication procedures
- Administering procedures
- Changes and supplies of medication
- Prescriptions
- MAR sheets
- Prescribed & non prescribed
- Short test



Scaffold Awareness

Course Aim:

The aim of this course is to provide delegates with a basic appreciation and understanding of scaffolding.

Who is this course for?

This course is designed for anybody that works with scaffolding in the work place.

Duration:

1 Hour.

Course Overview:

- Current legislation
- British standards
- Scaffolding components
- Tower scaffolds
- Inspections
- Faults



Working at Height

Course aim:

The aim is to provide relevant knowledge so that delegates are aware of the risks associated with working at height.

Who is this course for?

This course is designed for anybody that wishes to learn about Working at Height and gain an awareness of the subject.

Duration:

1 Hour.

Course Overview:

- What is working at height?
- Health & safety
- Preventing falls
- Use of ladders
- Scaffolding
- Harness & lanyards
- Golden rules
- Short test



Working safely on roofs

Course Aim:

The aim of this course is to give the relevant training which will enable personnel to work safely on a roof.

Who is this course for?

This course is designed for managers, supervisors, surveyors and roof workers, to increase their levels of awareness to the hazards and risks people are exposed to.

Duration:

1 Hour.

Course Overview:

- Introduction– roof working
- Planning for roof work safety
- Requirements for roof edge protection
- Safe access and egress
- Belts, harnesses and nets
- The law and your responsibilities
- Safety checklists.

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First Aid



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INVESTOR IN PEOPLE



Emergency First Aid at Work

Course Aim:

The aim of this course is to provide basic lifesaving first aid and workplace health and safety regulations.

Who should attend this course?

This course is suitable for people who want to receive training in emergency first aid and is especially suited for nominated first aiders in small, low risk environments.

Duration:

1 Day.

Course Overview:

- Health & Safety regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Chocking
- Seizures
- Bleeding
- Common workplace injuries

Level 3 First Aid at Work

Course aim:

The aim of this course is to furnish individuals with the comprehensive set of practical skills necessary for them to become a first aid worker.

Who should attend this course?

This course is suitable for individuals who wish to receive a thorough first aid course, covering a comprehensive range of topics.

Duration:

3 Days.

Course Overview:

- Accidents and illness
- Using a first aid kit
- Simple record keeping
- Heart attacks
- Shock
- Choking
- Bleeding
- Burns and scalds
- Poisoning
- Fractures



Paediatric First Aid

Course Aim:

The course aims to enable individuals to learn to deal with the emergency scenarios that face professionals looking after young children and infants.

Who should attend this course?

The course is designed for individuals who work with younger children and wish to learn the appropriate first aid.

Duration:

3 Days.

Course Overview:

- Role of the first aider
- Allergies
- Asthma
- Bleeding
- Choking
- Head injuries
- Eye injuries
- Foreign objects

Nothing is more important than the health and wellbeing of your staff. To ensure that your employees are safe, why not invest in First Aid Training. Our First Aid courses are delivered by fully qualified trainers that provide fun, interactive courses.

Upon completion of your First Aid training, each delegate receives a Quallsafe accredited certificate.

If you are interested in getting your staff First Aid trained,
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info@easternregiontraining.co.uk

Train the Trainer



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COSHH

Course Aim:

The aim of this course to enable you to train people with little or no knowledge or experience in Health and Safety to carry out their own basic COSHH assessments.

Who should attend this course?

Our trainer the trainer COSHH is designed for all those who wish to become instructors in COSHH.

Duration:

1 Day.

Course Overview:

- What is COSHH
- Regulations
- Identifying who is at risk and how
- Information relating to the working environment
- How is the risk currently controlled
- Risk analysis
- Control measures
- Health surveillance
- Recording information
- COSHH proforma
- Structuring and delivering the training

Face Fit Testing

Course aim:

Individuals who have some previous Training skills who wish to be able to teach qualitative Face Fit Testing.

Who should attend this course?

This is designed to help train people how to conduct fit testing, this is perfect for companies wanting to do fit testing themselves.

Duration:

1 Day.

Course Overview:

- Background to qualitative face fit testing
- Legislation and guidance, HSE282/28
- Set-up of equipment
- The sensitivity test
- Fit test protocols
- Pass levels
- Practical face fit testing
- Troubleshooting & problem solving
- Fit test failures and re-tests
- Planning & managing a fit testing program



Manual Handling

Course Aim:

This aim of this course is to provide delegates with the skills and knowledge needed to be able to teach their own manual handling course.

Who is this course for?

This course is designed for any individuals that wish to be able to learn how to deliver Manual Handling Training Courses.

Duration:

2 Days.

Course Overview:

- Teaching, educating, how do we learn?
- Instructional techniques
- Creating a training session
- Delivering a training session
- Evaluating
- Manual Handling operations regs.1998
- Kinetic lifting techniques
- Demonstrations

Train the Trainer courses are designed for those who want to be able to train their own staff. Our specialist trainers will provide you with the teaching skills and course knowledge that will give you the confidence to deliver the training yourself.

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Marmi Bespoke Interiors:



‘All of the attendees were fully engaged with the tutor throughout the course’

‘The tutor was really enthusiastic and tailored the training to our specific needs’

Scofield & Lait Roofing:



‘Great Category A Asbestos Awareness Training, the course was educational and perfect for their level of work’

‘The tutor made it very enjoyable and easy to understand’

Anglia Hydraulics & Engineering:

‘The trainer kept us all interested throughout the course’

‘Easy to book, great all-round service, wont hesitate to use your service again’



Peak Contractors:

‘The feedback from both was excellent in terms of the course content, learning pace and the facilities.’

‘I will make sure the rest of the Managers are training with you in the same facility.’



Eco Living UK:

‘Eastern Region Training provided excellent advice on our training needs and tailored a day of courses to suit our workforce’

‘The training was carried out by very experienced and enthusiastic trainers.’

ColGrass:



“We got in contact with Eastern Region Training Group and they were extremely helpful straight away .

“Eastern Region Training were very flexible and listened carefully to our needs so that they could tailor the training so that it was specific to us.”