

# CITB Health and Safety Awareness

To obtain your green CSCS Labourer (Green) card you now need to attend both the **CITB 1 Day H&S Awareness course** and complete the touch-screen **CITB Health, Safety and Environmental Test**

## Introduction

This 1-day course can be for those who have entered, or are about to enter, the construction and civil engineering industry. The course gives delegates an awareness of health and safety and how it affects their daily role.

## Course Duration

IHTC Ltd offer this course over 1 day.

## Who Should Attend?

This course is for those who are in, 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.

## Course Programme

- 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

## Certification and Assessment

The method of assessment will be by multiple-choice questions at the end of the course, as well as being expected to be interactive during the course. Successful delegates will receive a CITB certificate, renewable every 5 years.

## Suggested Follow on and Complementary Courses

CITB Site Supervisor Safety Training Scheme, First Aid, Fire Safety Principles-Fire Warden