

## IOSH Managing Safely Distance Learning Course

Our IOSH Managing Safely training course offers an excellent basis in providing you with the knowledge and skills to effectively integrate health and safety management practices into your role.



### Outcomes

On completion of the course delegates should be able to:

- Identify their responsibilities for health and safety.
- Explain the reasons for workplace accidents and occupational ill health and ways to prevent them and also how to investigate them.
- Identify common hazards including those associated with entrances and exits, fire, chemicals, electricity, physical and verbal abuse, bullying, stress, noise, slips, trips and falls, working at height and manual handling.
- Carry out risk assessments.
- Identify the best methods to control key risks.
- Understand health, safety and environmental management systems.
- Understanding health and safety law and how the legal system works.
- Outline basic performance indicators for monitoring activities.
- Carry out safety inspections.
- Outline the requirements for the control of waste and pollution.

### Benefits

- The course is aimed at helping managers, team leaders, department heads, supervisors, safety representatives and any other staff who are required to effectively manage and ensure compliance with both the organisation's safety policy, and the safety and health legislation.
- Nationally and internationally recognised qualification.
- Demonstrates why health and safety should be a vital part of every manager's/supervisor's job.
- Plain jargon free language used.
- This course is based on the IOSH Managing Safely Version 5 Course Syllabus.
- Discounts are available to organisations that want to train more than 10 delegates.

### Course Basis

- No pre-requisites or prior health and safety knowledge required.
- The course is divided into eight modules and is provided via an online portal where modules, questionnaires and certificates can be accessed as well as individual progress.
- Delegates emailed progress at all stages.
- Each module is completed with a questionnaire or case study.
- Upon completion, questionnaires are returned to ALM for marking.
- Access to qualified tutors via email/phone.

### Course Duration

- Approximately 18-22 hours

### Assessment

The course is completed with:

- Closed book assessment containing multiple choice questions and short written answers
- Workplace Project based on a risk assessment

### Certification

- Successful delegates receive an IOSH Managing Safely Certificate Version 5

## IOSH Managing Safely Distance Learning Course

### Subjects Covered

- 1. Introducing Managing Safely:** Awareness of safety responsibilities to oneself and others; why do accidents and incidents occur; understanding the implications of the cost of safety to people and the company; definitions; liability insurance, breaches and possible fines and duty holder definition and responsibility.
- 2. Assessing Risks:** Describes what risk is and the definitions; explanation of what risk assessment and the risk assessment process is including fire risk assessments and specific groups of people at risk; culminates in teaching you how carry out a risk assessment.
- 3. Controlling Risks:** Explains how to reduce risk; the different methods of risk controls and factors that affect your risk control decisions including control costs; culminates in establishing how you know when you have done enough to reduce risk.
- 4. Understanding Responsibilities:** Explains how health and safety law works, what laws you need to know about and what they require you to do; describes the difference between criminal and civil law; authority of inspectors; financial implications of accidents and ill health; explains health and safety management systems.
- 5. Understanding Hazards:** Provides explanations of common hazards and controls including but not limited to: asbestos; bullying; chemicals; VDU; confined spaces; working at height; electricity; fire; lighting; manual handling; noise; machinery; radiation; slips and trips; stress; vehicles and vibration
- 6. Investigating Incidents:** Explains how accidents are caused through a chain of events; describes types of loss; and reviews root causes, indirect causes and direct causes. In addition, it provides the background for a successful accident/incident investigation.
- 7. Measuring Performance:** Defines how Safety Inspections and Audits are used to prevent accidents; how to go about carrying out Safety Inspections and Audits and the purpose and use of Performance Measurement statistics.

### Additional Learning Options

To further enhance your learning, you can choose from the following additional (*non-IOSH accredited*) modules:

- Occupational Health and Safety
- Fire Safety Awareness
- Effective Supervision of Health and Safety
- COSHH Assessment
- Ergonomics and Manual Handling
- Environmental Awareness
- Introduction to Dangerous Goods by Air, Road, Sea and Rail
- Introduction to Permit to Work Systems
- Hazard Recognition and Risk Assessment
- Asbestos Awareness

**£165.00 (plus VAT)**  
**Per person**

