



RRC

HELPING YOU MAKE WORK SAFER AND MORE SUSTAINABLE

- > HEALTH AND SAFETY
- > ENVIRONMENTAL MANAGEMENT
- > EXPERT TRAINING AND CONSULTANCY SERVICES WORLDWIDE
- > ONLINE
- > LIVE ONLINE
- > CLASSROOM
- > PUBLICATIONS
- > IN-COMPANY TRAINING

A wide-angle photograph of the Dubai skyline at sunset. The sky is a mix of soft pinks, purples, and blues, with scattered clouds. The city's skyscrapers are silhouetted against the horizon, with the Burj Khalifa being the most prominent. The water in the foreground is calm, reflecting the colors of the sky and the city lights.

CONTENTS

Why RRC?	2
Training for Individuals	4
Training Venues	6
Corporate Services	8
NEBOSH Awards	12
NEBOSH Certificates	16
NEBOSH Diplomas	22
IEMA Environmental Management Courses	26
IOSH Health and Safety Awareness Courses	30
CITB Skills Construction Safety Courses	34
RRC Short Courses	38
RRC ISO 14001 Courses	40
RRC/BSI ISO Courses	42
Training Throughout the World	48
RRC Partner Network	50





WHY RRC?

RRC design and deliver occupational health & safety and environmental management training throughout the world. Over our 90 year history, more than a million students and thousands of businesses have chosen RRC as their preferred training provider. RRC's expert trainers and friendly support teams inspire total confidence in the individuals and companies they train and advise.

Quality Training from the Experts

Training is all about quality and this starts with our trainers. It has taken many years to build RRC's team of expert trainers and we are proud that we have the best international team of HSE trainers there is. This team is integral to everything we do; developing and updating our course content, delivering and assessing our courses, supporting our students, consulting and always making sure we are firmly focused on our customers' needs.

The team is a highly effective mix of academics, practitioners and consultants with a wide range of experience across all sectors. The team is led by Hasan Alaradi, RRC Director and HSE Practitioner.



Hasan Alaradi MSc RMST DipSM
CMIOSH MIIRSM – Managing
Director RRC International

Excellence in Customer Service

Providing a good service is essential to us. Whether you are enquiring about a course, registering for your exam or visiting any one of our training centres, you can be confident that you will receive the best customer service from our excellent team of dedicated advisors.

Commitment to Quality

RRC's reputation has been built on quality and over our 90 year history, many hundreds of thousands of happy customers have enjoyed success in their qualifications and careers through studying with RRC.

We work closely with the awarding and industry bodies to ensure our courses are fully up to date and aligned with the latest syllabus revisions, legislation changes and exam procedures.

Our ISO 9001 accreditation demonstrates our commitment to continual improvement.

Great Results

RRC have an exceptional track record. The clear, engaging and interactive courses we deliver guarantee our students receive the best possible training and ensure they get a full understanding of the subject matter and how the assessment works. This not only leads to exam success but also develops the understanding and competency they will need to apply their knowledge in the workplace.



TRAINING FOR INDIVIDUALS

RRC deliver high-quality training to individuals in a number of ways to offer the best flexibility in studying around other commitments.

Classroom

RRC's classroom training provides an excellent and effective place for you to learn. Our team of experienced HSE trainers are the best in the world, with expert knowledge, practical experience and a passion for teaching.

With this, we provide first class training facilities, and excellent customer service. Our internationally-respected course materials have been developed specifically by us to provide you with the best possible resources for your chosen course.

Live Online

RRC's Live Online courses use real time Zoom classes to blend the dynamics of classroom-based learning with our highly regarded Online Learning.

RRC's Live Online courses are in real time, so run on scheduled dates just like a classroom course. Each course has a study plan designed to best suit virtual course delivery and everything required to study is accessed and launched through our easy to use Learning Centre.

Online

Online Learning with RRC gives you the ultimate in flexibility. You can start your course at any time, study at your own pace, and study anywhere in the world.

Everything you need to successfully complete your course is provided in your RRC Learning Centre, and you will also receive unlimited tutor support from our expert trainers here.

Blended Learning

RRC's Blended Learning option truly does combine the best of both worlds; a structured course combining tutor led learning through Classroom or Live Online and our flexible Online Learning. This is the perfect option for those looking for the motivation and support of tutor led learning but who have limited time to attend a fixed date course.

Revision

RRC Revision Guides are highly-effective publications which summarise the key points in the course and provide examples of exam-style questions with guidance as to how to construct a successful answer for each one.

RRC Classroom or Live Online Revision Workshops focus on key topics that feature regularly in the exams, as well as providing guidance on how to tackle the exam itself.

Publications

RRC Study Materials are available in full colour and cover the full course content for your chosen course. RRC Materials are available for all NEBOSH courses.

RRC Reference Publications are designed to support students in their studies, and also act as an on-going reference guide for practitioners. Publications include RRC Law Guides, Step Notes and ISO 14001 reference guides.

A close-up, shallow depth-of-field photograph of a silver, mesh-covered microphone on a stand. The microphone is in sharp focus in the foreground, while the background is heavily blurred, showing rows of white chairs and a red wall, suggesting a large training or conference hall. The text 'TRAINING VENUES' is overlaid in white, bold, sans-serif capital letters, with a thin white horizontal line underneath it.

TRAINING VENUES

RRC classroom courses are run at a range of venues, chosen specifically for their state-of-the-art facilities and easy access from major road, rail and air links.

RRC Training Centres

All of RRC's training centres provide ideal locations in which to learn, with top class facilities and equipment to ensure the perfect environment for our students and tutors.

UK

RRC's six UK training centres all provide excellent facilities and good access to local transport networks, hotels and guest houses.

London – RRC's main training centre is in Wimbledon, situated just a short walk from Wimbledon station and just 15 minutes from central London.

Birmingham, Glasgow, Leeds, Manchester, Newcastle – these venues are all high quality hotels or conference centres.

Dubai

Providing courses in English and Arabic, RRC Middle East's Dubai training centre is situated in Oud Metha, with courses run at the centre and in local hotels. The airport is just 15 minutes away and there is a wide range of hotels and apartments close to all training venues.

Tunisia

Providing courses in English and French, RRC Tunisia is currently hosting its courses in hotels and conference centres in the centre of Tunis, 30 minutes from the airport and with a wide range of hotels close to the venues.

Georgia

Providing courses in English, Georgian and Russian, RRC Georgia's training centre is in the centre of Tbilisi, 30 minutes from the airport and with a wide range of hotels nearby.

Partner Training Centres

Classroom courses are also offered through our expanding global partner network, with RRC courses now available in Ghana, Ivory Coast, New Zealand, Nigeria, Spain, Sudan and Turkey, with NEBOSH Courses available in English, Arabic, French, Spanish and Turkish.



CORPORATE SERVICES



RRC travel the world delivering high quality training to our clients, whenever and wherever they need it. Our in-company training provides a cost-effective and convenient solution for organisations looking to train groups of employees.

In-Company Training

Any of the courses we offer can be delivered at your training facilities. If you would like the course structure to be changed, or would like to use blended learning, or group Live Online or Online Learning, we can work with you to find the best training solution to meet your requirements. Our non-accredited short courses are extremely flexible and can be easily adapted to meet your specific organisational needs.

Courses can be delivered worldwide, and in a range of languages including English, Arabic, Georgian, French, Russian, Spanish and Turkish.

SCORM Licencing

If your organisation is looking to train your staff through your current Learning Management System (LMS), RRC offers SCORM Licencing options. This provides you with everything you need to deliver RRC's high quality online courses from your LMS. Included in the service, RRC will carry out an initial consultation on system requirements to ensure the SCORM packages are correctly loaded and enabled on your LMS.

Current courses available for SCORM Licencing:

- > IOSH Managing Safely®
- > IOSH Working Safely
- > RRC's NEBOSH International General Certificate in Occupational Health and Safety (IGC)
- > RRC's NEBOSH Environmental Management Certificate
- > RRC's NEBOSH Health and Safety Management for Construction (International)

Bespoke Training

If your organisation has a need for training, RRC can help you meet it. We are able to develop and deliver bespoke training that can be aligned to your internal training systems. We can also provide training in multiple languages to help you deliver your own internal training.

Consultancy

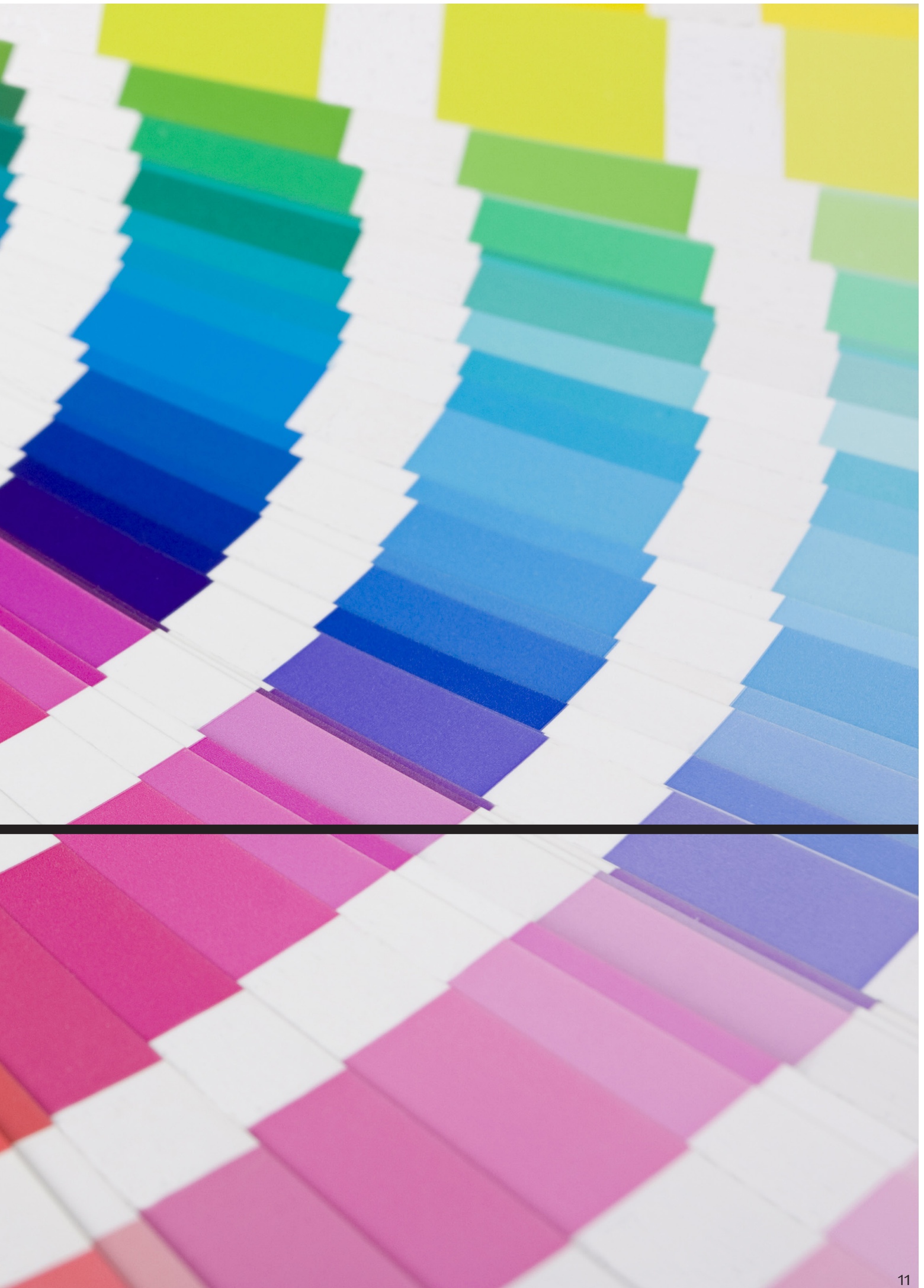
Our Consultancy Services are tailored to meet the needs of our customers. Throughout the project, RRC's professional consultants will be able to provide the advice and support you need to improve your health and safety and/or environmental performance effectively.

Our Consultancy Services are available in English, Arabic, French, Spanish and Turkish and include:

- > The development of HSE policy and procedures and implementation support
- > Management Support Systems
- > Gap Analysis
- > Risk Assessments
- > Office Safety Inspections
- > Emergency Management and Response Systems
- > Training Needs Analysis
- > Accident Investigation and Reports



COURSE GUIDE





NEBOSH AWARDS

- RRC'S HSE INTRODUCTION TO INCIDENT INVESTIGATION
- RRC'S HEALTH AND SAFETY AT WORK AWARD
- RRC'S WORKING WITH WELLBEING
- RRC'S HSE AWARD IN MANAGING RISK AND RISK ASSESSMENT AT WORK
- RRC'S AWARD IN ENVIRONMENTAL AWARENESS AT WORK

NEBOSH QUALIFICATIONS ARE RECOGNISED THROUGHOUT THE WORLD AS SETTING THE STANDARD FOR HSE MANAGEMENT.

KEY



Classroom



Live Online



Online Learning



In-Company



Publication



RRC's NEBOSH HSE Introduction to Incident Investigation

RRC's NEBOSH HSE Introduction to Incident Investigation course is designed to enable students to be able to carry out solo accident investigations, produce risk control plans and contribute to team accident/investigations for large-scale investigations.

What you will study

UNIT INV1: INTRODUCTION TO INCIDENT INVESTIGATION

- > Moral, Legal and Financial Arguments for Investigations
- > Human and Organisational Factors
- > Investigating Accidents and Incidents
- > Positive Strategies and the Barriers to Successful Interviews
- > Advanced Accident/Incident Investigation Techniques

Methods of study

- > Classroom - 1 day, plus assessment
- > Live Online - 1 day, plus assessment
- > Online - 10 hours of study
- > In-Company - Courses delivered worldwide

Assessment

The assessment consists of a one-hour evidence based action plan activity.



RRC's NEBOSH Health and Safety at Work Award

RRC's NEBOSH Health and Safety at Work Award qualification is designed for workers in any sector who need a basic understanding of health and safety as part of their job. It also provides a perfect foundation for those looking towards a career in health and safety.

What you will study

UNIT HSA1: HEALTH AND SAFETY AT WORK

- > Why and How You Manage Health and Safety
- > Dealing with Common Workplace Hazards
- > Stopping Incidents and Ill-health before they Happen
- > Learning from Incidents

Methods of study

- > Classroom – 3 days, plus assessment
- > Live Online – 3 days, plus assessment
- > Publications – Study Texts
- > In-Company – Courses delivered worldwide

Assessment

The assessment consists of a three-hour workplace health and safety review which should be carried out in the learner's own workplace.

The exam is available on-demand throughout the year.



RRC's NEBOSH Working with Wellbeing

RRC's NEBOSH Working with Wellbeing course is an introductory level qualification that looks at workplace wellbeing at both an individual and organisational level. It is designed for those who wish to gain a greater understanding of workplace wellbeing and the factors which affect it.

What you will study

UNIT WEL1: WORKING WITH WELLBEING

- > Foundations of Wellbeing - What it means and why it matters
- > The Branches of Wellbeing; benefits and what this means in practice - Interaction, exercise, mindfulness, nutrition, kindness, learning
- > Interventions in the workplace - Planning & measuring their effectiveness

Methods of study

- > Classroom – 1 day, plus assessment
- > Live Online - 1 day, plus assessment
- > Online – 7 hours of study
- > In-Company – Courses delivered worldwide

Assessment

The course is assessed through the development of an effective intervention plan to improve wellbeing in the workplace which will take one hour to complete.



RRC's NEBOSH HSE Award in Managing Risk and Risk Assessment at Work

RRC's NEBOSH HSE Award in Managing Risk and Risk Assessment at Work is an introductory level qualification, developed in conjunction with the UK Health and Safety Executive (HSE). It is structured around HSE's approach to controlling the risks caused by workplace hazards.

What you will study

UNIT RAW1: MANAGING RISKS IN THE WORKPLACE

- > Why manage health and safety risks
- > Managing risk: Identifying and understanding the risks
- > Managing risk: Controlling the risks
- > Managing risk: Sources of information and the application of HSE risk assessment tools

Methods of study

- > Classroom – 1 day including assessment
- > Live Online – 1 day including assessment
- > Online – 7 hours of study
- > In-Company – Courses delivered worldwide

Assessment

The course is assessed through a practical risk assessment based on case study which takes one hour to complete.



RRC's NEBOSH Award in Environmental Awareness at Work

RRC's NEBOSH Environmental Award provides an introduction to environmental issues within the workplace and is aimed at those needing a basic understanding of environmental issues or who are looking to introduce, or improve the performance of, an environmental management system.

What you will study

ELEMENT 1: FOUNDATIONS OF ENVIRONMENTAL AWARENESS

- > Meaning of Key Environmental Terms
- > Sustainability
- > Components and Certification of an Environmental Management System

ELEMENT 2: POLLUTION, IMPACT ASSESSMENT AND EMERGENCIES

- > Principles and Practice of Risk Assessments
- > Air, Water and Land Pollution
- > Environmental Noise
- > Waste Management
- > Environmental Emergencies

Methods of study

- > Classroom – 1 day
- > Live Online – 1 day
- > In-Company – Courses delivered worldwide

Assessment

The assessment consists of one 30-minute multiple-choice examination completed online.



nebosh

LEARNING
PARTNER

GOLD 335

NEBOSH CERTIFICATES

- RRC'S INTERNATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY
- RRC'S NATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY
- RRC'S HEALTH AND SAFETY MANAGEMENT FOR CONSTRUCTION (INTERNATIONAL)
- RRC'S HEALTH AND SAFETY MANAGEMENT FOR CONSTRUCTION (UK)
- RRC'S CERTIFICATE IN FIRE SAFETY
- RRC'S ENVIRONMENTAL MANAGEMENT CERTIFICATE
- RRC'S HSE CERTIFICATE IN HEALTH AND SAFETY LEADERSHIP EXCELLENCE
- RRC'S HSE CERTIFICATE IN PROCESS SAFETY MANAGEMENT
- RRC'S INTERNATIONAL TECHNICAL CERTIFICATE IN OIL AND GAS OPERATIONAL SAFETY
- RRC'S HSE CERTIFICATE IN MANUAL HANDLING RISK ASSESSMENT

KEY



Classroom



Live Online



Online Learning



In-Company



Publication



RRC'S NEBOSH International General Certificate in Occupational Health and Safety

AVAILABLE IN ARABIC, FRENCH, RUSSIAN, SPANISH AND TURKISH

RRC's NEBOSH International General Certificate provides an excellent foundation in health and safety for managers, supervisors, employee representatives and people starting out on a career in health and safety. The certificate is relevant to all types of organisations and helps its holders manage risks effectively.

What you will study

UNIT IG1: MANAGEMENT OF HEALTH AND SAFETY

- > Why we should manage workplace health and safety
- > How Health and Safety Management Systems work and what they look like
- > Managing risk - understanding people and processes
- > Health and safety monitoring and measuring

UNIT IG2: RISK ASSESSMENT

- > Physical and Psychological Health
- > Musculoskeletal Health
- > Chemical and Biological Agents
- > General Workplace Issues
- > Work Equipment
- > Fire
- > Electricity

Methods of study

COURSES ARE AVAILABLE IN ENGLISH, ARABIC, FRENCH, RUSSIAN, SPANISH AND TURKISH

- > Classroom – 10 days plus assessment
- > Live Online – 10 days plus assessment
- > Online – 110 hours of study
- > Publications – Study Texts and Revision Guides
- > In-Company – Courses delivered worldwide

Assessment

The assessment consists of one examination and a practical health and safety assessment completed at your home and workplace.



RRC'S NEBOSH National General Certificate in Occupational Health and Safety

RRC's NEBOSH National General Certificate provides an excellent foundation in occupational safety and health for all types of organisations. It is suitable for managers, supervisors, employee representatives and those starting a career in health and safety. This qualification enables holders to manage risks effectively.

What you will study

UNIT NG1: MANAGEMENT OF HEALTH AND SAFETY

- > Why we should manage workplace health and safety
- > How Health and Safety Management Systems work and what they look like
- > Managing risk - understanding people and processes
- > Health and safety monitoring and measuring

UNIT NG2: RISK ASSESSMENT

- > Physical and Psychological Health
- > Musculoskeletal Health
- > Chemical and Biological Agents
- > General Workplace Issues
- > Work Equipment
- > Fire
- > Electricity

Methods of study

- > Classroom – 10 days plus assessment
- > Live Online – 10 days plus assessment
- > Online – 110 hours of study
- > Revision Workshops (Classroom and Live Online) – 1 day
- > Publications – Study Texts and Revision Guides
- > In-Company – Courses delivered worldwide

Assessment

The assessment consists of one examination and a practical health and safety assessment completed at your home and workplace.



RRC'S NEBOSH Health and Safety Management for Construction (International)

RRC's NEBOSH Health and Safety Management for Construction (International) (ICC) course provides a broad understanding of construction related health & safety issues and is an essential qualification for anyone with health & safety responsibilities in the construction industry. With reference to ILO standards, the qualification focuses on industry best practice.

What you will study

UNIT IC1: MANAGING CONSTRUCTION SAFELY

- > The foundations of construction health and safety management
- > Improving health and safety culture and assessing risk
- > Managing change and procedures
- > Excavation
- > Demolition
- > Mobile plant and vehicles
- > Working at height
- > Musculoskeletal health and load handling
- > Work equipment
- > Electricity
- > Fire
- > Chemical and biological agents
- > Physical and psychological health

Methods of study

- > Classroom – 10 days plus assessment
- > Live Online – 10 days plus assessment
- > Online – 108 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – Courses delivered worldwide

Assessment

The course is assessed through a scenario based Open Book Exam completed at home.



RRC'S NEBOSH Health and Safety Management for Construction (UK)

RRC's NEBOSH Health and Safety Management for Construction (UK) course provides a broad understanding of construction related health & safety issues and is an essential qualification for anyone with health & safety responsibilities in the construction industry. Aligned to Construction (Design and Management) Regulations 2015 (CDM) regulations, the qualification is guided by legislation but focused on best practice.

What you will study

UNIT NC1: MANAGING CONSTRUCTION SAFELY

- > The foundations of construction health and safety management
- > Improving health and safety culture and assessing risk
- > Managing change and procedures
- > Excavation
- > Demolition
- > Mobile plant and vehicles
- > Working at height
- > Musculoskeletal health and load handling
- > Work equipment
- > Electricity
- > Fire
- > Chemical and biological agents
- > Physical and psychological health

Methods of study

- > Classroom – 10 days plus assessment
- > Live Online – 10 days plus assessment
- > Online – 108 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – Courses delivered worldwide

Assessment

The course is assessed through a scenario based Open Book Exam completed at home.



RRC'S NEBOSH Certificate in Fire Safety

RRC's NEBOSH Certificate in Fire Safety qualification helps you learn and develop fire safety skills which can be applied in workplaces anywhere in the world. It provides the knowledge and understanding to advise on fire protection of premises and workers, and carry out an effective fire risk assessment in low to medium risk workplaces.

What you will study

UNIT FSC1: FIRE SAFETY

- > Managing fire safety
- > Principles of fire and explosion
- > Fuel, oxygen and ignition sources and control measures
- > Fire protection in buildings
- > Safety of people in the event of fire
- > Fire safety risk assessment

UNIT FSC2: FIRE RISK ASSESSMENT

- > Practical Assessment

> Methods of study

- > Classroom – 5 days plus assessment
- > Live Online – 5 days plus assessment
- > Online – 48 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – Courses delivered worldwide

Assessment

The course is assessed through a scenario based exam completed at home and a practical fire risk assessment carried out in your workplace



RRC'S NEBOSH Environmental Management Certificate

RRC's NEBOSH Environmental Management Certificate is designed to be globally relevant to cover a broad understanding of environmental management issues. It provides a good overview of environmental management systems, including the relevant international standards and best practices for control of environmental hazards.

What you will study

UNIT EMC1: MANAGEMENT AND CONTROL OF ENVIRONMENTAL ASPECTS

- > Foundations in Environmental Management
- > Environmental Management Systems
- > Assessing Environmental Aspects and Impacts
- > Planning for and Dealing with Environmental Emergencies
- > Control of Emissions to Air
- > Control of Environmental Noise
- > Control of Contamination of Water Sources
- > Control of Waste and Land Use
- > Sources and Use of Energy and Energy Efficiency

UNIT EMC2: ASSESSING ENVIRONMENTAL ASPECTS AND ASSOCIATED IMPACTS

Methods of study

- > Classroom – 5 days plus exam
- > Live Online – 5 days plus exam
- > Online – 70 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – Courses delivered worldwide

Assessment

The assessment consists of one examination completed at home and a practical assessment carried out in your workplace (or another suitable workplace).



RRC'S NEBOSH HSE Certificate in Health and Safety Leadership Excellence

RRC's NEBOSH HSE Certificate in Health and Safety Leadership Excellence aims to provide holders with the knowledge and understanding of Health and Safety Leadership to ensure they can contribute to the effective management of the organisation's overall performance. The course has been developed through a collaboration between NEBOSH and the Health and Safety Executive (HSE) - the UK's Health & Safety Regulator.

Pre-Course Reading

Candidates are required to spend 3 hours completing pre-course reading. This includes:

- > Researching your organisation's health and safety vision
- > Researching your organisation's key health and safety risks
- > Understanding what is included in your organisation's health and safety policy and the objectives that the policy sets
- > Understanding the responsibilities for health and safety which are set for all levels of workers within the organisation

What you will study

UNIT HSL1: HEALTH AND SAFETY LEADERSHIP

- > The Foundations of Health and Safety Leadership
- > Human Failure and Decision Making
- > Leadership

> Methods of study

- > Classroom – 1 day including assessment
- > Live Online – 1 day including assessment
- > Online – 10 hours of study
- > In-company – Courses delivered worldwide

Assessment

The assessment consists of an on the day assessment which includes a leadership intervention.



RRC'S NEBOSH HSE Certificate in Process Safety Management

RRC's NEBOSH HSE Certificate in Process Safety Management is designed specifically for those with safety responsibilities in the process industries, such as oil and gas, chemicals, plastics and pharmaceuticals. The course has been developed through a collaboration between NEBOSH and the Health and Safety Executive (HSE) - the UK's Health & Safety Regulator.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT PSM1: PROCESS SAFETY MANAGEMENT

Comprises four elements:

- > Process Safety Leadership
- > Management of Process Risk
- > Process Safety Hazard Control
- > Fire Protection and Emergency Response

With topics including:

- > Establishment of process management systems
- > Asset management and maintenance strategies
- > Safe start-up and shutdown of process plant
- > Performance standards for safety critical systems and equipment
- > Hazards and controls for:
 - > Chemical reactions
 - > Bulk storage of dangerous substances
 - > Fire and explosion
 - > Purpose and features of emergency plans

> Methods of study

- > Classroom – 4 days plus exam
- > Live Online – 4 days plus exam
- > Online – 48 hours of study
- > In-company – Courses delivered worldwide

Assessment

The assessment consists of one 90 minute examination carried out online.



RRC'S NEBOSH International Technical Certificate in Oil and Gas Operational Safety

RRC's NEBOSH International Oil and Gas Certificate is designed specifically for those with safety responsibilities in the oil and gas industry. It focuses on international standards and management systems, highlighting the importance of process safety management in the oil and gas industry, enabling holders of the certificate to discharge workplace safety responsibilities effectively both onshore and offshore.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT IOG1: THE MANAGEMENT OF INTERNATIONAL OIL AND GAS OPERATIONAL SAFETY

- > Health, Safety and Environmental Management in Context
- > Hydrocarbon Process Safety
- > Fire Protection and Emergency Response
- > Logistics and Transport Operations

Methods of study

- > Classroom – 5 days plus exam
- > Live Online – 5 days plus exam
- > Online – 55 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – Courses delivered worldwide

Assessment

The assessment consists of one 2-hour examination.



RRC'S NEBOSH HSE Certificate in Manual Handling Risk Assessment

RRC's NEBOSH HSE Certificate in Manual Handling Risk Assessment course is designed to equip learners with the knowledge to recognise, assess and reduce manual handling risks in their organisation.

The course is suitable for employers and employee representatives who intend to begin the process of manual handling risk assessment and control in their company. It will also benefit those who need more formal and in-depth training on the subject.

What you will study

The course consists of 3 elements which cover:

- > **Principles of Manual Handling** - Why manual handling should be avoided; the moral, business and legal reasons for assessing and managing it; common types of injuries
- > **Managing Manual Handling Risk: Identification of Manual Handling Risk** - Understand risk factors associated with manual handling, the application of the HSE's manual handling assessment tools (MAC and RAPP) and what makes a risk assessment suitable and sufficient
- > **Managing Manual Handling Risk: Control of Risk** - How to avoid manual handling risks with the use of mechanical assistance and recognition of good handling techniques

Methods of study

- > Classroom – 1 day including assessment
- > Live Online – 1 day including assessment
- > Online – 7 hours including assessment
- > In-company – Courses delivered worldwide

Assessment

The course is assessed by practical assessment, completed at the end of the course. Learners are to complete a manual handling risk assessment case study which identifies a range of hazards and meets best practice standards.



nebosh

LEARNING
PARTNER

GOLD 335

NEBOSH DIPLOMAS

- › RRC'S INTERNATIONAL DIPLOMA FOR OCCUPATIONAL HEALTH AND SAFETY MANAGEMENT PROFESSIONALS
- › RRC'S NATIONAL DIPLOMA FOR OCCUPATIONAL HEALTH AND SAFETY MANAGEMENT PROFESSIONALS
- › RRC'S NATIONAL DIPLOMA IN ENVIRONMENTAL MANAGEMENT
- › RRC'S INTERNATIONAL DIPLOMA IN ENVIRONMENTAL MANAGEMENT

NEBOSH DIPLOMA — THE GLOBAL STANDARD FOR HSE MANAGERS

KEY

B Blended **C** Classroom **L** Live Online **E** Online Learning **I** In-Company **P** Publication



RRC'S NEBOSH International Diploma for Occupational Health and Safety Management Professionals

The NEBOSH International Diploma is a prestigious and demanding professional qualification for those wanting to advance their career in occupational health and safety. The NEBOSH Diploma is fast becoming recognised around the world as the global standard for health and safety professionals.

Entry requirement

The Diploma builds on the knowledge gained at NEBOSH Certificate level which is not taught in the Diploma but will form part of the assessments. It is therefore highly recommended that you have studied the NEBOSH General Certificate or equivalent level course before starting the Diploma.

The Diploma is only available in English language and NEBOSH recommends the minimum standard of English as the International English Language Testing System (IELTS): 7.0 or higher.

What you will study

The NEBOSH International Diploma for Occupational Health and Safety Management Professionals is based on international standards and best practice. The qualification is made up of 3 units which must be completed within five years.

UNIT ID1: KNOW - WORKPLACE HEALTH AND SAFETY PRINCIPLES (INTERNATIONAL)

This unit covers the following topics:

- > Socio-legal models; Enforcement; The International Labour Organization and its conventions and recommendations; Non-governmental bodies and health and safety standards; Third parties; Insurers
- > Organisational structures; Leadership; Consultation; Health and safety culture / Behavioural change programmes; Traditional and proactive safety management; Risk perception; Human failures and factors / Improving human reliability
- > Competence, training, information and supervision; High reliability organisations
- > Hazard identification techniques; Managing health and safety risks; Risk management
- > Loss causation / Quantitative analysis of data; Measuring and monitoring
- > Professional skills
- > Societal factors; Corporate social responsibility; Organisational change; Contractors / Supply chains

UNIT ID2: DO - CONTROLLING WORKPLACE SAFETY ISSUES (INTERNATIONAL)

This unit covers the following topics:

- > Occupational health services / Equality in the workplace; Mental ill-health / Wellbeing / Workplace violence / Lone working; Health surveillance; Hazardous substances; Health risks from hazardous substances; Epidemiology and toxicology; Asbestos and lead; Ventilation and PPE; Hazardous substances monitoring; Biological agents; Noise; Vibration; Radiation; Musculoskeletal issues / Manual handling; Workplace temperature / Welfare arrangements

UNIT ID3: DO - CONTROLLING WORKPLACE SAFETY ISSUES (INTERNATIONAL)

This unit covers the following topics:

- > Safe working environment; Confined spaces; Fire and explosion; Fire; Dangerous substances; Work equipment and machinery maintenance; Work equipment; Machinery; Mobile work equipment / Lifting equipment; Electricity; Construction / Working at height / Demolition / Excavation; Workplace transport / Work-related driving

Assessment

- > Unit ID1 is assessed by an assignment (in four parts - simulations, workplace based activities, reflective tasks and a research project).
 - > Units ID2 & ID3 are assessed by a case study
- Assessments will be available twice a year for each unit, with around a month allowed to complete the assignment and return it to NEBOSH.

Methods of study

- > Online – Flexible, self-paced study, around 469 hours of study including assessments
- > Live Online – Real-time interactive virtual workshops, 30 days + private study & assessments
- > Classroom – Tutor-led course delivered over 6 weeks + private study & assessments
- > Blended – 3 One-week workshops + directed learning & assessments, Live Online or Classroom
- > Revision Workshops – Live Online, 1 day per unit
- > Publications – Study Texts and Revision Guides
- > In-company – Courses delivered worldwide



RRC'S NEBOSH National Diploma for Occupational Health and Safety Management Professionals

The NEBOSH National Diploma is a prestigious and demanding professional qualification and is ideal for those whose ambition is to be a "Safety Professional" and have a high level career in HSE management.

Entry requirement

The Diploma builds on the knowledge gained at NEBOSH Certificate level which is not taught in the Diploma but will form part of the assessments. It is therefore highly recommended that you have studied the NEBOSH General Certificate or equivalent level course before starting the Diploma.

The Diploma is only available in English language and NEBOSH recommends the minimum standard of English as the International English Language Testing System (IELTS): 7.0 or higher.

What you will study

The NEBOSH National Diploma for Occupational Health and Safety Management Professionals is based on international standards and best practice. The qualification is made up of 3 units which must be completed within five years.

UNIT ND1: KNOW - WORKPLACE HEALTH AND SAFETY PRINCIPLES (UK)

This unit covers the following topics:

- > Health and safety regulations; Prosecutions; Enforcement; Civil law; Damages and liability; Occupiers liability; Lawful discrimination; Insurers
- > Organisational structures; Leadership; Consultation; Health and safety culture / Behavioural change programmes; Traditional and proactive safety management; Risk perception; Human failures and factors / Improving human reliability
- > Competence, training, information and supervision; High reliability organisations
- > Hazard identification techniques; Managing health and safety risks; Risk management
- > Loss causation / Quantitative analysis of data; Measuring and monitoring
- > Professional skills
- > Societal factors; Corporate social responsibility; Organisational change
- > Civil proceedings - contribute to a defence against damages claim; Coroner's inquests; Contribute to a criminal proceedings defence; Ethical issues
- > Contractors / Supply chains

UNIT ND2: DO - CONTROLLING WORKPLACE SAFETY ISSUES (UK)

This unit covers the following topics:

- > Occupational health services / Equality in the workplace; Mental ill-health / Wellbeing / Workplace violence / Lone working; Health surveillance; Hazardous substances; Health risks from hazardous substances; Epidemiology and toxicology; Asbestos and lead; Ventilation and PPE; Hazardous substances monitoring; Biological agents; Noise; Vibration; Radiation; Musculoskeletal issues / Manual handling; Workplace temperature / Welfare arrangements

UNIT ND3: DO - CONTROLLING WORKPLACE SAFETY ISSUES (UK)

This unit covers the following topics:

- > Safe working environment; Confined spaces; Fire and explosion; Fire; Dangerous substances; Work equipment and machinery maintenance; Work equipment; Machinery; Mobile work equipment / Lifting equipment; Electricity; Construction / Working at height / Demolition / Excavation; Workplace transport / Work-related driving

Assessment

- > Unit ND1 is assessed by an assignment (in four parts - simulations, workplace based activities, reflective tasks and a research project).
 - > Units ND2 & ND3 are assessed by a case study
- Assessments will be available twice a year for each unit, with around a month allowed to complete the assignment and return it to NEBOSH.

Methods of study

- > Online – Flexible, self-paced study, around 475 hours of study including assessments
- > Live Online – Real-time interactive virtual workshops, 30 days + private study & assessments
- > Classroom – Tutor-led course delivered over 6 weeks + private study & assessments
- > Blended – 3 One-week workshops + directed learning & assessments, Live Online or Classroom
- > Revision Workshops – Live Online, 1 day per unit
- > Publications – Study Texts and Revision Guides
- > In-company – Courses delivered worldwide



RRC'S NEBOSH National Diploma in Environmental Management

The NEBOSH Diploma in Environmental Management has been designed for those responsible for the management of environmental risk, popular with safety professionals looking to expand their competence.

What you will study

UNIT ED1: CONTROLLING ENVIRONMENTAL ASPECTS

- > Key environmental cycles and the effects of human activity on the environment
- > Environmental leadership
- > Environmental management systems and emergency planning
- > Environmental risk evaluation and control
- > Environmental performance evaluation
- > Sustainability
- > Waste management
- > Managing emissions to the atmosphere
- > Managing emissions to the water environment
- > Control of environmental noise
- > Hazardous substances and contaminated land
- > Energy use

UNIT NDEM2: ENVIRONMENTAL REGULATION

- > Comprises 3 elements:
- > Enforcement of environmental legislation
- > Civil liability
- > Pollution prevention and control legislation

Methods of study

- > Classroom – 15 days plus exams
- > Live Online – 15 days plus exams
- > Online – 235 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – Courses delivered worldwide

Assessment

Unit ED1 is assessed by a 3-hour examination and Unit NDEM2 is a work-based project.



RRC'S NEBOSH International Diploma in Environmental Management

The NEBOSH Diploma in Environmental Management has been designed for those responsible for the management of environmental risk, popular with safety professionals looking to expand their competence.

What you will study

UNIT ED1: CONTROLLING ENVIRONMENTAL ASPECTS

- > Key environmental cycles and the effects of human activity on the environment
- > Environmental leadership
- > Environmental management systems and emergency planning
- > Environmental risk evaluation and control
- > Environmental performance evaluation
- > Sustainability
- > Waste management
- > Managing emissions to the atmosphere
- > Managing emissions to the water environment
- > Control of environmental noise
- > Hazardous substances and contaminated land
- > Energy use

UNIT IDEM2: ENVIRONMENTAL REGULATION

- > Comprises 2 elements:
- > Enforcement of environmental legislation
- > Pollution prevention and control legislation

Methods of study

- > Classroom – 15 days plus exams
- > Live Online – 15 days plus exams
- > Online – 235 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – Courses delivered worldwide

Assessment

Unit ED1 is assessed by a 3-hour examination and Unit IDEM2 is a work-based project.



IEMA COURSES

- CERTIFICATE IN ENVIRONMENTAL MANAGEMENT
- FOUNDATION CERTIFICATE IN ENVIRONMENTAL MANAGEMENT
- ENVIRONMENTAL SUSTAINABILITY SKILLS FOR THE WORKFORCE
- ENVIRONMENTAL SUSTAINABILITY SKILLS FOR MANAGERS
- LEADING WITH ENVIRONMENTAL SUSTAINABILITY
- WORKING WITH ENVIRONMENTAL SUSTAINABILITY

INSTITUTE OF ENVIRONMENTAL MANAGEMENT AND ASSESSMENT (IEMA) IS A UK BASED MEMBERSHIP ORGANISATION ESTABLISHED TO PROMOTE BEST PRACTICE IN ENVIRONMENTAL MANAGEMENT, AUDITING AND ASSESSMENT.

KEY



Classroom



Live Online



Online Learning



In-Company



Publication



IEMA Certificate in Environmental Management

The IEMA Certificate in Environmental Management provides detailed knowledge of environment and sustainability principles, and will arm you with management tools and skills to deliver positive change. It is aimed at staff who already have a foundation level of environmental/sustainability knowledge (gained from work experience or through a course such as the IEMA Foundation Certificate).

What you will study

- > Implications of Global Trends for the Environment, Society, the Economy and for Organisations and the Role of an Environment/Sustainability Professional in Overcoming these Challenges
- > Sustainable Business/Governance Models and Principles
- > Environmental Principles
- > Major Policy and Legislation
- > Major Tools, Techniques, Systems and Practices to Develop Sustainable Products and Services and Improve Sustainability Performance
- > The Role of Innovation in Developing Sustainable Products, Services and Solutions
- > Data Collection, Critical Analysis and Information Reporting to Inform Decision Making
- > Problem Identification and Opportunity Assessment for Delivery of Innovative and Sustainable Products and Services
- > Effective Communications
- > Stakeholder Identification and Engagement
- > Tools, Techniques, Systems and Practices to Identify Opportunities and Risks
- > Project and Programme Delivery to Achieve Performance Improvements
- > Implementing Change and Transformation

Methods of study

- > Classroom – 15 days
- > Live Online – 15 days plus assessment
- > Online – 120 hours of study
- > In-Company – Courses delivered worldwide

Assessment

Assessed by assignments for each module and an assessment of competence (this forms Module 4 of the programme).



IEMA Foundation Certificate in Environmental Management

The IEMA Foundation Certificate in Environmental Management provides a solid foundation of environment and sustainability knowledge to build on. It is aimed at staff who have recently become involved in environmental management.

What you will study

- > Implications of Global Trends for the Environment, Society, the Economy and for Organisations
- > Sustainable Business/Governance Principles
- > Environmental Principles
- > Major Policy and Legislation
- > Major Tools, Techniques, Systems and Practices to Improve Sustainability Performance
- > The Role of Innovation in Developing Sustainable Products, Services and Solutions
- > Data Collection, Analysis and Evaluation
- > Research and Planning for Sustainable Solutions
- > Effective Communications and Feedback
- > Stakehold Engagement
- > Tools and Techniques to Identify Opportunities and Risks
- > Environmental and Sustainability Performance Improvement

Methods of study

- > Classroom – 5 days plus assessment
- > Live Online – 5 days plus assessment
- > Online – 40 hours of study
- > In-Company – Courses delivered worldwide

Assessment

The assessment comprises a 1-hour multiple choice exam, which can be completed online



IEMA Environmental Sustainability Skills for the Workforce

The IEMA Certified Environmental Sustainability Skills for the Workforce course is designed for those working in any job role across all sectors. The course enables you to ensure that environmental sustainability is embedded into all areas of your company. It will aid compliance and inform discussions at grass roots level, allowing all workers to contribute to improvements in environmental sustainability in the organisation. As this course is not aimed at environmental specialists, it will suit any job role in any sector and can be tailored for individual company needs.

What you will study

- > Main Environmental and Economic Risks and Opportunities
- > Compliance Obligations and Business Drivers for Change
- > Main Potential Impacts on Environment and Sustainability
- > How to Improve Environmental Performance

Methods of study

- > Classroom – 1 day
- > Live Online – 1 day
- > Online – 10 hours of study
- > In-company – ½ day (courses delivered worldwide)

Assessment

The assessment comprises a multiple-choice exam.



IEMA Environmental Sustainability Skills for Managers

The IEMA Certified Environmental Sustainability Skills for Managers course is designed for managers, supervisors, and other implementers with a strategic and operational overview of environmental sustainability. This course will help them to translate strategy into plans and inform decisions. It can be tailored to individual organisations.

What you will study

- > What Environmental Sustainability Means for the Organisation
- > Is the Organisation's Strategy Fit for Purpose?
- > Which Organisations are Leading with Environmental Sustainability and Why?
- > The Implications of Complying with Environmental Law
- > What Would a New Strategy Look Like?

Methods of study

- > Classroom – 2 day
- > Live Online – 2 day
- > Online – 20 hours of study
- > In-company – 2 days (courses delivered worldwide)

Assessment

The course is not assessed (no exam).



IEMA Leading with Environmental Sustainability

The IEMA Certified Leading with Environmental Sustainability course is a half-day workshop that will challenge leaders in your organisation to take account of sustainability in your strategic objectives. It will change the way you do business. It is designed for high level decision makers in any organisation, regardless of sector.

What you will study

- > What Environmental Sustainability Means for the Organisation
- > Is the Organisation's Strategy Fit for Purpose?
- > Which Organisations are Leading with Environmental Sustainability and Why?
- > The Implications of Complying with Environmental Law
- > What would a new strategy look like?

Methods of study

- > Classroom – ½ day
- > Live Online – ½ day
- > In-company – ½ day (Courses delivered worldwide)

Assessment

The course is not assessed (no exam).



Approved
training
provider
378

IOSH COURSES

- SAFETY FOR EXECUTIVES AND DIRECTORS
- MANAGING SAFELY®
- WORKING SAFELY
- LEADING SAFELY
- MANAGING OCCUPATIONAL HEALTH AND WELLBEING
- MANAGING SAFELY® IN SOCIAL HOUSING

THE INSTITUTION OF OCCUPATIONAL SAFETY AND HEALTH (IOSH) IS THE UK
CHARTERED BODY FOR HEALTH AND SAFETY PROFESSIONALS AND THE WORLD'S

KEY

C Classroom **L** Live Online **E** Online Learning **I** In-Company **P** Publication



IOSH Safety for Executives and Directors

IOSH Safety for Executives and Directors aims to provide directors/owners of small and medium-sized enterprises with an understanding of the moral, legal and business cases for health and safety management, and to give guidance on effective risk management.

What you will study

- > The Moral, Legal and Financial Case for Safety
- > PLAN - Planning for Health and Safety
- > DO - Delivering Health and Safety
- > CHECK - Monitoring Health and Safety
- > ACT - Reviewing Health and Safety

> Methods of study

- > Classroom – 1 day
- > Live Online – 1 day
- > In-company – courses delivered worldwide

Assessment

The assessments comprise a multiple-choice and short-answer exam and a short project.



IOSH Managing Safely®

IOSH Managing Safely® is designed for managers & supervisors across all industries. It provides essential knowledge and understanding of how to manage health & safety, and will ensure they understand their health & safety responsibilities and can perform their roles successfully.

What you will study

- > Introducing Managing Safely®
- > Assessing Risk
- > Controlling Risks
- > Understanding Responsibilities
- > Understanding Hazards
- > Investigating Incidents
- > Measuring Performance

Methods of study

- > Classroom – 3 days
- > Live Online – 3 days
- > Online – 25 hours of study
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a workplace.



Managing Safely® Refresher

One day refresher course, to update and refresh knowledge gained studying the full IOSH Managing Safely® course.



IOSH Working Safely

IOSH Working Safely is aimed at all employees and is designed to improve the safety culture within an organisation. It focuses on how individual actions contribute to health and safety in the workplace.

What you will study

- > Introducing Working Safely
- > Defining Hazard and Risk
- > Identifying Common Hazards
- > Improving Safety Performance

Methods of study

- > Classroom – 1 day
- > Live Online – 1 day
- > Online – 8 hours of study
- > In-company – courses delivered worldwide

Assessment

The assessments comprise a multiple-choice and short-answer exam and a short project.



IOSH Leading Safely

IOSH Leading Safely is designed for Directors, Senior Managers and anyone with leadership responsibilities. The course focuses on coaching you to become an effective leader for health and safety.

What you will study

- > Diagnosing your current behaviours (using a mobile app questionnaire before the course)
- > Understanding safety and health leadership, its importance and key behaviours
- > Looking at when things go wrong - case studies
- > Getting leadership right - case studies
- > Actions and commitment - reviewing your behaviours and making personal commitments for change

Methods of study

- > Classroom – ½ day
- > Live Online – ½ day
- > In-company – courses delivered worldwide

Assessment

IOSH Leading Safely is assessed by the quality of your personal action plan.



IOSH Managing Occupational Health & Wellbeing

IOSH Managing Occupational Health & Wellbeing is designed to provide managers with the tools and techniques to improve health and wellbeing across their organisation. It is suitable for managers and supervisors working in any sector.

What you will study

- > A Healthy Company
- > Health Risk Management
- > Fitness for Work
- > Wellbeing

> Methods of study

- > Classroom – 1 day
- > Live Online – 1 day
- > In-company – Courses delivered worldwide

Assessment

The assessment comprises a mixed format exam and a short workplace health risk assessment.



IOSH Managing Safely® in Social Housing

IOSH Managing Safely® in Social Housing is designed for anyone in a management or supervisory role in the social housing sector. The course provides the essential knowledge and understanding of how to manage health & safety responsibilities in the workplace.

What you will study

- > Introducing Managing Safely®
- > Assessing Risk
- > Controlling Risks
- > Understanding Responsibilities
- > Understanding Hazards
- > Investigating Incidents
- > Measuring Performance

Methods of study

- > Classroom – 3 days
- > Live Online – 3 days
- > Online – 22 hours of study
- > In-company – courses delivered worldwide

Assessment

The assessment comprises a 30 question mixed format exam and a short practical assessment.



CITB COURSES

- SITE SAFETY PLUS**
- **HEALTH AND SAFETY AWARENESS**
 - **SITE SUPERVISORS' SAFETY TRAINING SCHEME (SSSTS)**
 - **SITE MANAGEMENT SAFETY TRAINING SCHEME (SMSTS)**
 - **SMSTS REFRESHER**
 - **SITE ENVIRONMENTAL AWARENESS TRAINING SCHEME (SEATS)**

THE CITB SITE SAFETY PLUS SCHEME IS DESIGNED TO PROVIDE THE BUILDING, CIVIL ENGINEERING AND ALLIED INDUSTRIES WITH THE TRAINING THEY NEED TO KEEP SAFE.

KEY

C Classroom **I** In-Company



Health and Safety Awareness

This CITB course is ideal for employees who have just started work in the construction industry and need training that provides a good awareness of the main issues involved in construction safety, including compliance with health and safety law.

What you will study

- > The Need to Prevent Accidents
- > Understanding Health and Safety Law
- > Identifying How Each Worker's Role Fits into the Control and Management of the Site
- > Understanding the Need for Risk Assessments and Method Statements
- > Appreciating the Need to Work Safely and Ask for Advice
- > The Obligation to Report Unsafe Acts to Prevent an Accident

Methods of study

- > Classroom - 1 day
- > In-Company - Courses delivered worldwide

Assessment

The assessment consists of a short multiple choice exam.



Site Supervisors' Safety Training Scheme (SSSTS)

The CITB course is designed for those who have supervisory responsibilities within the construction industry and want to be confident that they understand key health and safety issues relevant to their role. The course provides an understanding of the employer's legal duties to enable better contribution to the instruction, supervision and monitoring of tasks and activities to ensure safety on site.

What you will study

UNIT ED1 – CONTROLLING ENVIRONMENTAL ASPECTS

- > The Problems of the Construction Industry
- > How Health and Safety Law is Structured and How it Applies to Supervisors
- > How the Supervisory Role fits with the Management Structure in Controlling Site Safety
- > How to Carry Out Risk Assessments and the Need for Method Statements
- > How to Carry Out Effective Site Inductions, Toolbox Talks and Method Statement Briefings
- > How to Monitor Site Activities Effectively
- > The Importance of Timely Intervention when Bad Practice is Identified

Methods of study

- > Classroom – 2 days
- > In-company – Courses delivered worldwide

Assessment

The assessment consists of a short multiple choice exam and a tutor review.



Site Management Safety Training Scheme (SMSTS)

The CITB course is designed for those with management responsibilities within the construction industry who need to be confident that they understand the key health and safety issues that are relevant to their role.

What you will study

- > The Implementation of all Health, Safety, Welfare and Environmental Legislation that Affects Construction Managers During Their Daily Work
- > How to Implement New Guidance and Industry Best Practice
- > Managers' Duties and Responsibilities with Regard to Health, Safety, Welfare and the Environment

Methods of study

- > Classroom – 5 days
- > In-company – Courses delivered worldwide

Assessment

The assessment consists of a short multiple choice exam, three exercises, a case study and a tutor review.



Site Management Safety Training Scheme Refresher Course

The CITB course is designed for those who have previously passed the full five-day SMSTS course (or subsequent two-day refresher course) and can provide proof of attendance.

What you will study

- > Health and Safety Knowledge Update
- > Overview of Legislative Changes and Their Impact in the Workplace
- > Wide Range of Topics (building on those contained within the five-day course programme and introducing new subjects)

Methods of study

- > Classroom – 2 days
- > In-company – Courses delivered worldwide

Assessment

The assessment consists of a short multiple choice exam, a case study and a tutor review.



Site Environmental Awareness Training (SEATS)

The CITB course is designed for site supervisors/managers, providing an introduction to environmental issues on construction sites.

What you will study

- > The Environment and Why it is Important
- > An Outline of Environmental Management Systems
- > Waste Management
- > Pollution Prevention and Water Management
- > Being a Good Neighbour - Statutory Nuisance, Communication, Archaeology and Heritage
- > Energy and Resources
- > Being a Responsible Contractor

Methods of study

- > Classroom – 1 day
- > In-company – Courses delivered worldwide

Assessment

The assessment consists of a short multiple choice exam, three exercises, a case study and a tutor review.



RRC SHORT COURSES

RRC PROVIDES A WIDE RANGE OF SHORT HEALTH AND SAFETY AND ENVIRONMENTAL MANAGEMENT COURSES DESIGNED TO MEET THE NEEDS OF ORGANISATIONS SEEKING TO IMPROVE OR REFRESH THE SKILLS WITHIN THEIR ORGANISATION. ALL COURSES CAN BE SPECIFICALLY TAILORED FOR YOUR ORGANISATION.



Construction, Maintenance & Facilities Management

- > Managing Contractors
- > CDM
- > Work at Height
- > Asbestos Awareness

Chemical & Biological Hazards

- > COSHH/Working with Hazardous Chemicals
- > Dangerous Substances and Explosive Atmospheres (DSEAR)
- > Legionella Awareness

General Health and Safety

- > DSE Assessor/Risk Assessment

Fire Safety

- > Fire Safety Awareness
- > Fire Warden / Marshal
- > Fire Risk Assessment

Safety Management Systems

- > ISO 45001 Internal Auditing

Process Safety

- > Introduction to HAZOP
- > Permit to Work





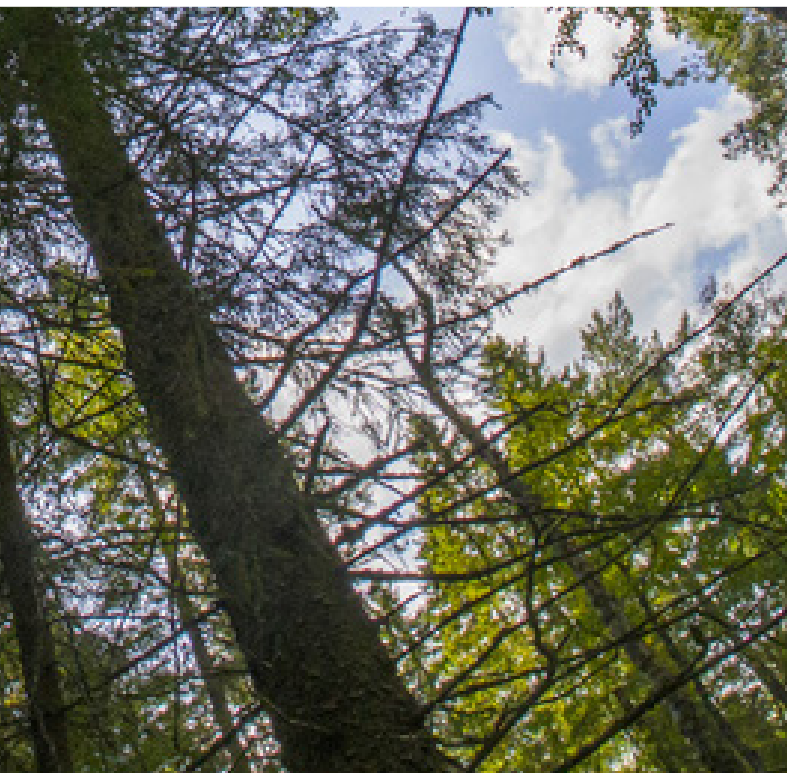
RRC ISO 14001 COURSES

> RRC INTRODUCTION TO ISO 14001

RRC ONLINE COURSES AVAILABLE WORLDWIDE.

KEY

 Classroom  e-Learning  In-Company  Publication



RRC Introcuton to ISO 14001

The RRC Introduction to ISO 14001 Environmental Management Systems course provides an overview of environmental management systems (EMS) including the different types and their benefits, as well as information about implementation and operation.

What you will study

- > An overview of the background to EMS and ISO 14000 series
- > The key components to ISO 14001
- > The key components of EMAS
- > The interface between EMS, ISO 14001 and other mangement systems
- > Source of further information or advice

Methods of study

- > Live Online – 2 days
- > Online – 15 hours of study
- > In-company – courses delivered worldwide

Assessment

The course is assessed by a multiple choice assessment.

RRC working in
partnership
with

bsi.

ISO COURSES

- › ISO 45001
- › ISO 45001 MIGRATION
- › ISO 14001
- › ISO 9001

**RRC WORKING IN PARTNERSHIP WITH BSI (BRITISH STANDARDS INSTITUTION).
COURSES ARE AVAILABLE AT BSI TRAINING CENTRES THROUGHOUT THE UK OR CAN BE
DELIVERED IN-COMPANY ANYWHERE IN THE WORLD.**

KEY



Classroom



e-Learning



In-Company



Publication



ISO 45001 Courses

RRC in Partnership with BSI

ISO 45001 is the world's leading Occupational Health & Safety Management Standard. These courses are ideal for those looking to implement, maintain or improve their Safety Management System.

ISO 45001 Requirements - 1 day

The ISO 45001 Requirements course enables you to identify the structure and requirements of an effective management system, and what this means for you. You'll learn to interpret and apply the key concepts and principles of the standard to existing processes within your organisation. This course is ideal for anyone involved in the planning, implementing, maintaining, supervising, or auditing of an ISO 45001 Management System.

ISO 45001 Implementation - 2 days

The ISO 45001 Implementation course provides the skills required to conduct a baseline review of your organisation's current position and implement the key principles of ISO 45001. Using a step-by-step approach, you'll learn how to develop an implementation plan, create necessary documentation and monitor your OH&S MS. It is ideal for anyone involved in the planning, implementing, maintaining or supervising of an ISO 45001 OH&S MS.

ISO 45001 Lead Implementer - 5 days

The ISO 45001 Lead Implementer course combines the ISO 45001 Requirements and Implementation courses, with 2 additional days of content with examination. This will provide you with:

- > An in-depth understanding of the standard
- > The best practice methods to implement the standard within your organisation
- > Ensure its effectiveness by teaching you management skills such as leadership, effective delegation, problem solving and motivation.

It is designed for those who are responsible for the management and implementation of an ISO 45001 Management System.

ISO 45001 Internal Auditor - 2 days

The ISO 45001 Internal Auditor course develops the necessary skills to assess and report on the conformance and implementation of processes based on ISO 45001. You'll learn how to initiate an audit, prepare and conduct audit activities, compile and distribute audit reports and complete follow-up activities. The course is ideal for anyone involved in auditing, maintaining, or supervising an ISO 45001 Management System.

ISO 45001 Lead Auditor - 5 days

The ISO 45001 Lead Auditor course teaches the fundamental auditing principles and practices, in conformance with nationally and internationally accepted norms and regulations relating to OH&S requirements. Delegates will also gain the necessary auditing skills through activity-based learning, and practical auditing experience with coaching, group workshops and open forum discussions. This course is ideal for anyone with the need to audit an organisation's OH&S management system.



ISO 45001 Migration Courses

RRC in Partnership with BSI

ISO 45001 replaces BS OHSAS 18001 and organisations currently certified to BS OHSAS 18001 will need to migrate to the new standard. These courses are designed to provide the knowledge and skills required to implement this change.

ISO 45001 Migration - 1 day

ISO 45001 Migration course is designed for those already familiar with OHSAS 18001:2007 and want to find out about ISO 45001. This course introduces the new ISO high level structure for management system standards and explore the envisaged differences between OHSAS 18001:2007 and ISO 45001. By attending, you'll be able to identify the gaps in your current Occupational Health and Safety (OHS) Management System and start planning your migration to the new standard.

The course is ideal for anyone involved in planning, implementing, maintaining, supervising or auditing of a 45001 migration.

ISO 45001 Implementing Change - 1 day

The ISO 45001 Implementing Changes course builds on the ISO 45001 Migration course covering planning your migration to the new standard. The course is designed for those involved in planning, implementing or supervising of an ISO 45001 migration.

ISO 45001 Auditor Migration - 1 day

The ISO 45001 Auditor Migration course is designed for OHSAS 18001:2007 Internal or Lead Auditors and focuses on auditing activities so you learn to apply this practically in order to build your ISO 45001 auditing skill.



ISO 14001 Courses

RRC in Partnership with BSI

ISO 14001:2015 is the world's leading Environmental Management Standard. These courses are ideal for those looking to implement, maintain or improve their EMS.

ISO 14001:2015 Requirements - 1 day

The ISO 14001:2015 Requirements course enables you to identify the structure and requirements of an effective environmental management system and what this means to you. You'll learn to interpret and apply the key concepts and principles of the standard to existing processes within your organisation. The course is suitable for anyone involved in the planning, implementing, maintaining, supervising or auditing of an ISO 14001:2015 EMS.

ISO 14001:2015 Implementation - 2 days

The ISO 14001:2015 Implementation course helps you gain the required skills to conduct a baseline review of your organisation's current position and implement the key principles of ISO 14001:2015. Using a step-by-step approach, you'll learn how to develop an implementation plan, create necessary documentation, monitor your EMS and achieve continual environmental improvement. The course is suitable for anyone involved in the planning, supervising or auditing of an ISO 14001:2015 EMS.

ISO 14001:2015 Internal Auditor - 2 days

The ISO 14001:2015 Internal Auditor course develops the necessary skills to assess and report on the conformance and implementation of processes based on ISO 14001:2015. You'll learn how to initiate an audit, prepare and conduct audit activities, compile and distribute audit reports and complete follow-up activities. The course is suitable for anyone involved in the auditing, maintaining or supervising of an ISO 14001:2015 EMS.

ISO 14001:2015 Lead Auditor - 5 days (CQI and IRCA Certified)

The ISO 14001:2015 Lead Auditor course covers the key principles and practices of effective EMS audits in accordance with ISO 14001:2015 and ISO 19011 "Guidelines for auditing management systems". Using step-by-step approach, you'll be guided through the entire audit process from initiation to follow up, gaining the knowledge and skills required to undertake and lead a successful environmental management systems audit. This course is ideal for anyone with the need to audit an organisation's ISO 14001:2015 EMS.



ISO 9001 Courses

RRC in Partnership with BSI

ISO 9001 is the leading quality management system standard in the world. These courses are ideal for those looking to implement, maintain or improve their QMS.

ISO 9001 Requirements - 1 day

ISO 9001:2015 Requirements course provides a detailed understanding of the key terms, definitions and requirements of ISO 9001:2015 and how the standard can help your organisation to meet customer needs.

ISO 9001 Implementation - 2 days

The ISO 9001:2015 Implementation course develops required skills to conduct a baseline review of your organisation's current position and implement the key principles of ISO 9001:2015. Using a step-by-step approach, you'll learn how to develop an implementation plan, create necessary documentation, monitor your QMS and achieve continual quality improvement.

It is suitable for:

- > Anyone involved in the planning, implementing, maintaining, or supervising of an ISO 9001:2015 QMS
- > Those who want to learn how to interpret the requirements of ISO 9001
- > Managers or executives involved in delivering ISO 9001

ISO 9001 Internal Auditor - 2 days

The ISO 9001:2015 Internal Auditor course develops the necessary skills to assess and report on the conformance and effectiveness of organisational processes in relation to ISO 9001:2015. You'll learn how to initiate an audit, prepare and conduct audit activities, compile and distribute audit reports and complete follow-up activities.

It is suitable for anyone involved in the auditing, maintaining or supervising of an ISO 9001:2015 QMS.

ISO 9001 Lead Auditor - 5 days (CQI and IRCA Certified)

The CQI and IRCA Certified ISO 9001:2015 Lead Auditor Training Course (17955) provides the knowledge and skills required to undertake and lead a successful management systems audit.

It is suitable for anyone with the need to audit an organisation's ISO 9001:2015 QMS.

RRC TRAINING THROUGHOUT THE WORLD



RRC INTERNATIONAL DELIVERING WORLD CLASS HEALTH & SAFETY AND ENVIRONMENTAL
MANAGEMENT TRAINING THROUGHOUT THE WORLD

- > OFFICES IN LONDON, DUBAI, GEORGIA & TUNISIA
- > WORLDWIDE NETWORK OF PARTNERS
- > EXAM CENTRES IN 100 COUNTRIES



RRC PARTNER NETWORK

RRC Lead Partners

Ghana

Work Health and Safety
Organisation (WHSO)



P.O. Box CT 8480, Cantoments, Accra, Ghana

T: +223-561-263-119 / 264-303-719

E: info@whsoghana.org

W: www.whsoghana.org

Spain

Elinor



Gutiérrez Herrero, 52, - 33402 - Avilés - Asturias, Spain

T: +34 984 089 946 / +34 985551833 / +34 659141436

E: internacional@elinor.es

W: www.rrc.elinor.es

Sudan

Bright On



Mohamed Salaheldin St. North Royal Care, Block 5,
Building 74, 2nd floor, Burri Allamab, Khartoum, Sudan
Republic

T: +249 123400771

E: brighton.sd@gmail.com

W: www.brightonsudan.com

Turkey

ARME



Dr. Dilemre Is Merkezi, Caferaga Mah. General Asım
Gündüz Cad. No: 80 D:5 Kadıköy/Istanbul, Turkey

T: +90 216 337 72 59

E: arme@armetr.com

W: www.armetr.com

Albania
PRSP Health & Safety Solutions



Zyra Nr. 5, Kati 2, Pallati Rogerd (përballë Restorant Floga),
Rruga e Elbasanit (Rr. Pjetër Budi) Tiranë, 1001, Albania
T: +355 693 076 469
E: sales@prsphealthandsafety.com
W: www.prsphealthandsafety.com

Benin
Work Health and Safety Organisation
(WHSO)



13eme Arrondissement, Agla Finafa, 3892, Cotonou, Benin
T: +299 962746856
E: benin@whsoghana.org
W: www.whsoghana.org

Cameroon
NOIAA Ltd



Cape Limboh, P.O.Box 414 Limbe II, SW-Region,
Cameroon
T: +237 233 332 062/ +237 233 332 056
E: africa-account.mgr@noiaa.com / rose-o.baboule@
noiaa.com
W: www.noiaa.com

China
Job Safety Co. Ltd



Room 3003, 30 / F, Building A7, Creative City, LiuXian
Avenue, NanShan District, Shenzhen, 518067, P.R. China
T: +86 755-26673869 #8080
E: training@jobsafety.com.cn
W: www.jobsafety.com.cn

Egypt
Petrocap Petroleum Service



34 Darna Compound, Office #103, Carrefour Al-Maadi,
Ring Road, Cairo, Egypt
T: +202 2310 3602
E: ayman.emara@petrocap.org
W: www.petrocap.org

Iran
HSE Arya



No. 118, 2th Floor, Gholami Complex, Lashgar
Intersection, S.Kargar St., Tehran, Iran
T: +98 21 5542 5307
E: training@hsearya.com
W: www.hsearya.com

Iraq Cross Cultural Management



Life Support Team Building, Second Floor, Behind Rotana Hotel, Erbil, Iraq

T: +964 0750 327 6984

E: sales@crossculturalcenter.com / johncross.ccm@gmail.com

W: www.crossculturalcenter.com

Ivory Coast Work Health and Safety Organisation (WHSO)



XL Building, 6th and 7th Floor, Corner of Dr Crozet Street and Boulevard de la Republique, Plateau Abidjan, Cote D'Ivoire

T: +225 77 90 81 20 / +225 58 62 82 46

E: abidjan@whsoghana.org / abidjan.sales@whsoghana.org

W: www.whsoabidjan.com

Kenya Unipro Ltd



Off Mombasa Road, Behind Vision Plaza, Industrial Area, Nairobi, Kenya

T: +254 700 321 321

E: unipro@unipro.co.ke / courses@unipro.co.ke

W: www.unipro.co.ke

Jordan IAC



Amman, Queen Rania Street, Building 313, 3rd floor

T: 00962791173989

E: eng.sameer@idealadds.com

W: www.idealadds.com

Nepal Himalayan Safety Solution PVT Ltd



Tinkune, 32-Kathmandu, Nepal

T: +997-1-5199109

E: info@himalayansafety.com.np

W: www.himalayansafety.com.np

New Zealand Coachio Group



South British House, 2nd Floor, 35 Grey Street, Tauranga, 3110, New Zealand

T: (+64) 027 262 2440

E: rrc@coachiogroup.com

W: www.coachiogroup.com

Nigeria

Work Health, Safety & Environment



No. 8 Obanikoro Street, Off Ikorodu Road by Obanikoro Bus Stop, Lagos State, Nigeria

T: +234 909 228 4110 / +234 816 475 5714

E: info@whseafrika.com

W: www.whseafrika.com

Palestine

Liverpool Training



Al-Watanieh Towers, 34 Municipality Street, Al-Bireh, Ramallah, Palestine

T: +970 2 240 1686

E: info@liverpool-colleges.com

W: www.liverpool-colleges.com

Philippines

ACTSAFE, Health & Environmental Corp



121 JMK BLDG. West Avenue, Bungad, Quezon City, Philippines

T: +6329669967243

E: info@actsafecorp.com

W: www.actsafecorp.com

Poland

Ohirko PL



Adam Ohirko Ohirko.pl; Opatkowicka Str. 10 B, 30-499 Krakow, Poland

T: +48 609 673 379

E: nebosh@ohirko.pl / leszek.kacprzyk@ohirko.pl

W: www.ohirko.pl

Qatar

Demoura Lawson Consulting



Demoura Lawson Consulting, Unit Office No.130, 1st Floor, Building 67, Regus Building, D-Ring Road, Doha, Qatar

T: +974 4423 1298

E: info@demoura-lawson.com

W: www.demoura-lawson.com

Scandinavia

Arbetsmiljokonsult Evangelia Mitilinou



Kirunagatan 20, 162 68 Vallingby, Sweden

T: (+46) 70 249 0775

E: evangelia@arbetsmiljokonsulten.com

W: www.arbetsmiljokonsulterna.se

Togo
Work Health and Safety Organisation



Avenou, Hotel Mamber, Lomé, Togo

T: +228 93756732

E: togo@whsoghana.org

W: www.whsoghana.org

Trinidad and Tobago
RelyOn Nutec Trinidad Ltd



The Centre of Excellence, Macoya Road, Tunapuna,
Trinidad, WI

T: +868 662 6278 / +868 799 6242

E: sales@tt.relyonnutec.com

W: www.relyonnutec.com

United Kingdom
RRC International
Training and Consultancy

(The Rapid Results College Ltd)
27-37 St George's Road, London, SW19 4DS, United Kingdom
T: +44 (0)20 8944 3100
E: info@rrc.co.uk
W: www.rrc.co.uk

United Arab Emirates
RRC Middle East

PO Box 121366, Plot No.106, Oud Metha, Office 504, 5th
Floor - Business Venue Building, Dubai, United Arab Emirates
T: +971 4 3547473
E: info@rrc.co.ae
W: www.rrc.co.ae

Tunisia
RRC Tunisia

Office N°14, Building Titanium,
Les Jardins Du Lac 2, 1053, Tunis, Tunisia
T: +216 70 039 125
E: info@rrc.tn
W: www.rrc.tn

Georgia
RRC Training and Consultancy Georgia

Office 401, 5th Floor, Kostava Street N37-39, Tbilisi, Georgia
T: +995 322 241 711
E: info@rrc.com.ge
W: www.rrc.com.ge