**Health and Safety Courses**

Abrasive Wheels (use as refresher only) 40 mins

Accident Reporting 15 mins

Asbestos Awareness 30 mins

Asbestos Awareness (UKATA) 2+ Hrs \*

Asbestos Awareness Refresher (UKATA) 1.5+ Hrs \*

Banksman 25 mins

CDM Regulations 30 mins

Confined Spaces (Refresher) 35 mins

COSHH 20 mins

DSEAR (Explosives) 15 mins **NEW**

Driver Awareness 50 mins

Drug & Alcohol Awareness 55 mins

Electrical Safety 30 mins

Environmental Awareness 40 mins

Eye Protection 30 mins

Fire Awareness in Construction 55 mins

Fire Extinguishers 10 mins

Fire Marshal/Warden in Construction 100 mins

First Aid Appointed Person 20 mins

First Aid at Work Refresher 80 mins\*\*

Emergency First Aid at Work Refresher 50 mins\*\*

First Aid & RIDDOR Requirements 15 mins

Hand Arm Vibration Awareness 20 mins

Health & Safety Essentials 40 mins

Health & Safety for Homeworkers 50 mins

Health & Safety for Managers 40 mins

Infection Prevention & Control 30 mins

Ladder Safety 25 mins

Legionella Awareness 25 mins

LOLER - Lifting Operations 35 mins

Lone Working Safety 45 mins **NEW**

Manual Handling 50 mins

Mental Health in Construction 40 mins

Mental Health Awareness for Managers 50 mins

Modern Slavery 25 mins

Noise Awareness 25 mins

PPE 35 mins

Project Management Essentials 15 mins **NEW**

PUWER - Work Equipment 30 mins

Risk Assessment 30 mins

Sharps 20 mins

Slips, Trips & Falls Prevention 30 mins

Spill Kits (Chemicals & Oils) 20 mins

Working at Height 35 mins

Workshop Safety 35 mins

\* UKATA courses attract a £30 CITB Grant, if eligible

\*\* These are refreshers as advised by HSE, they are not re-qualifications.

**General Office/HR Courses**

Anti-Bribery 25 mins

Anti-Money Laundering 30 mins

Bomb Threats & Suspicious Packages 20 mins

Bullying & Harassment - for Managers 30 mins

Bullying & Harassment - for Employees 15 mins

Business Compliance Essentials 45 mins

Consumer Rights for Service Organisations 30 mins

Cyber Security Awareness 35 mins

Display Screen Equipment (DSE) 25 mins

Effective Meetings 10 mins **NEW**

Effective Remote Working 30 mins

Equality & Diversity 30 mins

Fire Awareness - General 30 mins

Fire Marshal/Warden 40 mins

Food Allergy Awareness 35 mins

Food Safety & Hygiene Level 1 50 mins

Food Safety & Hygiene Level 2 70 mins

Food Safety & Hygiene Level 3 180 mins

Fraud Awareness& Prevention 35 mins

GDPR for Managers Post Brexit 40 mins

GDPR Essentials Post Brexit 35 mins

Gender Identity & Expression 10 mins **NEW**

HR Compliance 45 mins

New & Expectant Mothers at Work 50 mins

Return to Work After Covid 25 mins

Return to Work non- Covid 25 mins

Sexual Harassment Awareness 20 mins

Unconscious Bias Awareness 30 mins

Unconscious Bias for Managers 45 mins

Whistleblowing 15 mins

**Personal Development Courses**

Anger Management **Coming Soon**

Communication Skills 10 Mins

Conflict Resolution 30 mins

Confidence Building 10 mins

Critical Thinking 15 mins **NEW**

Customer Service 35 mins

Managing Anxiety 25 mins

Mindfulness 10 mins **NEW**

Problem Solving 10 mins **NEW**

Recognising Your Value 10 mins

Resilience Training 35 mins

Responding to Change 10 mins **NEW**

Setting Goals 10 mins **NEW**

Speaking Confidently 10 mins **NEW**

Stress Management 30 mins

Time Management 25 mins

**Please note.** Timing is based on the course being carried out in one session and is only a reasonable estimate.

**Address: Okehampton Business Centre, Higher Stockley Mead, Okehampton, Devon EX20 1FJ.**

**E-mail: enquiries@jhshealthandsafetyconsultants.co.uk**

**Website: https://www.jhshealthandsafetyconsultants.co.uk**

**Telephone: 07399 514 347 or 01837 608 192**

**Opening Times: Monday to Friday 9.00 am to 5.00 pm**

**Saturday 9.00 am to 12.00 pm**