



EASTERN REGION TRAINING

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Training Brochure



INVESTOR IN PEOPLE



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Who We Are

Eastern Region Training are a training company based in Baylham, Ipswich. We deliver our training courses across the East of England and London and provide online training which can be completed anywhere in the country. With a team of qualified instructors, we focus on providing high-quality, cost effective training.

We cover a vast range of courses from Health & Safety to Construction Skills and pride ourselves on consistently putting our customers first. From 2014, when the company was formed, we have built 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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Health & Safety Courses



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info@easternregiontraining.co.uk



Abrasive Wheels

Course Aim:

The aim of this course is to provide the relevant knowledge on Abrasive Wheels, including the dangers and hazards of using Abrasive Wheels & Diamond Blades.

Who Should Attend This Course?

This course is suitable for anyone who works within the construction industry and uses Abrasive Wheels & Diamond Blades in their day to day job.

Duration:

Half Day.

Course Overview:

- 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
- Safe use of the machines and equipment.

Abrasive Wheels Train the Trainer

Course Aim:

This course is aimed at existing instructors who will be required to deliver half day practical Abrasive Wheels courses.

Who Should Attend This Course?

This course is suitable for anyone who works with Abrasive Wheels & Diamond Blades and would like to train others to do so.

Duration:

1 Day.

Course Overview:

- Hazards
- PUWER
- Diamond Wheels
- Petrol & electric machines
- Instruction techniques
- Assessing techniques.



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IATP Asbestos Awareness

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 who 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 2: 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?

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

Duration:

Half 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.



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IATP Asbestos Category 2 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 of asbestos.



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 labourers' 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.

CSCS Green Card Package

Course Aim:

We offer a package that means we deliver the 1 day Health & Safety Awareness, book you on your touchscreen test and apply for your CSCS card on your behalf, making the whole process as hassle free as possible whilst helping you gain your CSCS Labourers' Card.

Who Should Attend This Course?

The course is designed for any individual who wants to obtain a CSCS green labourers' card.

Duration:

1 Day & approximately 1 Hour for the Touchscreen Test

Course Overview:

- Accident prevention and reporting
- Health and welfare
- Manual handling
- Work at height
- Emergency procedures and first aid
- Hazardous substances
- Electrical safety and hand-held tools
- Noise and vibration
- Site transport safety
- 1x Touchscreen Test.



COSHH (Control of Substances Hazardous to Health)

Course Aim:

The aim of the course is to teach personnel how to recognise 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.



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CITB Director's Role for Health and Safety

Course Aim:

The aim of this course is to enable individuals to understand the importance of 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 who 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.

Directors Role
For Health & Safety



Emergency First Aid at Work

Course Aim:

The aim of this course is to provide basic life saving first aid.

Who Should Attend This Course?

This course is suitable for people who want to receive training in emergency first aid and is most suited for nominated first-aiders in smaller, low risk work-places.

Duration:

1 Day.

Course Overview:

- Health and safety (first aid) regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Choking
- Seizures
- Bleeding
- Common workplace injuries.



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Face Fit Testing – Qualitative

Course Aim:

The aim of this course is to test if your face mask is protecting you whilst wearing it through the means of a 'fit test'.

Who Should Attend This Course?

This course is designed for individuals who need to have their mask tested to ensure it is protecting them during use.

Duration:

Approx. 30 Minutes per test

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 .



Face Fit Train the Trainer

Course Aim:

The aim of this course is to train people how to conduct fit testing; this is perfect for any company wanting to carry out face fit testing themselves.

Who Should Attend This Course?

This course is for Individuals who have some previous training skills who wish to be able to Qualitatively Fit Test others.

Duration:

Half 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.

Fire Safety

Course Aim:

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

Who Should Attend This Course?

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

Duration:

Half Day.

Course Overview:

- Basic fire safety and what to do in the event of an emergency
- How fires are caused in workplace
- Cost of fires
- Duties and responsibilities in relation to fire safety
- Hazards and risks associated with fire in the workplace
- How fire risk is controlled in the workplace
- Means of escape, fire detection, principles of extinguishers
- Principles and practice of fire safety management at work
- Duties of employers and employees
- Roles of the fire warden.



Ladder Safety

Course Aim:

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

Who Should Attend This Course?

Anyone whose day to day work duties involves the use of ladders.

Duration:

Half Day.

Course Overview:

- All ladders including step ladders
- Brief overview of "Working at Height"
- Correct handling of ladders
- Different working locations
- Fault identification
- Identification of different types of ladders
- Inspection of safety equipment
- Reduction of risks to operators in falls from heights
- Setting up and use of safety equipment and PPE
- Safe working practices
- Use of essential safety equipment required to reduce risk

Manual Handling

Course Aim:

The aim of this course is to teach techniques that allow delegates 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:

- Reasons for safe manual handling
- Potential injuries
- Employers' and employees' legal duties and consequences of non-compliance
- Manual handling risk assessments
- Types of equipment and test requirements associated with manual handling
- Types, servicing and examination of manual handling equipment
- Applying safe manual handling principles.



Manual Handling Train the Trainer

Course Aim:

This course is aimed at existing instructors who will be required to deliver half day practical Manual Handling courses.

Who Should Attend This Course?

This course is aimed at existing instructors whom will be required to deliver half day practical manual handling instruction in the work-place.

Duration:

1 Day.

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
- Delivering a practical manual handling course.

Risk Assessments/Method Statements

Course Aim:

The aim of the Risk Assessment & Method Statements course is to teach people how to conduct a risk assessment in the work place and how to successfully complete a method statement.

Who Should Attend This Course?

Anyone who is required to carry out risk assessment within their company.

Duration:

1 Day.

Course Overview:

- HASAWA '74
- Management of health & safety at work regulations '99
- Principle of risk assessment
- Hazard identification
- Deterring risk
- Risk rating, probability & severity
- Hierarchy of control measures
- Analysis methods, what to check and when
- Monitoring and review
- Method statements
- Principles of method statement permits, contents, 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 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



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SMSTS

Course Aim:

The aim of this course is to teach managers how to meet the 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' knowledge on their responsibilities with regards to site safety, health and welfare and current health & safety legislation

Who Should Attend This Course?

People who have completed a full SMSTS course and currently hold a valid site management safety training scheme certificate.

Duration:

2 Days.

Course Overview:

- Health & Safety Management
- Managing Health & Safety
- Responsibilities of Supervisors and Managers
- Measuring and auditing health & 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 and how to do so safely.

Who Should Attend This Course?

This course is designed existing supervisors wishing to become qualified or those wishing to become supervisors.

Duration:

2 Days.

Course Overview:

- Investigate events which led, or may have led to injuries
- Legal reporting system
- Monitoring and recording systems
- Be able to prepare formal reports
- 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.

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



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Tower Training– PASMA

Course Aim:

The aim of the 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?

The course is for employees, supervisors and managers to allow them to be competent in the safe use of mobile access towers.

Duration:

1 Day.

Course Overview:

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

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:

Half Day.

Course Overview:

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



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At Eastern Region Training, we take pride in the vast range of Health & Safety 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:

IATP, CITB Site Safety Plus, Qualsafe & RTITB.

If you require any further information on our construction courses, please get in contact with us by calling 01473 830255 or emailing us on info@easternregiontraining.co.uk



E-Learning Courses



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Abrasive Wheels

Course Aim:

The aim of the course is to provide knowledge to allow individuals to be aware of potential dangers and hazards when using Abrasive Wheels & Diamond Blades.

Who Is This Course For?

This course is for anybody who uses abrasive wheels/diamond blades in their day to day job.

Duration:

2 Hours.

Course Overview:

- 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, handling & transporting of Abrasive Wheels
- Mounting procedures & precautions of Abrasive Wheels
- Diamond Wheels
- Electric and Petrol Machines
- Safe use of the machines and equipment.

Asbestos Awareness

Course Aim:

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

Who Is This Course For?

This Asbestos Awareness online 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
- Control of Asbestos Regulations 2012
- Asbestos Removal
- Asbestos Protection
- The Asbestos Management Plan

Category 2 Non- Licensed Asbestos

Course Aim:

The aim of the course is to provide the relevant knowledge of what Asbestos is, where it is found and the difference between Licensed and Non-Licensed Works.

Who Is This Course For?

This Non-Licensed Asbestos online training is suitable for anyone who works with, or may encounter, Asbestos.

Duration:

2 Hours.

Course Overview:

- What is Asbestos?
- Regulation
- Asbestos-related disease
- Where you will find asbestos
- Notifiable Work
- Non-notifiable Work
- The difference between Licensed & Non-Licensed works



Conflict Resolution

Course Aim:

The aim of this course is to provide delegates with skills in managing conflict so that they can transfer them into their workplace.

Who Is This Course For?

The course is designed for anybody that wishes to learn about Conflict Management and gain an awareness of the subject.

Duration:

2 Hours.

Course Overview:

- Personalities
- Types of Conflict & Causes
- Communication
- De-escalation techniques
- Assessing Risk
- Reducing Risk
- Help & Support following an incident

COSHH

Course Aim:

The aim of the COSHH 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 online course is designed for anybody who wishes to learn about the Control of Substances Hazardous to Health and gain an awareness of the subject.

Duration:

2 Hours.

Course Overview:

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



Customer Services

Course Aim:

The aim of the Customer Service course is to provide delegates with the relevant customer service skills so that they can transfer these skills into the workplace.

Who Is This Course For?

The Customer Service course is designed for anybody who wishes to gain a wide range of customer service skills that can be used in a workplace environment.

Duration:

2 Hours.

Course Overview:

- The principles of customer service
- Needs & Expectations
- Relationships & Feedback
- Communication
- Presentation, Approach & Attitude
- Common Causes of complaints
- Difficult customer situations.

Equality & Diversity

Course Aim:

The aim of this online course is to give delegates an in-depth understanding of equality and diversity so that they can transfer these skills into the workplace.

Who Is This Course For?

This course is designed for anybody who wishes to learn about Equality & Diversity so that they can transfer this knowledge into a workplace.

Duration:

2 Hours.

Course Overview:

- Definitions of Equality & Diversity
- Discrimination, Inclusion & Stereotyping
- Prejudice, Bullying & Harassment
- Equality Act 2010
- F.R.E.D.A
- Challenging Discrimination
- Your Responsibilities.



Fire Marshal

Course Aim:

The aim of this course is to provide knowledge which allows individuals to understand the role of the Fire Marshal, fire drills and evacuation procedures.

Who Is This Course For?

This course is suitable for anyone who would like to become the Fire Marshal in their workplace.

Duration:

2 Hours.

Course Overview:

- Regulations
- Common Causes
- Roles of the Fire Marshal
- Fire Risk Assessment
- Fire Drills & Evacuation Procedures
- Fire-fighting equipment.

Fire Safety

Course Aim:

The aim of the Fire Safety online course is to provide the relevant knowledge so that delegates are aware of Fire Safety.

Who Is This Course For?

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

Duration:

2 Hours.

Course Overview:

- Background to fire safety legislation
- The new approach to fire safety
- Common Causes/Hazards
- Understanding fire
- Fire classification
- Evacuation
- Prevention



First Aid

Course Aim:

The aim of the First Aid Online training course is to provide basic life saving first aid and workplace health and safety regulations.

Who Is This Course For?

The Online First Aid Course is designed for people who want to receive training in emergency first aid in smaller, low risk working environments.

Duration:

2 Hours.

Course Overview:

- Health and safety (first aid) regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Choking
- Reviewing Assessments
- Completing Your Own Assessment

Harness Safety

Course Aim:

The aim of the course is to ensure that anyone who uses safety harnesses and lanyards has a comprehensive understanding of appropriate health and safety

Who Is This Course For?

The Safety Harness Course is designed for individuals who use safety harness and lanyards in the course of their work.

Duration:

2 Hours.

Course Overview:

- Health & Safety Laws and Regulations
- Responsibilities of employees and their employers according to the law
- Types and applicable uses of harnesses and lanyards
- Correct selection of harness
- The safe inspection of the equipment,
- How to correctly put on and wear the different types of harnesses
- Working safely in your harness with your lanyard
- Devising a safe rescue plan should the worst happen
- The correct way to store the equipment

Health & Safety in the Workplace

Course Aim:

The aim of this course is to provide the relevant knowledge so that delegates are aware of Health & Safety guidelines in the workplace.

Who Is This Course For?

This course is designed for anybody that wishes to learn about General Health & Safety guidelines in the workplace

Duration:

2 Hours.

Course Overview:

- Health & Safety Law
- Accidents & Prevention
- Risk Assessments
- Fire Safety
- Safety Signs
- First Aid
- PPE
- Manual Handling
- COSHH
- Ergonomics

Ladder Safety

Course Aim:

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

Who Is This Course For?

In short, anyone that comes into contact with Ladders during work.

Duration:

2 Hours.

Course Overview:

- All ladders including step ladders
- Components
- Correct Handling
- Different working locations
- Fault identification
- Inspection of safety equipment
- Practical inspections
- Reduction of risks to operators in falls from heights
- Setting up and use of safety equipment and PPE
- Safe working practices
- Use of essential safety equipment required to reduce risk

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?

All those that undertake lifting procedures in a work environment.

Duration:

2 Hours.

Course Overview:

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

Nail Gun Safety

Course Aim:

The aim of the nail gun safety course is to make delegates aware of the safety precautions when using a nail gun and how to maintain the equipment.

Who Is This Course For?

This online course is designed for anybody that wishes to learn about how to safely use a nail gun and how to maintain this piece of equipment.

Duration:

2 Hours.

Course Overview:

- PUWER Regulations
- Maintenance including cleaning, servicing and pre-use checks
- The do's and don'ts when operating a nail gun
- PPE
- General safety



Risk Assessments

Course Aim:

The aim of the course is to provide delegates with an awareness of how and why we carry out risk assessments.

Who Is This Course For?

The online course is designed for anybody looking to carry out risk assessments for their company

Duration:

2 Hours.

Course Overview:

- HASAWA '74
- Management of health & safety at work regulations '99
- Principle of risk assessment
- Hazard identification
- Deterring risk
- Risk rating, probability & severity
- Hierarchy of control measures
- Analysis methods, what to check and when
- Monitoring and review
- Method statements (what are they? why use them? when to use them?)
- Principles of method statement permits, contents, cancellation)

Scaffold Awareness

Course Aim:

The aim of this online course is to provide individuals with the knowledge that they will need to work with scaffolding in a safe manner.

Who Is This Course For?

In short, anyone that comes into contact with scaffolding during their work.

Duration:

2 Hours.

Course Overview:

- Working at Height Regulation
- Scaffolding Components
- Boards, Tubes & Foundations
- Fault Finding
- Inspections
- Safe storage & maintenance
- Certification
- Modification



Stress Management

Course Aim:

The aim of this online training course is to provide an insight into what stress is and how you can manage it.

Who Is This Course For?

The course is designed for people who want to receive training to effectively management feelings of stress within the workplace.

Duration:

2 Hours.

Course Overview:

- What is Stress
- Impact of Stress
- Symptoms of Stress
- Causes of Stress
- How to Manage Stress
- How to Reduce Feelings of Stress
- Reviewing Assessments
- Completing Your Own Assessment

Working at Height

Course Aim:

The aim of the course is to provide the relevant knowledge so that delegates are aware of the risk associated with working at height and how to minimise this risk.

Who Is This Course For?

The Working at Height course is designed for anybody that wishes to learn about working at height

Duration:

2 Hours.

Course Overview:

- What is Working at Height?
- Health & Safety
- Preventing Falls
- Use of Ladders
- Scaffolding
- Harness & Lanyards
- Golden Rules





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E-Learning courses are becoming increasingly popular due to their convenience. With our E-Learning courses, it's simple:

We provide you with a login and you complete the course at a time and place that suits you. All of our E-Learning courses can be completed in the comfort of your own location, saving you travel time and costs. They can be completed on any computer, laptop, tablet or smartphone. The same content is covered as the face-to-face course and you will receive a certificate upon completion.

We currently offer over 20 E-Learning courses with more being added over the coming months.

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RTITB Forklift Courses



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Novice Operator

Course Aim:

On completion of the course, delegates will be able to:

- Operate a Counterbalance Forklift Truck safely and correctly in accordance with accepted good practice and the manufacturers handbook
- Understand some of the causes of instability of trucks and loads
- Perform routine inspections of the truck before use.

Course Overview:

- Introduction to the lift truck
- Control and instruments
- Starting, moving and stopping the truck
- Steering the truck
- Weight assessment
- Handling laden and unladen pallets
- Driving on/off ramps and inclines
- Road vehicle loading and unloading
- Stacking/de-stacking
- Practical test/knowledge exam.

Who Is This Course For?

This course is designed for those without previous experience who wish to learn how to operate a forklift truck.

Duration:

Course duration varies depending on the number of delegates:

- 1 Delegate - 3 Days
- 2 Delegates - 4 Days
- 3 Delegates - 5 Days



Experienced Operator

Course Aim:

On completion of the course, delegates will be able to:

- Operate a Counterbalance Forklift Truck safely and correctly in accordance with accepted good practice and the manufacturers handbook
- Understand some of the causes of instability of trucks and loads
- Perform routine inspections of the truck before use.

Who Is This Course For?

This course is designed for those with previous experience of operating a forklift truck, that require a formal qualification in order to illustrate their competence.

Duration:

Course duration varies depending on the number of delegates:

- 1 Delegate - 2 Days
- 2 Delegates - 3 Days
- 3 Delegates - 3 Days

Course Overview:

- Introduction to the lift truck
- Control and instruments
- Starting, moving and stopping the truck
- Steering the truck
- Battery care
- Handling laden and unladen pallets
- Driving on/off ramps and inclines
- Road vehicle loading and unloading
- Stacking/de-stacking
- Practical test/knowledge exam.



Refresher Course

Course Aim:

On completion of the course, delegates will be able to:

- Operate a Counterbalance Forklift safely and correctly in accordance with the manufacturers handbook and accepted good practice
- Show their understanding, by being able to state the causes of instability of trucks and loads
- Correctly carry out routine pre-use inspections and maintain the truck in accordance with the operator procedures manual.

Course Overview:

- Introduction to the lift truck
- Control and instruments
- Starting, moving and stopping the truck
- Steering the truck
- Battery care
- Handling laden and unladen pallets
- Driving on/off ramps and inclines
- Road vehicle loading and unloading
- Stacking/de-stacking
- Practical test/knowledge exam

Who Is This Course For?

This operator training course is designed for those operators who have earlier been given adequate formal basic operator training and now require a refresher. Delegates will be asked to supply evidence of any prior training.

Duration:

Course duration varies depending on the number of delegates:

- 1 Delegate - Half Day
- 2 Delegates - 1 Day
- 3 Delegates - 1 Day





We are thrilled to be partnered with Whip Street Motors, they have been very generous to ERT with gifting us vehicles for our kids to work on. We could not be more thankful for their continued support.



Our partnership with Raedwald Trust began early 2019. The aim of the partnership is to provide BTEC construction related training to students aged between 14-16 that are not in mainstream education.



Chantry Academy are working in collaboration with Eastern Region Training Group to create a bespoke trade skills academy for young people 14+ who are disengaged with the curriculum offer in mainstream education and/or who may be at risk of exclusion or disadvantaged.



Westbourne Academy are working in collaboration with Eastern Region Training Group to create a bespoke trade skills academy for young people 14+ who are disengaged with the curriculum offer in mainstream education and/or who may be at risk of exclusion or disadvantaged.



We are delighted to be working with Ridgeons who have agreed to kindly supply the bricks that will be used for our bricklaying courses. Ridgeons are a builders merchant that have shown great interest in our study programmes and apprenticeship courses and their help is greatly appreciated.



INVESTOR IN PEOPLE



Just a quick email to say thank you for the recent Face Fit Train the Trainer Course arranged by Eastern Region Training. The feedback from our attendee was excellent in terms of the course content, learning pace and the facilities. Having been on this same course myself, I would not hesitate to put through more delegates with yourselves, especially for the Train The Trainer Fit Testing Course.



Eastern Region Training ran a bespoke training day for the UK Antarctic Heritage Trust conservation team. They are on their way to Antarctica now for 11 weeks. Clive spent a lot of time going through the details before running what was a very useful course for the team. It both opened their eyes to some new techniques and provoked lots of discussion about the best way to safely carry out the work on the buildings. This is our second year working with Eastern Region Training and once again they delivered a useful and informative course for the team.



The trainer kept us all interested throughout the CITB Health & Safety Awareness course. It was easy to book with great all-round service. Won't hesitate to use your service again.

Our representative Chris Dack from CED Brickwork Ltd attended the Manual Handling course and found it really interesting. The training was delivered in a very professional manner. Overall he had a very productive and enjoyable day

CED Brickwork

All of the attendees were fully engaged with the tutor throughout the Asbestos Awareness course as he was really enthusiastic and tailored the training to our specific needs

Marmi Bespoke Interiors



INVESTOR IN PEOPLE