

Video Conference Training 2020

Email Training@arcoservices.co.uk

Web www.arcoservices.co.uk

Tel 0330 390 0822



IOSH Video Conference Training

Choose from our range of IOSH courses:

- IOSH Managing Safely Video Conference
- IOSH Managing Safety Refresher Video Conference
- IOSH Working Safely Video Conference

IOSH Managing Safely



Course Aim:

This course will provide Managers and Supervisors with the following:

- An understanding of everyone's safety and health responsibilities in the workplace
- The ability to recognise how they can influence, control and monitor risk to improve safety and health issues in the workplace.

Following a review of the main hazards within your business, this course can be tailored to enable us to deliver the highest quality and most appropriate training.

IOSH Managing Safely Refresher



Course Aim:

A personal reflection from delegates on what they took away from the full Managing safely course and a discussion on what each delegate wants to get from the Refresher course.

Delegates then revisit the key reasons for managing safely in an engaging and participative way refresh their knowledge of the key learning points from the full Managing safely course.

This course provides a much greater emphasis on monitoring, auditing and reviewing, which is learned through two practical case studies.

IOSH Working Safely



Course Aim:

Working safely is a one-day course for people at any level, in any sector, that need a grounding in health and safety.

Ideal for introducing staff to why health and safety is important, working safely shows how everyone can make a difference to their own wellbeing and that of others through everyday behaviours.

Fun and interactive, the course focuses on best practice rather than legislation. This course is presented with no jargon and in an innovative format which will give delegates an understanding of why they must work safely.

Mental Health and Wellbeing Video Conference Training

Choose from our range of Mental Health and Wellbeing courses:

- Mental Health First Aid Video Conference
- Mental Wellbeing Awareness Video Conference
- Stress and Mental Wellbeing for Managers Conference

Mental Health First Aid



Course Aim:

Mental Health First Aid (MHFA) is an internationally recognised training course from Mental Health First Aid England. The training course teaches people to spot the symptoms of mental health issues, offer initial help and guide a person towards support.

MHFA teaches people how to recognise those crucial warning signs of mental ill health and feel confident to guide someone to appropriate support. Embedding this training within any organisation or community also encourages people to talk more freely about mental health, reducing stigma and creating a more positive culture.

Mental Wellbeing Awareness



Course Aim:

This half day stress and mental wellbeing awareness course for employees, will provide delegates information to:

- 1) Understand mental wellbeing and the different ways it can be affected.
- 2) Recognise the symptoms of mental ill-health.
- 3) Be aware of how to seek help and help themselves.

Stress & Mental Wellbeing For Managers



Course Aim:

This course is aimed at anyone involved with the management of teams of people in any working environment. This course will provide delegates with the following information:

- 1) Fully understand stress, it's effects and how it affects mental wellbeing and illness.
- 2) Understanding the Stress Management Standards and the wellbeing hierarchy
- 3) Understand the Stress Risk Assessment and be able to apply it practically.
- 4) Understand how business and personal factors can be addressed and managed.

Confined Space Video Conference Training

Choose from our range of Confined Space courses:

- Confined Space Awareness Video Conference Training

Confined Space Awareness



Course Aim:

This course provides an awareness of confined space working. It will help you appreciate the hazards and risks of confined space working and also provides an understanding what resources need to be considered.

The course will consist of 4 Modules each module will last approx. 1 hr

- Module 1 Legislative requirements Confined space definition and Classifications
- Module 2 Physical and Atmospheric Hazards Control measures
- Module 3 Safe systems of work
- Module 4 Emergency arrangements

Working At Height Video Conference Training

Choose from our range of Working At Height courses:

- IOSH Managing Working At Height Video Conference Training
- Working At Height Awareness Video Conference Training

IOSH Managing Working At Height



Course Aim:

This IOSH approved training course will provide delegates with the knowledge to enable them to manage staff, contractors and sub-contractors who have to carry out work at height.

Delegates will be able to review method statements, risk assessments and control work at height activities.

Working At Height Awareness



Course Aim:

This course will provide delegates with the knowledge to identify how to apply the hierarchy of control to height safety and identify where further training may be required for those working at height.

- Legislation when working at height
- Hierarchy of control
- Selection of work at height methods
- Awareness of ladders and steps
- Inspection schedules and requirements
- Awareness of planning for rescue
- Fall arrest vs fall restraint
- Fall factors
- Suspension syncope

Contact Us

**Unit 5,6,7 Raleigh Hall Industrial Estate,
Swynnerton Road,
Eccleshall,
Stafford,
ST21 6JL**

Phone: 0330 390 0822

Email: Training@arcoservices.co.uk

Web: www.arcoservices.co.uk

**arco[®] Professional
Safety Services**