



# CITB Site Safety Plus (Level 1)

## 1 Day Safety Awareness



The CITB Site Safety Plus Course is the preferred route for persons taking their first steps to obtaining a CSCS (Green) Card

### Course Overview

The CITB Site Safety Plus 1-Day Health & Safety Awareness course is designed for those who have entered, or are about to enter the construction and civil engineering industry as a member of the work force, to help them understand the potential hazards that they face at work on site.

### Course Syllabus

To ensure that individual responsibilities are understood:

- Why they are carrying out their identified duties?
- What is expected from them
- To ensure that they contribute to the safety of the workplace

At the end of the course, delegates will be able to:

- Understand the need to prevent accidents
- Understand health & safety legislation
- Identify how their role fits into the control and management of the site
- Understand the need for risk assessments and method statements

Course Content:

- Basic Understanding of health & safety
- Duties and responsibilities
- Becoming aware of hazards and risks on construction sites
- Work at height
- Manual handling
- Fire prevention
- Occupational health
- Work equipment
- PPE & RPE
- Unsafe acts

Course delivery options:



Tailored



Open

Course Information

For further information contact us on 01782 346300



# frequently asked questions...

## The Course

Course Delivery	This course is available either as a Tailored or Open Course
Accreditation	CITB
Course Length	1 day
Start / Finish Times	To suit but generally 08.30-16.30
Maximum Group Size	20
Tailored to Specific Requirements	To CITB syllabus
Course Material	CITB Course Material

## Certification

Are certificates issued?	Yes – CITB Site Safety Plus Certificate
Valid for?	5 years
Is there an Assessment?	Multiple choice paper
When / how are they available?	Available for download within 2 weeks after the course

## The Delegates

Prior Knowledge / Prerequisites	N/A – Understanding of written and spoken english
Needs to bring along	Everything is provided on the day

## The Venue

Course Location	At a venue of your choice or a NUK venue
Venue Requirements	Please inform us of any mobility concerns
Non-NUK Venues	Must have adequate space, lighting, seating, welfare and a 240v socket
Refreshment at NUK Venues	Tea, Coffee, Water and Biscuits are available