



EC SAFETY SOLUTIONS

Providing
A Safer More Cost Effective Future for Your
Company

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Health and Safety Consultants that do the work for you!

EC Safety Solutions Ltd is a young and vibrant innovative health and safety consultancy that specialises in supporting small businesses who cannot afford or, more realistically, need to employ a full time health and safety manager.

Experience shows most of the firms that do not presently comply with the Health and Safety at Work Act of 1974 (HSAWA74) actually forms a part of the majority of businesses in the UK. In general, most firms know that they have to do health and safety and they would like to comply, but there is an underlying concern that once any attempt at compliance or safety improvements is made, they would open themselves up to all kind of issues from their staff, reduce profits, and generally make their life a misery.

I have also found that employers tend to not like "advisors" or "consultants" telling them what they already know and billing them for the privilege. Understandably, they are irritated by consultants who sell by fear claiming you can go to jail or pay massive fines, etc At EC Safety Solutions, we think that what a company would like is some help to comply with the legislative requirements in the most cost effective and stress free way, without disrupting the business activities.

EC Safety Solutions is proving to be quite different to other health and safety consultant and advisory companies, in as much as that we get involved in helping you manage the introduction of safety. Initially, we would start at a basic level of ensuring you to comply with the Health and Safety at Work etc Act 1974 and the Management of Health and Safety at Work Regulations 1999. It is clear that once a business understands the process, they often request further improvements to their safety regime. This is because they are more confident in handling their staff, you will find that it wins contracts, and in certain cases, reduces insurance premiums.

EC Safety Solutions is committed to working for the client, not the employee. Though the employee does gain from this relationship, we would represent the highest level manager with the responsibility for health and safety which, in the unlikely event of a prosecution, goes a very long way in the burden of proof of innocence. It is my belief that we are employed to argue for you against the HSE, the Environmental Health Officer, your staff, your insurer, etc

Therefore, if you are looking for health and safety consultancy that won't hinder you, one that will always have the interest of your company as a priority, and one that understands you and your needs, then we are here to help. Based in London Bridge and Tunbridge Wells, we are on hand 24 hours a day to assist you. We can be your one-stop shop by acting as the retained safety manager for you on one or two days a month basis (saving possibly as much as 95% of the annual cost of a permanent safety manager). I would come into the office and be based there, doing whatever was required at no additional cost, unless it included things like test papers or fees for H&S requirements, posters, etc

In the role as retained safety manager, ECSS will provide you with the following services:

- Fire Risk Assessments (legally required RRO 2005)
- Fire Evacuation Procedure Training (Fire Marshals Training) (legally required RRO 2005)
- First Aid training (appointed persons free of charge). The 4 day course is £1300 for 10 people (legally required First Aid at Work Regulations 1981)
- DSE Risk Assessments (legally required DSE Regulations 1992)

- Manual Handling Risk Assessments and Training
- Expectant Mothers Risk Assessments (legally required Management of Health and Safety at work Regulations 1999)
- Disablement Access Audits (DDA Regulations)
- Premises Risk Assessments (legally required HASWA 1974)
- Asbestos Management Plans (legally required Asbestos regulations 2004)
- CDM duties for the client (legally required if you are having a refurbishment carried out. CDM 2007)
- Safety Training for managers and senior executives
- Writing your policy statements (legally required, HSG 65, and the HASWA 1974)
- Strategy planning for HSE

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We Provide a Competent Person Support Service

The Management of Health and Safety at Work Regulations state that an employer must appoint a competent person or persons to advise them on the suitability of the company's arrangements for health and safety management.

At EC Safety Solutions we recognise that many small to medium sized businesses want to address their health and safety obligations but have difficulty meeting these obligations because of a lack of time or resource. Our 'Competent Person Support' Service (Retained Management) has been devised to assist you in fulfilling your legal obligations whether you:

- Are new to safety and don't know where to start;
- Already have a successful health and safety management programme in place but need additional support, due to expansion, for example;
- Know what your shortfalls are but don't know how to address them and would like expert assistance;
- Just need a helping hand to keep up-to-date with legislation changes.

EC Safety Solutions offers this service with varying levels of support and this flexibility makes it suitable for all organisations from small businesses to multi-site, multi-nationals.

Whichever level of support you decide upon we guarantee that you will see a significant benefit to your business, whether it is through face to face discussions on-site with your dedicated consultant (this is where we can discuss the impact of hazards and risks that have been identified) or on line support of which we offer a 24/7 service. Site visits can be spread out over the 12 month period, allowing for monitoring of progress and updating of documentation as improvements are realised.

We will provide you with completed documentation, policies and risk assessments and not just a folder of generic uncompleted forms. In addition to this, you can feel confident that all documentation has been tailored to your business. We will create a strategy plan that is specific to your business and this plan will identify what you need to do to attain legal compliance and achieve industry recognised best practices. In addition to this service, we will provide updates on legislation and key health and safety topics.

We are always on hand and will be happy to talk through the different options available to you by calling **08001930246**

You will be able to relax in the knowledge that you are addressing your obligations, supported by professionally qualified experts with many years of experience assisting UK businesses. To address a particular problem or just to get more information about this service, call us now on **08001930246** or email us at info@ecsafetysolutions.com and we'll be happy to create a specification that suits your needs.

Asbestos Awareness Course

As an accredited course provider for the Level 1 Asbestos Awareness course, we are able to ensure that all of your employees are full aware of the dangers of asbestos. This course is a key element for any individual who may come into contact with asbestos containing materials (ACMs) through their line of work. Individuals may include building services managers, engineers, tradesmen and many more. There is a legal duty for employers to provide their staff sufficient training to ensure that they do not become exposed to asbestos fibers.

Attendance on this course will help employers to meet their requirement by explaining the effects of asbestos on the health of individuals, the types of material likely to contain asbestos, the location of these materials within buildings, and procedures for minimising the risk of asbestos fibre release. Annual asbestos awareness refresher training is available.

Course Topics

- Properties, Uses and Risk to Health
- Properties of asbestos: blue, white and brown asbestos; properties of these materials which made them valuable to the construction industry
- Risk to health; asbestos-related diseases: mesothelioma; asbestosis; lung cancer
- Risk of developing disease; incubation periods; amount of exposure required to cause disease; effect of other risk factors such as smoking
- Use of asbestos in the construction industry
- Use of sprayed asbestos: uses of sprayed asbestos in buildings; locations in a building where sprayed asbestos is likely to be found; age of buildings in which sprayed asbestos is likely to be found.



Does the duty to manage asbestos affect me?

Yes - if you are responsible for maintenance and repairs. You are a 'duty holder' if:

- You own the building;
- You are responsible through a contract or tenancy agreement;
- There is no formal contract or agreement but you have control of the building;
- In a multi-occupied building, you are the owner and have taken responsibility for maintenance and repairs for the whole building. (If you are unsure whether you are a duty holder, we can help: If you are not the duty holder, but have information about the building, you must co-operate with the duty holder, e.g. landlords, who must pass on relevant information to new tenants, and leaseholders must allow access for inspection by managing agents.)

Which buildings are affected? All non-domestic buildings; whatever the type of business. The common areas of residential rented buildings, e.g. halls, stair wells, lift shafts, roof spaces.

Who is most likely to disturb Asbestos?

Workers who carry out maintenance and repair jobs such as cutting or drilling into walls, ceilings or partitions; repairing boilers; laying cables. Such workers include:

- Construction and demolition contractors, roofers, electricians, painters and decorators, joiners, plumbers, gas fitters, plasterers, shop fitters, heating and ventilation engineers, and surveyors;
- Electronics: phone and information technology engineers, alarm installers;
- General maintenance engineers and others who work on the fabric of a building.

The duty will require you to manage the risk from asbestos by:

- Finding out if there is asbestos in the premises, its amount and what condition it is in.
- Presuming materials contain asbestos, unless you have strong evidence that they do not.
- Making and keeping up to date a record of the location and condition of the ACMs or presumed ACMs in your premises
- Assessing the risk from the material
- Preparing a plan that sets out in detail how you are going to manage the risk from this material.
- Taking the steps needed to put your plan into action.
- Reviewing and monitoring your plan and the arrangements made to put it in place, and providing information on the location and condition of the material to anyone who is liable to work on or disturb it.

Health and Safety Auditing, Inspections and Compliance (Health & Safety Policies and Procedures)

Since the introduction of the Corporate Manslaughter Act and Corporate Homicide Act 2007, it has been easier for courts to convict organisations for gross breaches of their duty of care which, due to failings in the management or organisation of health and safety, resulted in the death of an employee or a member of the public. It is therefore clear to see the importance that all aspects of health and safety management are addressed and, equally important, documented.

All employers are required by the Health and Safety at Work etc Act 1974 to provide a written health and safety policy if they employ five or more people. The policy should be appropriate for the organisation and be regularly reviewed and supported by a defined organisational structure, measurable objectives and effective procedures.

EC Safety Solutions will review your current arrangements for Health & Safety and then work with you to develop a sound, user friendly, and cost effective management system that will meet your legal duties and allow you to demonstrate effective health and safety within your organization.



Safety Inspection Report

A general site inspection will cover a number of health and safety related issues. We will assess your companies' compliance with a number of items such as COSHH, PPE, Induction Training, documentation and we will also identify any potential hazards on the site. In being proactive, you will save time, money, and effort; reduce accidents; and will prove to be in full compliance with legislative requirements. We will also attend your site meetings when required to do so. In doing this, we will become your site safety representation and liaise with construction/project managers, site managers, and office and facility management.

CDM Coordination

Under the Construction (Design & Management) Regulations 2007, a CDM Coordinator must be appointed for most commercial construction projects. The overall aim of the revised CDM 2007 regulations is to integrate health and safety into the management of any construction project from design, going forward. It is hoped that this will result in a reduction of the number of deaths and accidents in the construction industry. Establishments and companies (Clients) that are undertaking notifiable projects are required to appoint a CDM Coordinator who will act as the Client's key advisor on Health and Safety issues. At EC Safety Solutions, we are in the enviable position to be able to offer high quality CDM Coordinators (CDM-C) to our clients in accordance with Regulation 20 of the CDM Regulations 2007.



What will we do?

- Be the advisor to the client and thus enabling them to comply with their duties under CDM.
- Notify the Health and Safety Executive about the project.
- Coordinate design work, planning and other preparation for construction, with regard to health and safety.
- Identify and collect pre-construction information and pass to the relevant parties.
- Produce or update the Health and Safety File.
- We can also assess competency of trade contractors via health and safety submissions. View the HSE CDM Coordinator Page



Methodology:

As CDM Coordinators, our primary role is to:

- Provide suitable and sufficient advice and assistance to the client on their compliance with the CDM Regulations.
- Ensure that suitable arrangements are made and implemented for the Coordination of health and safety measures during planning and preparation for the construction phase.
- Take steps to identify, collect and communicate the pre-construction information.
- Ensure that designers comply with their duties under the regulations.
- Prepare or update the health and safety file.

Our process is centered around three documents or, to be more specific, three collections of information:

1. The Pre-Construction Information:

The pre-construction information is a document, or to be more accurate, a collection of the information, to provide designers and contractors who may be bidding for the work (or whom clients intend to engage), with project-specific information needed to assist them to manage health and safety hazards and risk.

The pre-construction information includes:

- A description of the project and the planned programme for both design and construction.

- The client's arrangements for managing health and safety during both the design and construction phases of the project.
- Where work is carried out on the client's premises, health and safety requirements relating to that of the client's undertaking.
- Any restrictions related to the environment in which the site is located and on-site risks, including those identified as part of the design process.
- Health hazards, including those associated with existing structures, ground conditions and those arising from client's activities.

2. The Design Risk Register:

It is not a legal requirement under CDM 2007 for designers to record their deliberations when managing risk by design; however, the regulations do emphasise the benefits of recording and providing information about significant risks. It is suggested by the ACoP and confirmed by industry guidance that recording the design risk management process will satisfy the requirement under the Management of Health and Safety at Work Regulations 1999 for designers with more than five employees to keep a written record of the significant risks identified in risk assessments. EC Safety Solutions believe that on all but the most simplest of projects it is impossible, due to the iterative nature of design, to manage risk during the design phase without having some record of the hazards identified and the action taken to avoid or reduce the associated risks. The need for recording is particularly important when either there are many designers or the design must pass from one set of designers to another.

We would therefore recommend that on all projects a risk process is recorded using a central design risk register. We believe that a design risk register is a very simple and useful tool for recording issues, actions and ownership, in a manner that can be readily transmitted around the team.

3. The Health and Safety File:

The development of the health and safety file starts as soon as we are appointed. At our first meeting with the client we will agree the management arrangements, as well as discuss and agree a suitable, user-friendly format for the file and what type of information it should contain. This format is then recorded in the pre-construction information, along with details of those who will be responsible for producing the information. The file itself will not, however, contain much information until well into the design stage when information containing details of services and hazards that will remain after the construction work is completed and can be copied from the pre-construction information into the file. The bulk of all information will be obtained via the Principal Contractor. The aim is to have the file ready to hand over to the client as practical completion.

Statutory Duties:

It is a given that in undertaking the role of CDM Coordinator, we will be undertaking all duties that are required of us by the Construction (Design and Management) Regulations 2007, including the submission of the F10 notification to the health and safety executive, the production of the pre-construction information, and the maintenance of the health and safety file.

CIEH Level 2 Award in Health and Safety in the Workplace

The CIEH Level 2 Award in the workplace replaced the Foundation Certificate in Health and Safety in the workplace. This qualification is tailor-made to suit any business, school, work environment, and anybody who wants to obtain a qualification for the Health and Safety Industry.

Who Should Attend?

It is ideal for anyone who wants to gain a basic insight into Health and Safety around the workplace and can be easily suited for any age groups.

What Will They Learn?

Successful candidates will gain basic knowledge into the world of Health and Safety.

Course Content:

- Legislation
- Company Specific, Health, Safety, Welfare (with related examples)
- The Workplace and Workplace Environment
- Manual Handling
- Hazardous Substances
- Ergonomics and Workstation Design
- Transport and Vehicles
- Noise and Vibration

CIEH Level 3 Award in Health and Safety in the Workplace

Examines Health and Safety, from a supervisory perspective.

Overview

Supervisors have both a legal and moral responsibility to look after the health and safety of employees. This qualification will enable managers and supervisors to improve the health and safety culture of their organisation, whatever its size or activity.

Outline programme:

- Concept of health and safety
- Accidents in the workplace
- Ill health in the workplace
- Legal provisions (UK only)
- Health and safety organisation and management
- Supervising health and safety
- Qualification information

This is a great course for supervisors, directors, team leaders or managers responsible for health and safety.

Course duration: Three day programme

Assessment method: Multiple choice examination

Recommended prerequisites: CIEH Level 2 Award in Health and Safety or equivalent!!

CIEH Level 3 Award in Risk Assessment Principles and Practice

Enables supervisors and managers to carry out risk assessments.

Overview

Employers and the self-employed have a legal duty to assess health and safety risks. Anyone carrying out a risk assessment needs to have the necessary knowledge and skills. This qualification ensures that supervisors and managers have the necessary depth of understanding to enable them to carry out risk assessments.

Outline programme

- Legislation
- Principles of risk assessment
- Prioritising risk controls
- Documentation
- Monitoring controls
- Risk assessment in practice

This course is designed for: Supervisors or Managers responsible for conducting risk assessments.

Total guided learning hours: 20 hours (estimated time candidates may take to complete both the taught element of the programme [7 hours] and the assignment)

Assessment method: Assignment and self-evaluation.

Disability Access and Egress Audits

What is an accessibility audit?

In essence, a DDA or Disability access/egress audit maps a journey through a business as taken by a disabled person; for example, someone with a mobility or sensory impairment. The audit should examine the accessibility of services, identify barriers, measure usability and provide options for improvement. An access audit should also take into account the nature of a business and the available budget, whilst looking at all aspects of the environment, property and service.

A disability access audit is the most effective way to establish the impact that a building has on disabled people. It is also the best way to ensure that an employer is aware of all of their duties and responsibilities under the DDA. The audit should provide a detailed guide in relation to both strengths and weakness. If carried out properly, it is an incredibly cost effective long term tool when looking at what reasonable adjustments a firm can make to their service.

Any DDA or disability access/egress audit undertaken should be tailor-made for each individual business and should as best practice contain following components:

- An initial meeting or discussion with the employer/landlord.
- A review of the building plans and a walk through of the company, looking at and measuring the usability of all aspects of the environment, property and service considering:
 1. Getting To the Premises
 2. Getting Into the Premises
 3. Getting Around the Premises
 4. Using the Services in the Premises
 5. Getting Out Of the Building
 6. Managing the Building and Service
 7. A review of current legislative requirements under EC Directives and laws etc

All access audits should then include a summary guide to the DDA and legislative requirements in English. All reports will be provided in both word and hard copies and will also contain a summary report for quick reference. All reports should be able to be provided in other formats.

At EC Safety Solutions we will review your buildings and make the most cost effective (in many cases no cost) recommendations which will help you to comply with the DDA and also improve the work life of all of your employees and visitors.



Event Safety and Security

EC Safety Solutions Ltd offers safety and security advice to organisers of indoor and outdoor events, from the village fetes, agricultural shows, equestrian events to classical concerts and rock concerts. All our work is carried out by qualified personnel and fully insured.

What we will consider:

- Accident and Injury Prevention
- Legal Responsibilities of all parties
- Hazard Recognition

Additional elements dependent upon audience makeup:

- Safe Access/Working at Height
- Safe use of Work Equipment
- Electrical Safety
- Lifting Operations
- Noise “General and Public”
- Materials Handling (un-loading, Loading and Movement)

We will also look at the:

- Knowledge and understanding of the safety issues surrounding Exhibition and Event build up and break down.
- The personal responsibilities and liabilities, which will attach itself to individual unsafe behaviour.
- The hierarchy of safety control at the Exhibition or Event, including the expectations of Venues and Organisers.

We will Coordinate all of your exhibitor risk assessments and produce a final working document.



Facilities Management Health and Safety

Health and Safety for Offices and the Corporate World

It is a common misconception that offices and shops are so low risk that there isn't any need to make a fuss about health and safety. The HSE provided statistics showing that one of the major reasons for absence from work is back complaints, hence their requirement for risk assessments for Display Screen Equipment (DSE), Workstations, and Manual Handling. EC Safety Solutions can assist commercial property landlords and facilities management companies to comply with health and safety legislation. We will assist you in the implementation of systems and provide the paperwork for issues such as fire, asbestos and control of your contractors and training. In addition to this we will at your request carry out the following:

- Landlord responsibilities in common and public areas
- Fire Risk Assessments, audits and inspections
- Fire Warden/Marshal Training
- DSE and workstation assessments
- Control of Contractors
- Disability Access/Egress Audits
- Periodic Electrical Testing
- Asbestos management plans



Our approach will be to liaise with you to identify areas that may require action, and then propose cost effective solutions and methods to meet your Health and Safety requirements. We will do all the work on your behalf and pride ourselves on using a common sense approach that won't interfere unnecessarily with your business whilst taking budgetary constraints into consideration.

Ask us to visit you for a free review of your requirements.



Facilities Management Pandemic Planning

Are your first responders trained to the correct legal standard?

Have you risk assessed the danger that they face in a pandemic scenario?

NO!! Then for More Information Contact Me Now!!

Fire Risk Assessments 1

The Fire Precautions (Workplace) Regulations 1997 (Amended 1999) and the Regulatory Reform Act, October 2006, places a legal obligation on employers to conduct Fire Risk Assessment and ensure adequate training of personnel with regards to fire safety. Insurers are also increasingly requiring their customers to demonstrate that they are taking a responsible approach to fire safety, particularly the safety of staff, customers, visitors and property. Fire safety surveys and risk assessments ensure that as an employer or business, you are protecting your assets, your employees and 3rd parties from the risk of fire. A professional risk assessment or audit provided by EC Safety Solutions will identify any potential problems and provide you with ways and means to tackle them. As a result of the assessment, you will be able to put in place procedures that meet the latest fire safety legislation, review suggested work or improvements that are being carried out, and assess your training requirements. We will assess:

- Risk to life from fire
- Risk to property from fire
- Means of escape
- Fire detection and alarm system
- Fire fighting equipment
- Emergency lighting
- Safety signage
- Fire drills
- Employee training
- Fire safety management plans
- Compliance with legislation and national standards
- Security with regard to arson



What else can we do for you?

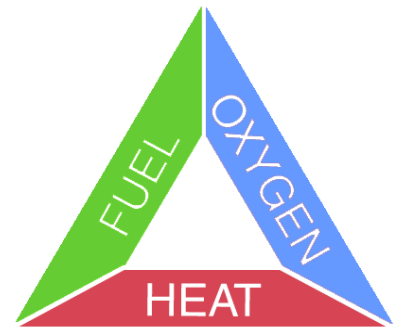
1. Provide disability personal evacuation plans (PEEP'S)
2. If required, we can carry out maintenance of fire equipment such as fire extinguishers
3. We can provide a training programme and cost effective training of fire wardens and fire marshals
4. Identify Combustible materials
5. Review your employee communications
6. Review the Fire Safety Signage
7. Review Means of Escape
8. Review or write a Fire Risk Control Plan and make Recommendations
9. Review or write Fire safety procedures and policies
10. Carry out audits of suggested improvements
11. Monitor ongoing work

Fire Risk Assessments 2

Fire safety surveys ensure that as an employer you are protecting your business, your assets and your employees from the risk of fire. A professional risk assessment provided by EC Safety Solutions will identify any potential problems and provide you with ways and means to tackle them. As a result of the assessment you will be able to put in place procedures that meet the latest fire safety legislation, review suggested work or improvements that are being carried out and assess your training requirements.

What will we do for you?

- We will assess the age and condition of the property
- Where required, we will carry out maintenance of fire equipment such as fire extinguishers
- Provide a training programme and cost effective training of fire wardens and fire marshals
- Identify Fire Safety Hazards
- Check Structural Fire Precautions
- Identify combustible materials
- Plan for Fire Prevention and Management
- Review your Communications
- Review the Fire Safety Signage
- Review Means of Escape
- Review or write a Fire Risk Control Plan and make Recommendations
- Review or write Fire safety procedures and policies
- Carry out audits of suggested improvements
- Monitor ongoing work.



Fire Warden/Marshal Training and Fire Awareness

This course is designed for employees that have been nominated or volunteered to be Fire Wardens/Marshals. The aim of the course is to train selected employees to have greater understanding of the fire risks in the workplace and be able to carry out your company fire and evacuation procedures. They will learn about fire, the way in which it spreads and the way to control the fire. They will further be trained and given a good understanding of fire safety risks and how to prevent them. Candidates will learn how to use fire extinguishers correctly and safely.

This 3 to 4 hour course is delivered in your workplace to reduce downtime and top be building specific. All course material, handouts and extinguishers are provided for a maximum of 12 candidates.

Course Content (as above with these additional features):

- Identifying Hazards
- Theory of combustion
- Arson
- Evacuation and the means of escape
- Human behaviour
- Evacuation exercise
- Induction training



To reduce costs we can also provide a shared course and these shared sessions take place at a mutually convenient venue with other companies. Costs may vary due to venue and location and will be quoted as applicable.

Basic Fire Safety Course

This course is designed for your employees who may have to use an extinguisher in hotels, offices, shops, and industrial premises or residential care homes and will provide them with fire safety awareness. The course is designed to increase their confidence in the action to take in case of a fire occurring. They will learn about the theory of combustion and causes of fire and the way to control the fire to aide escape, including the types and correct use of fire extinguishers.

The Fire Safety Course is a 2.5 Hour course carried out in your workplace to reduce downtime. All course material, handouts and extinguishers are provided for a maximum of 12 candidates.

Course content:

- Understanding how fire starts and spreads
- Extinguishers and their use
- Practical skills

All of the courses are based around your company and will therefore be specific to your building; ask us about how we can help you!

First Aid at Work

The Health and Safety (First Aid) Regulations 1981 place a duty on employers to provide adequate first aid equipment, facilities and first aid trained personnel for all of its employees. Employers must assess the level of risk to their employees in performing their work duties by carrying out an evaluation of first aid needs. This will affect what first aid equipment, personnel and facilities they need to make available.

Providing First Aid

Immediate and proper treatment of injuries may save lives and is essential to reduce pain and aid in quick recovery. In your work location, an appropriate level of first aid treatment must be made available. To enable you as an employer or landlord, you have to have the correct level of first aid trained personnel and they should receive training appropriate to the hazards you may find at your work. (It is a requirement for first aiders to attend and pass a 3 day First Aid at Work course).



First Aid – Emergency First Aid Course

The First Aid Course can be adapted to suit any particular audience and is ideal for a smaller company or one that requires to bolster up its first aid cover. This one-day course includes both theory and practical sessions

First Aid Equipment

First Aid boxes and kits are provided for use by First Aiders (or appointed persons) and should only contain items that the First Aider has been trained to use. They should not contain scissors, tweezers or medication of any kind.

- We will assess your requirements.
- We can train your staff in first aid and the use of AED's.
- We can procure and maintain your equipment.

First Aid at Work (3 Day) (OfQual Accredited)

As an employer you must provide the correct level of qualified first aid trained personnel. These employees must have attended a full Health and Safety Executive (HSE) approved First Aid at Work course, in accordance with the Health and Safety (First Aid) Regulations 1981. (In 2013 the courses will be OfQual Accredited)



Once qualified, holders of this First Aid at Work certificate can be used as First Aiders in the workplace in accordance with the Health and Safety at Work Act etc 1974. This course can be adapted to suit a particular audience; for example, clerical or engineering staff. The First Aid at Work course is run over 3 days and includes both theory and practical sessions. By arrangement the course can be run on non-consecutive days; for example, one day a week over 3 weeks or two days on week one and the final day on week 2.

The First Aid at Work course syllabus includes:

- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Fractures
- Burns and Scalds
- Common Illnesses
- Heart Attacks
- Eye Injuries
- Dressing wounds and injuries
- Recording and Reporting of accidents
- Regulatory requirements
- First Aid Kits and their contents



All course delegates will be assessed on the final day of the course. Upon successful completion, certification is valid for three years. (See First Aid at Work Re-qualification course.)

First Aid at Work Re-Qualification Course

This course is run over two days and allows for re-certification of First Aid at Work qualified staff. By arrangement the course can be run on non-consecutive days; for example, one day a week over two weeks (although this is not advised).

The criteria are the same as for the initial four-day course.

The First Aid at Work course syllabus includes:

- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Fractures
- Burns and Scalds
- Common Illnesses
- Heart Attacks
- Eye Injuries
- Dressing wounds and injuries
- Recording and Reporting of accidents
- Regulatory requirements
- First Aid Kits and their contents



All course delegates will be assessed on the final day of the course. Upon successful completion, certification is valid for three years. (See First Aid at Work Re-qualification course.)

Ask us about our special deal for ongoing refresher training.

First Aid - Automated External Defibrillation (AED) Course

The AED is well established as the only effective therapy for cardiac arrest.

The evidence to support early defibrillation is overwhelming and the single most important factor of survival being the delay from collapse to delivery of the first shock. The chances of successful defibrillation decline at a rate of 7-10% with each minute. Basic life support may help to sustain a shockable rhythm but is not a definitive treatment.



At EC Safety Solutions, we offer a comprehensive Automated External Defibrillation (AED) programme based on the necessary theory, backed up with lots of practical sessions. The course is run over half a day, and is made as informative, yet as enjoyable, as possible.

This will allow students to gain the confidence they need in what is a new and possibly somewhat daunting skill.

In addition to the training, we are able to offer you advice in areas such as company policy, procurement of and provide on going support with training and development.

Our training conforms to current European Resuscitation Council guidelines.

Cost: The cost of this course run at your premises for a group of up to 8 students is £375 + VAT. If two courses are booked for the same day then the charge is £500 + VAT. This includes a manual for each student and certification. There are no additional costs.



Ask us about our special deal for ongoing refresher training.

First Aid – Emergency First Aid Course

The First Aid Course can be adapted to suit any particular audience and is ideal for a smaller company or one that requires to bolster up its first aid cover. This one-day course includes both theory and practical sessions within a relaxed atmosphere that is designed to promote confidence.



The EFA syllabus includes:

- First Aid Priorities
- Unconsciousness
- Examining a Casualty
- Regulations
- Burns and Scalds
- Basic Life Support
- First Aid Kits
- Control of Bleeding
- Managing Incidents Recording & Reporting

This is an attendance course and the person is not a replacement for the fully qualified first aider.

Find out more about this course and how it can work in your company!

Manual Handling

Under the Manual Handling Operations Regulations 1992 (as amended), an employer must ensure that any manual handling task that cannot be eliminated and that is likely to be a risk to health and safety is examined and assessed. Such tasks would include moving large pieces of equipment or materials in a workshop, office or other place of work. A risk assessment should be conducted in order to assess these risks and to produce control measures to reduce the risk of injury. A manual handling operation may be defined as "any transporting or supporting of a load (including lifting, putting down, pushing, pulling, carrying, or moving) by hand or bodily force." Approximately one third of all injuries reported to the enforcing authorities are due to incorrect manual handling. Over £100 million a year is lost due to injuries at work associated with incorrect manual handling. A major contributor factor is the lack of proper training, supervision, information and instruction.



What can EC Safety Solutions do for you?

- Identify potential problem areas.
- Avoid risks before they become a problem.
- Ensure compliance with the Health & Safety at Work Act.
- Ensure compliance with the Manual Handling Operations Regulations.
- Ensure that workable procedures are put in place.

We will:

- Carry out an assessment of risks to health.
- Carry out an analysis of the precautions required.
- Make recommendations to minimise problems related to handling and lifting.
- Provide advice and guidelines on monitoring exposure.
- Develop safety systems and procedures for your business.
- Carry out training for both management and employees assessment of risks to health.
- Provide an analysis of the precautions required.
- Make recommendations to minimise problems related to handling and lifting.
- Provide advice and guidelines on monitoring exposure.
- Provide development of safety systems and procedures for your business.



We can also train the trainer, supervisors and managers. Ask us about our cost effective programmes!!

Facilities Management Health and Safety (Office Safety) Health and Safety for Offices and the Corporate World

It is a common misconception that offices and shops are so low risk that there isn't any need to make a fuss about health and safety. The HSE provided statistics showing that one of the major reasons for absence from work is back complaints, hence their requirement for risk assessments for Display Screen Equipment (DSE), Workstations, and Manual Handling. EC Safety Solutions can assist commercial property landlords and facilities management companies to comply with health and safety legislation. We will assist you in the implementation of systems and provide the paperwork for issues such as fire, asbestos and control of your contractors and training. In addition to this we will at your request carry out the following:

- Landlord responsibilities in common and public areas
- Fire Risk Assessments, audits and inspections
- Fire Warden/Marshal Training
- DSE and workstation assessments
- Control of Contractors
- Disability Access/Egress Audits
- Periodic Electrical Testing
- Asbestos management plans



Our approach will be to liaise with you to identify areas that may require action, and then propose cost effective solutions and methods to meet your Health and Safety requirements.

We will do all the work on your behalf and pride ourselves on using a common sense approach that won't interfere unnecessarily with your business whilst taking budgetary constraints into consideration.

Ask us to visit you for a free review of your requirements!

Site Waste Management Plans (2008 Regulations)

One day public or an in-company programme.

This course aims to provide delegates with an understanding of requirements that have applied since the introduction of these regulations in 2008 and will assist you in the preparation of site waste management plans.

At the end of the programme, each delegate should be able to:

- Understand the basic requirements established by the anticipated SWMP Regulations.
- Identify the circumstances in which a SWMP must be prepared and the level of detailed required for specified project value.
- Explain the typical content of a SWMP using DEFRA/EA Guidance Notes.
- Understand how the SWMP should be prepared.
- Identify opportunities for reduction, reuse or recycling of construction and demolition waste streams.
- Understand the role of client, contractor and sub-contractors in delivering objectives established by a SWMP, including record keeping and post-project review.

This is a great course to bring all of your employees up to date with this new legislative requirement.

Contact us now for a great offer!

Health Safety and Environmental Training and Inductions

Why is health and safety training important?

Over 200 people are killed each year in accidents at work and over one million people are injured. Over two million suffer illnesses caused by, or made worse by, their work. Preventing accidents and ill health caused by work is a key priority for everyone at work, and also a legal requirement. As a director or manager of a business, you know that employees are your most valuable assets.

Providing good health and safety information and training helps you to:

- Ensure your employees are not injured or made ill by the work they do.
- Develop a positive health and safety culture, where safe and healthy working becomes second nature to everyone.
- Find out how you could manage health and safety better.
- Meet your legal duty to protect the health and safety of your employees.

Who needs health and safety training?

You do! Whether you are an employer or self-employed, are you sure that you're up-to-date with how to identify the hazards and control the risks from your work?

Your managers and supervisors do! If you employ managers or supervisors, they will certainly need some training. They need to know what you expect from them in terms of health and safety, and how you expect them to deliver. **They need to:** understand your health and safety policy, where they fit in, and how you want health and safety managed. They may also need training in the specific hazards of your processes and how you expect the risks to be controlled.

Your employees do! Everyone who works for you, including self-employed people, needs to know how to work safely and without risks to health. Like your supervisors, they need to know about your health and safety policy, your arrangements for implementing it, and the part they play. They also need to know how they can raise any health and safety concerns with you.

How can we help you?

At EC Safety Solutions, we will assess your needs and then provide all of our courses at very competitive rates!

Security of Premises



General

Theft, vandalism and arson are the crimes most likely to affect any business and to be honest there is no single solution. We will need to identify the particular threats that you face. To reduce the risk to you and your premises we will consider:

- Reviewing your incumbent security systems
- Recommend the correct installation of physical and electronic security
- Identify and reducing specific risks, such as IT theft
- If you desire it we can organize contracting out your security.

Bomb Awareness

We continue to face the threat from terrorist attacks and we have identified and responded to the growing demand for this type of training, In Partnership with a well-known security organization we can offer accredited security training covering areas such as:

- Mail Screening (Using X-Ray equipment)
- Improvised Explosive Devices: (IED) component parts and the types of explosives used
- Dealing with a telephone bomb threat
- The Actions on discovering of a device
- Evacuation Planning and policy/procedures
- Carry out Threat and Vulnerability Assessments
- Search Procedures for security staff:
 - Person
 - Vehicle
 - Building/Site and Perimeter

For corporate companies the question often asked is "Why would someone want to do this to us" Well, whether you are a factory, shopping mall, large blue chip company or small enterprise, the chances are that somewhere in your system you are dealing with companies who are actively being targeted, and to terrorists that makes you a legitimate target. (Plus let's not forget the disgruntled employee!!)

So the first thing to ask is: Am I responsible for the protection of people property and assets?
The second is: What am I doing about it?

SIA Licensing

Courses held at a well-known provider location

NEW COURSES

Awareness of the 2005 Mental Capacity Act

First Aid in Care Homes

FAO: EC SAFETY SOLUTIONS LTD

COMPETENT HEALTH AND SAFETY MANAGEMENT SERVICE

I would like to arrange an on-site meeting to discuss our Health, Safety, Security and Environmental arrangements. The dates that I am available are:

- 1. Date.....
- 2. Date.....
- 3. Date.....

Please tick the areas in which you have an interest and would like to discuss:

Retained Safety Management Service
H&S Safety Management and Policies
Site Inspections/Audits
Building Management Safety
Fire and General Risk Assessments
Consultancy Services

Training:

- First Aid (New Syllabus)
- Fire Warden (building specific)
- Construction Safety
- Risk Assessments
- Asbestos Awareness
- Awareness of the 2005 Mental Capacity Act
- First Aid in Care Homes
- Site Waste Management
- Bomb Awareness and Mail Screen training
- Company Specific
- Disability Access and Egress Audits
- Event Safety
- Security Assessments
- Office Safety/DSE Assessments/ Pregnancy Risk Assessments
- CDM



