

New for 2020



CITB Mobile Training Unit (MTU)

The MTU provides a convenient way of meeting the training needs of local construction employers by bringing a range of short duration health & safety and awareness raising training to the construction site.

By using the MTU, employees can receive recognised training and employers can minimise the disruption to their work activities. The new unit is more compact meaning that we can visit a wider range of locations to deliver training. The expanding floor space and interactive multimedia system will facilitate training in a traditional classroom environment whilst onsite. Registered in-scope employers can book the Mobile Training Unit free of charge if they meet the current terms and conditions of grant.*

Note: - Courses delivered in the Mobile Training Unit (MTU) are designed to provide knowledge and raise awareness and should not be deemed as a proof of competency. MTU Dimensions - Length - 13m & Width 8m

The vehicle is fully accessible and is fitted with an induction loop.

For bookings and information contact 028 90825466 or 07801598520

COURSE	COURSE CONTENT	APPROX TIME ONLY
<p>Safe Use of Hand Held Abrasive Wheels</p>	<ul style="list-style-type: none"> • Introduction and legislation • Identifying the hazards of hand held abrasive wheel machines as used in the construction industry • Outline of possible control measures associated with the hazards identified • Selection of abrasive wheels • Practical demonstrations on mounting <p><i>Examples of the hazards that will be covered:</i> Contact with moving wheels, Ejection of broken fragments, Entanglement, Back strain, Inappropriate use, Working off insecure supports, Side pressure, Wheels damaged in transit handling or storage Coolant contamination, Wrong centres, Wheels jamming and sparks</p>	<p>3 hrs</p>

*In compliance with the terms and conditions of the grant scheme.

COURSE	COURSE CONTENT	APPROX TIME ONLY
Accident Prevention and Reporting	<ul style="list-style-type: none"> • Key facts • Definition of an accident • Accident prevention theory • Direct and indirect causes of an accident • True cost of accidents • Accident investigation • Reporting of accidents and dangerous occurrences 	<div style="border: 1px solid black; padding: 5px; text-align: center;">1.5 hrs</div>
Asbestos Awareness	<ul style="list-style-type: none"> • Description of asbestos, groups and types • The dangers of asbestos • History/background of asbestos • Possible results from exposure to asbestos • Decontamination procedures (PPE) • Example of where asbestos was used • Duties under regulation 4 managing asbestos • Exemptions to licenses work • Asbestos survey • Disposal of asbestos waste • Action on discovering asbestos • Action for accidental exposure 	<div style="border: 1px solid black; padding: 5px; text-align: center;">2.5 hrs</div>
Confined Spaces	<ul style="list-style-type: none"> • Introduction and legislation • Examples of confined spaces • Categories of confined spaces • Definition of key persons and their duties • Potential hazards of confined spaces to include: - <ul style="list-style-type: none"> - Temperature extremes - Oxygen deficient atmospheres - Toxic atmospheres - Oxygen enriched atmospheres - Flammable atmospheres - Engulfment hazards - Noise - Slick/wet surfaces - Falling objects • Hierarchy of rescue procedures 	<div style="border: 1px solid black; padding: 5px; text-align: center;">2 hrs</div>
Control of Substance Hazardous to Health (COSHH)	<ul style="list-style-type: none"> • Introduction and legislation • Statistics • Forms of chemical agents • Identification & Sources of information • Risk and safety phases • Definitions and symbols • Routes of entry into the body • Results of exposure to selected COSHH items used in the construction industry • Main requirements of COSHH • COSHH Regulations 6-12 • Film (COSHH the facts) optional 	<div style="border: 1px solid black; padding: 5px; text-align: center;">2 hrs</div>

COURSE	COURSE CONTENT	APPROX TIME ONLY
Display Screen Equipment (DSE)	<ul style="list-style-type: none"> • Introduction • The objective and requirements of the DSE Regulations • Possible health effects • Eye defects • Definitions and requirements for: - <ul style="list-style-type: none"> The user The workstation The work chair The keyboard The display screen User posture The environment 	<div style="border: 1px solid black; padding: 5px; text-align: center;">1 hr</div>
Dust in Construction	<ul style="list-style-type: none"> • Introduction • Key facts and statistics • Definitions of inhalable and respirable dust • Employers duties • Sources of dust In construction: <ul style="list-style-type: none"> wood dust silica dust asbestos • Controlling dust in the workplace 	<div style="border: 1px solid black; padding: 5px; text-align: center;">2 hrs</div>
Electricity at Work	<ul style="list-style-type: none"> • Introduction • Dangers of electricity on site • Working on site • Effects of current flow on the human body • Emergency procedures for electric shock • Safety with electrical tools • Working near overhead power cables • Avoiding underground services 	<div style="border: 1px solid black; padding: 5px; text-align: center;">2 hrs</div>
Excavations	<ul style="list-style-type: none"> • Introduction and legislation • Preparation & planning before digging • Hazards associated with digging excavations • Factor which may affect stability • Method of supporting excavations • Preventing persons, vehicles and materials falling into excavations • Inspection of excavations • Excavations as confined spaces 	<div style="border: 1px solid black; padding: 5px; text-align: center;">1.5 hrs</div>
Fire Prevention and Control	<ul style="list-style-type: none"> • Introduction and statistics • Duties and responsibilities under fire safety order. • How fire can spread • Ignition sources • Fire spread and heat transmission • The fire triangle • Classes of fire • Types of extinguishers • Maintenance of extinguishers • Means of escape 	<div style="border: 1px solid black; padding: 5px; text-align: center;">1.5 hrs</div>

COURSE	COURSE CONTENT	APPROX TIME ONLY
General Health and Safety	<ul style="list-style-type: none"> • Introduction • Legislation(brief) • Power of the inspector • Accident cost and reporting • Fire • Manual handling • Control of Substance Hazardous to Health (COSHH) • Personal Protective Equipment (PPE) • Overhead and underground electricity • Hand held tools. • Working at heights 	<div style="border: 1px solid black; padding: 5px; text-align: center;">3 hrs</div>
Hand Arm Vibration (HAV)	<ul style="list-style-type: none"> • Introduction • History • Definition of HAV • Possible health effects • Persons at risk • Controlling the risk • Calculating exposure 	<div style="border: 1px solid black; padding: 5px; text-align: center;">1.5 hrs</div>
Ladder Safety	<ul style="list-style-type: none"> • Introduction and legislation • Justifying the use of a ladder • Alternative methods of work • Classification of ladders • Inspection of ladders • Criteria for safe use of ladders as per HSE Guidance 	<div style="border: 1px solid black; padding: 5px; text-align: center;">2 hrs</div>
Health and Safety Essentials	<ul style="list-style-type: none"> • Manual handling basics • Handheld tools including abrasive wheels • Working at heights • Excavation 	<div style="border: 1px solid black; padding: 5px; text-align: center;">3.5 hrs</div>
Manual Handling	<ul style="list-style-type: none"> • Introduction and legislation • Employers and employees duties • Assessing manual handling • Cost of manual handling • Injuries resulting from manual handling • Identifying correct manual handling techniques • Practical demonstration 	<div style="border: 1px solid black; padding: 5px; text-align: center;">2 hrs</div>
Control of Noise	<ul style="list-style-type: none"> • Introduction • Definitions & explanations of exposure limit values • Employers duties • Effects of exposure to noise • Control of noise 	<div style="border: 1px solid black; padding: 5px; text-align: center;">1 hrs</div>
Office Safety	<ul style="list-style-type: none"> • As per Display Screen Equipment (DSE) Regulations • Customer choice i.e. fire, manual handling, etc 	<div style="border: 1px solid black; padding: 5px; text-align: center;">3 hrs</div>

COURSE	COURSE CONTENT	APPROX TIME ONLY
Personal Protective Equipment (PPE)	<ul style="list-style-type: none"> • Introduction • PPE limitations • Selection of PPE • Factors affecting the use of PPE • The main requirement of the personal protective equipment regulations to include the employers and employees duties Regulations 4 - 12 • Identification and use of selected items of PPE used in the construction industry • Summary 	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">1.5 hrs</div>
Power and Hand Tools	<ul style="list-style-type: none"> • Introduction and legislation • Main requirement of the Provision and Use of Work Equipment Regulations (PUWER) • Machinery hazards <ul style="list-style-type: none"> Traps Impact Contact Entanglement Ejection • Non machinery hazards 	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">2.5 hrs</div>
Risk Assessment	<ul style="list-style-type: none"> • Introduction • Management of H&S regulations • Distinguishing between a hazard and a risk • Five basic steps of risk assessments • Group workshops: - <ol style="list-style-type: none"> 1. Dividing the workplace into manageable categories 2. Looking for the hazards 3. Evaluating the risk 4. Preparing a plan to eliminate or to control the risk 5. Reviewing the risk assessment • Practical assessments: optional 	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">3 hrs</div>
Working at Heights	<ul style="list-style-type: none"> • Introduction and legislation • Accident statistics • Planning for working at heights • The hazards of working at heights • Ladders safety • Collective measures to prevent persons falling • Measures to reduce distance and consequences of persons falling • Tools and materials falling • Scaffold collapse • Basic awareness of mobile towers • Basic awareness of Mobile Elevated Work Platforms (MWEF) 	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">3 hrs</div>

Training hours shown are approximate times only and may vary.

Training hours are limited to 5 1/2 hours per day.

Cancellations within 48 hours of the agreed course commencement will be charged for.

MTU Dimensions - Length 13m & Width 8m



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