



## **Skill Card Health and Safety Course**

**Suitability:** This course is suitable for anyone who works in the construction industry and needs to obtain the skill card which is a legal requirement. It increases awareness about health and safety matters in a construction environment and provides clear information on what should be done to anticipate and avoid accidents from occurring and work related illnesses from occurring. This course is also suitable to renew an already existing qualification

**Course Assessment:** At the end of the Skill Card Health and Safety course, participants are verbally assessed by the tutor in order to ensure understanding of main topics and any weaknesses are addressed to

**Certification:** Upon successfully completing the Skill Card Health & Safety course, participants will be awarded with a certificate of competency in the subject which is a pre-requisite for anyone to apply for the **skill card** which is issued from the Building Industry Consultative Council (BICC) of Malta

**St Bernard's Safety Training Centre is qualified from the Safety Training Awards (STA) of UK, to conduct Health and Safety courses**

The Skill Card Health & Safety is made up of 7 sections, which are:

### ***Introduction to Health & Safety***

1. The Importance of Health & Safety
2. Common Causes of Accidents
3. Costs for Businesses of Poor Health & Safety
4. Costs for Employees of Poor Health & Safety
5. Primary & Secondary Prevention
6. Benefits of Good Health & Safety

### ***Health & Safety Legislation***

7. Duties & Responsibilities of Employer
8. Duties & Responsibilities of Employees
9. Duties & Responsibilities of the Self-Employed
10. Employees Health & Safety Representatives
11. Occupational Health & Safety Regulations
12. Fines & Penalties

### ***Principles of Risk Assessment***

13. Definition of Hazards & Risks
14. The Importance of a Risk Assessment
15. Conduction of a Risk Assessment
16. Implementing Risk Assessment measures
17. The Hierarchy of Control
18. Investigating & Analyzing

### ***General Workplace Safety***

19. Own Responsibility & Commitment at a Work Site
20. Investigating & Analyzing
21. The Accident Book
22. Health & Safety Signs
23. Safe Use of Electricity
24. Personal Protective Equipment (PPE)

## ***Occupational Health & Safety***

25. Slips, Trips & Falls
26. Safe Use of Tools & Equipment
27. Safe Use of Machinery
28. Use of Substances Hazardous to Health
29. Manual Handling
30. Noise & Vibration

## ***Working at Height***

31. Working at Height Hazards
32. Selecting of Working at Height Equipment
33. Safe Use of Mobile Elevated Working Platforms (MEWPs)
34. Safe Use of Ladders & Scaffolds
35. Safety Harness
36. Tips to Prevent a Fall

## ***First Aid & Fire Safety***

37. Aims of First Aid
38. First Aid Boxes & First Aiders
39. Eye Injuries
40. Bleeding & Amputations
41. Bone Fractures & Dislocations
42. The Fire Triangle
43. Different Fire Extinguishers
44. Using a Fire Extinguisher
45. Fire Exits
46. Fire Classes