

Need a Level 1 Health and Safety qualification for your CSCS Green Card, also known as the Labourers Card? Study the course and pass the test in the comfort of our own home with our online training. Includes official Highfield or Pearson Level 1 Award on completion.

Overview

This Level 1 Award Health and Safety course and test, awarded by Highfield Qualifications, is aimed at learners who currently work, or want to work, in construction. Successful completion will enable you to move on to take the CITB health, safety and environment test, and then apply for the new Construction Skills Certificate Scheme (CSCS) Green Card. This card allows access to construction sites in the UK as a non-skilled worker and is designed to improve overall site safety.

This course provides the online learning, practice test, exam and certificate for a Level 1 Award qualification to apply for a CSCS Green card.

- Online training: Level 1 Award in Health and Safety in a Construction Environment
- Progress tests and practice assessment
- Booking of Level 1 Qualification examination (online or in a locally convenient approved exam location)

Note: You will also need to pass the CITB Operatives Test to order your card.

We can provide this qualification AND the CITB Operatives Test within a single package: CSCS Green Card Package for £150

How does the online training and exam work?

1. Our online training is provided through video with short progress exams.
2. The online multiple choice exam can be taken on a laptop with a camera in a suitably quiet location. Your activity on the screen and via the webcam is recorded during the whole assessment.
3. The Level 1 qualification exam is only delivered in English.

Course Syllabus

Module 1: Introduction and Section A - Setting the scene on health and safety at work

- **Course Introduction**
How the course will work - the flow from the Level One Award "Health and safety in a construction environment", through the CITB Health, Safety and

Environment Test, to receiving your CSCS "Green Card".

- **Introduction to the learning element of the Level One Qualification "Health and Safety in a Construction Environment"**
Here we describe the purpose, range and structure of the Level 1 Health and Safety in a Construction Environment qualification part of the combined course.
- **1 - The Importance of Health and Safety**
This first unit covers the importance of health and safety.
- **2 - The Reasons for Good Health and Safety**
This section outlines the reasons for good health and safety.
- **3 - Legal Responsibilities for Health and Safety**
In this final unit of Module A, we examine the legislation that underpins health and safety, as well as the responsibilities of employers and employees. It also explains how the end of module tests work on this course.

Module 2: Section B - Common hazards and dangers in the workplace

- **1 - Key Terms used in Health and Safety**
We kick off Module B with a look at key terms that are used in health and safety, which will stand you in good stead for the rest of the course and beyond.
- **2 - Risk Assessments and Method Statements**
In this section, we introduce you to risk assessments and method statements, along with the 5 steps to risk assessment process.
- **3 - Working at Height**
B3 covers different methods of working at height and the safety precautions that need to be adhered to for each of them
- **4 - Manual Handling**
In this section, we define the term "manual handling" and go on to discuss best practice in assessing the risk attached to manual handling operations and how to manually handle items safely.

- **5 - Noise and Vibration**

In the final unit of Module B, we look at the hazards that can be created by excessive noise and vibration and what control measures can be put in place to ensure a good level of health and safety.

Module 3: Section C - Common causes of injuries in the workplace

- **1 - Fatalities, Injuries and Ill-health in construction**

To begin our third module, we look at the main causes of fatalities, major injuries and ill-health in construction.

- **2 - Slips and Trips**

This section covers the type of accidents and injuries that are most common in the work place - slips and trips.

- **3 - Moving Vehicles and Mobile Plant**

This unit covers site traffic and control measures to ensure good levels of health and safety.

- **4 - Work Equipment**

To finish off this module, C4 covers types of work equipment and methods for their safe use.

Module 4: Section D - Fire and Electricity

- **1 - Fire: covers fire hazards and precautions.**

- **2 - Electricity**

This section covers the hazards and dangers associated with electricity and discusses what control measures can be put in place to ensure good levels of health and safety.

Module 5: Section E - Hazardous Substances

- **1 - Hazardous Substances: looks at what we mean by hazardous substances, the legal requirements around the handling and storage of hazardous substances, and control measures to ensure a good level of health and safety.**

- **2 - Asbestos: takes a deeper dive on the hazardous substance of asbestos, including its common uses, the different types, and appropriate PPE to wear when working with asbestos.**

- 3 - Classifications and Labels of Hazardous Substances
Use this unit to learn about how hazardous substances are put into similar groups (or classifications) and the labels that are used to highlight them.

Module 6: Section F - Improving health and safety in the workplace

- 1 - Alcohol and Drugs: looks at the possible adverse effects of alcohol and drugs in the workplace.
- 2 - Health and Safety Signs;
- 3 - Personal Protective Equipment;
- 4 - Welfare Facilities & Personal Hygiene
In these sections, we cover health and safety signs, personal protective equipment (PPE), welfare facilities and personal hygiene respectively.
- 5 - Emergencies & First Aid; F6 - Reporting Accidents & Ill-Health: covers procedures for dealing with emergencies and the requirement to provide adequate first aid facilities. F6 looks at the importance of accurately recording all accidents and incidents of ill-health, including legal requirements to report certain accidents and types of ill-health that originate in the workplace.

You will need to pass a multiple-choice exam after you have completed the course in order to gain the official qualification. But don't worry – we will ensure that you are well prepared with our revision module and mock exam.