



Safety Training Centre Course Profile

Safety Licence (incl Manual Handling & EFA)

Duration	2 Days
Maximum Delegates	6
Cost per delegate	Refer to the latest price list on the website
Location	Croydon, Epsom, or Derby
Availability	A course schedule can be downloaded from our website
Email	safety.training@atkinsrealis.com
Website	www.atkinsrealis.com/safetytraining

Course Aim

The aim of this two-day training course is to provide a minimum level of Health, Safety and Environmental knowledge on day 1, plus specific training Manual handling and Emergency First Aid on day 2.

This course can be tailored to the class needs including office workers, Health workers, Rail or Construction workers, to meet employer's legal requirements where control measures are limited. Upon completion the course will increase knowledge and competence which will enable the delegate to work at significantly less risk to them and others.

Key topics

Day 1 – Safety Licence:

- Health, Safety & Welfare legislation
- Managing Risk
- Workplace safety
- Hazardous Substances and C.O.S.H.H
- Fire awareness
- Working at height
- Environment
- Road safety and company driving policy.

Day 2 – Manual Handling/Emergency First Aid:

- Cardio-Pulmonary Resuscitation (CPR)
- The recovery position.
- Wounds, Fractures & Electric shock treatments
- Definition of Manual Handling, Legal requirements.
- Anatomy of the back. Injuries.
- Risk factors.
- Controls.
- Safe lifting including Kinetic handling for individuals and teams.

Practical Element (EFA)

We provide a practical demonstration on an app compatible with our CPR training manikin which provides precision training, gamified learning, and objective feedback.

Correct Chest Anatomy

- Three available chest springs allow learners to recognize different chest stiffnesses and adjust their compression force accordingly.

Realistic Airway Handling

- Training provided on correct use of supraglottic equipment with CPR training manikin, realistic airway head module.