



**ADVANCE YOUR CAREER
WITH HEALTH AND SAFETY
TRAINING**

Learner Handbook

Welcome to Train in Health and Safety

Train In Health and Safety has a network of experienced tutors, who make training fun and engaging and most importantly get results. Our team covers the whole of the UK and overseas, either face to face or online. We are also able to provide training in the evenings or at weekends so as not to disrupt our delegates' working day.

Every training course we run is facilitated by experienced health and safety professionals, who have had hands-on experience and have IOSH (Institution of Occupational Safety and Health) certification. IOSH is the largest health and safety membership organisation in the world and the only chartered body for health and safety.

Samuel Kerr is the founder of Train In Health and Safety and our lead tutor. His extensive career in health and safety includes being the Health & Safety Manager of a manufacturing and commercial installation company, working in a precious metals refinery, airports, warehouse and construction, and being part of a safety team that won the 2020 ROSPA (The Royal Society for the Prevention of Accidents) safety award in the engineering sector.

Samuel's passion for meeting and educating people in a fun and engaging way led him to start Train In Health and Safety.

Train in health and safety has been delivering accredited safety training for 8 years with a diverse range of clients which include Genix/KGK Ltd, Amberstone Security, EJ and Sons, Vanderlande, Oddy Building Ltd, and Moneylink. We have trained over 100 students in this wide range of client types to work and manage safely, receiving extremely positive feedback.

Review summary



4.9
★★★★★
92 reviews

With an outstanding 4.9-star rating from 92 glowing reviews, Train in Health and Safety is trusted by students just like you to deliver top-quality training. Join the countless learners who have experienced our exceptional courses and see why we're the go-to choice for success in health and safety education!

Our Mission

Our mission is to provide high-quality health and safety training that empowers individuals and organisations to create safer workplaces. We believe in accessible, flexible, and impactful learning experiences tailored to diverse client needs.

Testimonials



"I completed IOSH Managing Safely course with Train In Health And Safety, and the knowledge provided was truly exceptional. I gained invaluable insights into safety and look forward to working with them again in the future.

Rod Mullen



"Train In Health and Safety assisted us in gaining our company CHAS Accreditation (contractors health and safety scheme) which has allowed us to bid for Council/local authority tenders and has been a great support to our business providing health and safety training and advice including my COSHH risk assessments (Control of Substances Hazardous to Health) particularly useful for our cleaning contracts along with health and safety policies and procedures too. I will be going on the next managing safely IOSH course to add to my business reputation for excellence, to manage the risk of accidents and ensure legal compliance as my business grows."

Enock Khoromana, New Day Cleaning Ltd



"I can recommend Train In Health and Safety for quality training. They trained our security staff with the health and safety in the workplace course, and I received very positive feedback from staff with a 100 percent pass rate too."

Zena Kane



“I would highly recommend train in health and safety to anyone for both training and practical advice.”

Hannington Gondwe Moneylink Consultants



“Train In Health and Safety Fantastic training experience. I did my IOSH managing safely course with them that was such a fun few days and I’ve really benefited from it, turning around my career now supervising teams on construction projects. I didn’t just get training I got solid advice on how I could use it and steps to take to further my career.”

Clint Mellors



“We have used Train In Health and Safety for KGKGenix staff and subcontractors to do a number of training courses over the years including the one day health and safety course to gain their CSCS card and I would highly recommend their training services.”

Matt Walsh Group HR, Director KGK Genix



“Oddy Building Services Ltd has used Train In Health and Safety over the last 4 years for our safe contractor accreditation as well as asbestos awareness, manual handling and COSHH training and I would recommend their services for any business or individual.”

Steve Oddy

Courses We Offer

IOSH managing safely, three-day course

IOSH Managing Safely: The IOSH Managing Safely course is for managers and supervisors to provide them with a more in-depth understanding of health and safety issues that they are likely to be responsible for; IOSH Managing Safely is a popular health and safety certificate worldwide and reinforces why health and safety is such an integral part of a management position, it includes: causes of accidents, accident prevention, identifying hazards and risks, risk assessments and management systems.

The course lasts three days with a multi choice question paper at the end together with a practical risk assessment exercise. It is designed to give managers all they need to know to help them handle health and safety in their teams.

There is flexibility in delivery of the course - three consecutive days or one day per week over a three week period or 3 weekends one day a week delivery..

HABC Level 1 Award in Health and Safety within the Construction Environment, half day course

Designed for workers aspiring to work in the Construction Industry. Successful learners will fulfil requirements to apply for a CSCS labourers card on completion of the course.

Looks at common construction hazards including: manual handling, working at height and working around plant and machinery.

HABC Fire Safety Awareness: A half a day course

aimed at enhancing employees' understanding of fire hazards and prevention. It covers basic fire safety principles and evacuation procedures.

HABC Fire Safety Level 2 one day course

Aimed at anyone involved in the management of fire safety in any workplace. This includes managers, supervisors, team leaders, fire wardens (marshals) and staff working in any area where there is a potential risk of fire.

Learners gaining this qualification will know that fire safety is the responsibility of everyone in the workplace and will recognise the consequences of fire in any premises.

Topics include hazards and risks, the control of fire risk, principles and practice of fire safety management at work and the role of the nominated fire warden.

HABC Principles of Health and Safety in the Workplace level 1:

A half-day course that introduces participants to the fundamentals of workplace safety. Perfect for new employees or as a refresher course.

HABC Health C Safety In the Workplace Level 2, one day course

Designed to provide learners with knowledge of the basic health and safety practices essential in the workplace.

The qualification provides learners with an understanding in the responsibilities of employers and employees, the benefits of good health and safety, steps to a risk assessment and how they can reduce accidents, near misses and ill-health, typical hazards and controls in a workplace, common causes of accidents, near misses and ill-health, emergency procedures and the importance of recording accidents, near misses and ill-health.

HABC Risk Assessment Course: One day course These courses are tailored to help participants identify workplace risks, implement effective controls, and comply with legal requirements.

COSHH Control of Substances Hazardous to Health half day course

Thousands of individuals are made ill each year as a direct result of substances that are hazardous to health.

The course provides them with the knowledge and skills to be able to recognise the risks associated with hazardous substances and how to control them.

Learners achieving this qualification will understand the law relating to hazardous substances in the workplace, how risk assessments contribute to the safe use of hazardous substances, and the precautions and procedures necessary to ensure that risks are properly controlled.

Behavioural Safety Training one day course

Human error is said to account for up to 90 percent of all work place accidents and injuries, stopping unsafe acts and unsafe behaviour is crucial to safe working.

Exciting bespoke gamification of behavioural safety with interactive activities

Learners are guided through producing their own solutions to problems includes

Consequences of human behaviour

Understanding the role fatigue takes

Learn by doing

How to positively influence safety culture

Mental Health First Aider Courses:

Level 1 Awareness: A four-hour session to raise awareness of mental health issues and break workplace stigmas.

Level 2 First Aid for Mental Health: A one-day course that equips participants with knowledge to support colleagues facing mental health challenges.

Level 3 Supervising First Aid for Mental Health: A two-day course offering an in-depth understanding of mental health conditions and strategies to create a positive workplace culture.

How to Raise a Concern or Complaint

Train in Health and Safety is committed to ensuring every learner has a positive experience. If you have a concern or complaint, you have several easy ways to reach out:

- **Speak to your tutor:** Raise your issue informally after your session for immediate support and action.
- **Call us:** Contact our helpline on +44 7868 033566 (Monday to Saturday, 9 AM to 7 PM). Voicemails can be left outside these hours.
- **Email:** Send your concern to sam@trainhealthsafety.com with relevant details. We aim to respond within 3 working days.
- **WhatsApp:** Message +44 7868 033566 for a quick reply on urgent matters.
- **Arrange a meeting:** Book a video or in-person appointment with an administrator for more complex issues.

All feedback is documented and reviewed carefully. We are committed to providing timely, fair, and effective resolutions in line with our Complaints Policy. Your voice helps shape and improve our services.

Course Fees

1. Course Fee Structure

Our course fees are straightforward and inclusive of all necessary materials and resources. The prices listed below are per person and exclude VAT.

- IOSH Managing Safely (3 Days)

Price: £350 + VAT virtual and classroom.

- Behavioural Safety Training (1 Day)

Price: £175 + VAT

- One Day Health C Safety Course for CSCS Card

Price: £99 + VAT virtual and classroom.

- Mental Health First Aider

Price From: £100 + VAT

- COSHH - Control of Substances Hazardous to Health Level 2 (1/2 Day)

Price: £50 + VAT

- Risk Assessment Level 2 (1 Day)

Price: £120 + VAT

- Fire Safety Level 2 (1 Day)

Price: £95 + VAT

- Health C Safety in the Workplace Level 2 (1 Day)

Price: £95 + VAT

2. What is Included in the Fees?

The fees listed above include:

- Course Materials: All learning resources and materials needed for the course.
- Certification Costs: The cost of certification upon successful completion of the course.
- Tutor Support: Access to experienced tutors who will guide you through the course content.

3. Payment Terms and Conditions

- Payment Deadlines: Full payment is required prior to the commencement of the course.
- Payment Methods: We accept various payment methods, including credit/debit cards, bank transfers, and PayPal.
- Refund Policy: If you need to cancel your enrollment, please refer to our cancellation policy outlined in the Learner Handbook. Refunds may be available depending on the timing of the cancellation.

4. Additional Costs

While our course fees are comprehensive, there may be additional costs in certain circumstances, such as:

- Re-sitting Exams: If a learner needs to retake an exam, an additional fee will apply
 - o Practical Assessment Re-evaluation: £75 per unit
 - IOSH managing safely £75

- Level 1 health and safety in a construction environment N/A for face to face /£50 remotely invigilated
- Special Accommodations: If special arrangements are required, there may be an additional charge.

5. Discounts and Offers

We occasionally offer discounts for group bookings, early registrations, or during promotional periods. Please check our website or contact our office for the latest offers.

Contact Us

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Thank you for choosing Train In Health and Safety as your trusted training provider. We look forward to working with you!