



Welcome to SSG

Here at SSG we inspire people and businesses to work safely and sustainably. Our exceptional team work hard to ensure that our clients are made to feel special throughout their journey with us by providing a service that is professional, caring and friendly.

Whether online or face to face, every health, safety, environmental and HR course is delivered in an

interactive and enjoyable way ensuring delegates return to the workplace feeling motivated to make a positive difference.

Our vast range of training, consultancy and advisory services combined with our experience across all industry sectors means we can provide effective solutions to help your company meet its requirements successfully.

For further information on all our courses you can visit our website or contact our customer service team by phone or email.

Course contents, dates and fees are, to the best of our knowledge, correct at the time of going to press.

Our 100% Strain At the heart of our business is our 5 star customer service promise to ensure that the highest level of care and attention is maintained at all times.

WE PROMISE TO:

- ★ Provide a friendly and professional service
- ★ Respond to all enquiries efficiently
- ★ Deliver a service that is straightforward and problem free
- ★ Tailor a solution to meet your needs
- ★ Listen, learn and improve on all aspects of our service

If at any point you genuinely feel that we have not delivered in line with your expectations we guarantee to either fix the problem, offer you an alternative service equivalent value or give you your money back.

Training centres across the South West



Head Office / Plymouth Training Centre

Valley House, Valley Road, Plympton, Plymouth, Devon, PL7 1RF



Newquay Training Centre

Venton, Chapel Parc, Summercourt, Newquay, Cornwall, TR8 5AH



Exeter Training Centre

Exeter Racecourse, Kennford, Exeter, Devon, EX6 7XS



Taunton Training Centre

BLOCK Bonville House Blackbrook Business Park, Taunton, Somerset TA1 2PF



Bristol Training Centre

Pure Offices, Kestrel Court, Harbour Road, Portishead, Bristol, BS20 7AN

Our courses are also available in online and hybrid format enabling your employees to train wherever they are. Please contact our Customer Service and Sales team to find out more.



In this booklet you will find available dates for all scheduled courses under the following sections:

Page 8 NEBOSH Courses

NEBOSH National Diploma in Occupational Health and Safety Management Professionals

NEBOSH National General Certificate in Occupational Health and Safety

NEBOSH Health and Safety Management for Construction (UK)

NEBOSH Environmental Management Certificate

NEBOSH Certificate in Fire Safety

NEBOSH HSE Certificate in Manual Handling Risk Assessment

NEBOSH HSE Award in Managing Risks and Risk Assessment at Work

NEBOSH Environmental Awareness at Work Qualification

Page 11 IOSH Courses

IOSH Safety for Executives and Directors

IOSH Leading Safely

IOSH Managing Safely®

IOSH Managing Safely® Refresher

IOSH Supervising Safely

IOSH Working Safely

IOSH Managing Occupational Health and Wellbeing

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Emergency First Aid at Work

First Aid at Work

First Aid at Work Refresher

Paediatric Emergency First Aid

Paediatric First Aid

First Aid - Annual Skills Updates

CPR and Defibrillator Training

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Mental Health First Aid (MHFAiders®) (2 days)

MHFA Champions (1 day)

MHFA Refresher

Mental Health Aware

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Housing Health and Safety Rating System (HHSRS)

Toolbox Talk Delivery Training

Risk Assessment Workshop

CoSHH Assessment Workshop

Display Screen Equipment Assessment Workshop

Accident Investigation

Managing Noise

Safety Management for Work-Related Driving

Sharps Awareness

Health and Safety in the Office

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Level 2 - Basic Food Hygiene Certificate

Level 2 - Basic Food Hygiene Refresher Training

Page 16 Environmental Training

IEMA Foundation Certificate in Environmental Management

IEMA Environmental Sustainability Skills for Managers

IEMA Environmental Sustainability Skills for the Workforce

NEBOSH Environmental Management Certificate

NEBOSH Environmental Awareness at Work Qualification

CITB Site Environmental Awareness Training Scheme

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Duty to Manage

Duty to Manage Refresher

Asbestos Awareness

Asbestos Awareness Annual Refresher

Asbestos Non-Licensed Operative

Asbestos Non-Licensed Operative Refresher

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Sexual Harassment Awareness Training

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ISO Internal Auditor

Page 20 Electrical Safety Courses

Electrical Safety Awareness

Portable Appliance Testing (PAT)

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CITB Director's Role for Health and Safety

CITB Site Environmental Awareness Training Scheme

CITB Site Management Safety Training Scheme

CITB Site Management Safety Training Scheme Refresher

CITB Site Supervision Safety Training Scheme

CITB Site Supervision Safety Training Scheme Refresher

CITB Health and Safety Awareness

CITB Temporary Works Supervisor

CITB Temporary Works Coordinator

CITB Temporary Works Coordinator Refresher

Page 24 Construction Design and Management (CDM)

CDM 2015: An Overview

CDM 2015 for Contractors and Principal Contractors

CDM 2015 for Designers and Principal Designers

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Temporary Works General Awareness

CITB Temporary Works Supervisor

CITB Temporary Works Coordinator

Page 24 Work Equipment Training

Abrasive Wheel Mounter's Course for Handheld and Bench/Pedestal Grinders

Safe Use of Petrol Driven Cut-off Saws

Safety in the Use of Woodworking Machinery

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Face Fit - Correct Fitting and Testing Procedures

Face Fit Testing

Managing Contractors (Including Permit to Work Systems)

Pallet Racking Safety Awareness

Legionella Awareness: Control of the Legionella in Water Systems

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Practical Spill Management

Train the Trainer Spill Management

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Manual Handling Instructor and Assessor Manual Handling (Kinetic Lifting Techniques)

Page 26 Fire Safety Courses

Fire Safety Awareness

Fire Warden Training

Fire Safety Management

NEBOSH Certificate in Fire Safety

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Managing and Inspecting Scaffolds

Safe Use and Inspection of Ladders

PASMA Low Level Access

PASMA Towers for Users

Working Safely at Heights

Safe Use and Inspection of Harnesses and Lanyards

Page 29 Confined Space Training

Confined Space Awareness

Level 3 City & Guilds 6160-04 Award in Control Entry and Arrangements for Confined Spaces
Level 3 City & Guilds 6160-05 Award in Supervising Teams Undertaking Work in Confined Spaces
Level 3 City & Guilds 6160-07 Award in Direct Emergency Rescue of Casualties from Confined Spaces
Level 2 City & Guilds 6160-09 Award in Entrant and Entry Controller for Confined Spaces Medium Risk
Level 3 City & Guilds 6160-08 Award in Working as a Member of a Rescue & Recovery Team in Confined
Spaces

Page 30 Water Safety

Management of Water and Flood Incidents (MWFI) - Defra Module 5

Rescue 3 Safe Working in Water

Rescue 3 Swiftwater and Flood Rescue Technician (SRT)

Water Awareness and Safety

NEBOSH Certificate Courses - Full Oualifications Continued

In order to achieve the full qualification for NEBOSH Construction and NEBOSH Fire Safety and Risk Management, delegates must have achieved NGC1 'Management of Health and Safety' within the last five years. Alternatively, it can be studied at a later date or at the same time as other courses.

NEBOSH National General Certificate in Occupational Health and Safety (11 Days) Includes Units NG1 and G2

Click here for 2025 dates

NEBOSH Health and Safety Management for Construction (UK) (10 Days plus 1 OBE Day)
Includes Unit NC1

Click here for 2025 dates

Fee per Delegate: £1,660 Bundle Fee per Delegate: £1,560*

Fee per Delegate: £1,660

Bundle Fee per Delegate: £1,560*

NEBOSH Certificate in Fire Safety (6 days)

Click here for 2025 dates

NEBOSH Environmental Management Certificate (6 Days)

Click <u>here</u> for 2025 dates

NEBOSH HSE Certificate in Manual Handling Risk Assessment (1 Day)

Click here for 2025 dates

Fee per Delegate: £1,035

Fee per Delegate: £1,035

Bundle Fee per Delegate: £1,005*

Fee per Delegate: £300

Bundle Fee per Delegate: £1,005*

Bundle Fee per Delegate: £285*

Fees include handouts, publications, NEBOSH certification and registration fee, lunch and refreshments.

"Thoroughly engaging course that has tested the brain cells. Really enjoyed all of the course, the tutor was a fantastic tutor with superb industry knowledge."

A. Goodliffe (EP Langage)

NEBOSH Awards

NEBOSH Environmental Awareness at Work Qualification (1 Day)

Private courses only

"The tutor was extremely supportive and was able to give me a great understanding of the contents of the course, and health and safety in general, even though this is an area completely new to me."

B. Rice







Enhanced Learning Credits Approved Scheme (ELCAS)

As an Approved Provider for ELCAS, SSG offer a variety of courses and As an Approved Provider for ELCAS, SSG offer a variety of courses and both armed forces to gain both armed forces to enable members of the armed NIEDCH training course bundles to enable members of the armed NIEDCH. training

The current approved courses include the following: nationally qualifications.

- NEBOSH National Diploma in Occupational Health and Safety
 - NEBOSH National General Certificate in Occupational Health NEBOSH Health and Safety Management for Construction (UK)
 - (full qualification, separated NEBOSH Modules and distance learning) and Safety

 - INEDUSTI CEI UIIICALE III FILE SALELY

 (full qualification, separated NEBOSH Modules and distance learning) NEBOSH Certificate in Fire Safety
 - NEBOSH Environmental Management Certificate

If you are a member of the armed forces eligible for this funding, please rryou are a member of the armed forces eligible for this funding, please do not hesitate to contact us for more information: Call 01752 201616 or email us at info@ssg.co.uk.

IOSH Courses

The Institution of Occupational Safety and Health (IOSH) is Europe's leading body for health and safety professionals. IOSH have designed a number of varied training courses suited to a wide range of business sectors.



Fee per Delegate: £275

Fee per Delegate: £250

Bundle Fee per Delegate: £230*

Bundle Fee per Delegate: £245*

SSG deliver the following courses:

IOSH Leading Safely (1 Day)

Certificated by IOSH

Private courses only

IOSH Safety for Executives and Directors (1 Day)

Certificated by IOSH

Plymouth

11 December

IOSH Managing Safely® (3 Days)

Certificated by IOSH

Click here for 2025 dates

IOSH Managing Safely® Refresher (1 Day)

Certificated by IOSH

Hybrid Learning (Plymouth)

11 December

IOSH Supervising Safely (2 Days)

Certificated by IOSH

Private courses only

IOSH Managing Occupational Health and Wellbeing (1 day)

Certificated by IOSH

First Aid Courses

SSG's First Aid courses are First Aid Industry Body and Quality Care Academy Approved



SSG provide a range of First Aid courses including the three-day First Aid at Work, one-day Emergency First Aid at Work, Defibrillator Training, refresher and annual update courses. Our courses regularly receive positive feedback and are praised for the combination of practical exercises with theoretical explanations.

Emergency First Aid at Work (1 Day)

Certificated by SSG

Click here for 2025 dates

First Aid at Work (3 Days)

Certificated by SSG

Exeter

11, 12, 13 December

Fee per Delegate: £295 Bundle Fee per Delegate: £275*

First Aid at Work Refresher (2 Days)

Certificated by SSG

Plymouth

Fee per Delegate: £195 Bundle Fee per Delegate: £180*

12, 13 December

Paediatric Emergency First Aid (1 Day)

Certificated by FAIB

Private courses only

Paediatric First Aid (2 Days)

Certificated by FAIB

Private courses only

First Aid Annual Skills Update (1/2 Day)

Certificated by SSG

Click here for 2025 dates

CPR and Defibrillator Training (1/2 Day)

Certificated by SSG

Private courses only

Mental Health First Aid

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Mental Health First Aiders (MHFAiders®) (2 Days)

Certificated by MHFA England

Click here for 2025 dates

MHFA Champions (1 Day)

Certificated by MHFA England

Click here for 2025 dates

"The course gave me an understanding of how to identify someone with mental health, pointing them in the right direction and trying to make a difference." D. Campbell (Exeter Airport)

MHFA Refresher (1/2 Day)

Certificated by MHFA England

Click here for 2025 dates

Mental Health Aware (4 Hours)

Certificated by MHFA England

Click here for 2025 dates

Fees include handouts, publications, certification, refreshments and lunch where applicable.

General Health and Safety Courses

Housing Health and Safety Rating System (HHSRS) (1 Day)

Certificated by SSG

Private courses only

Toolbox Talk Delivery Training (2 hours)

Certificated by SSG

Private courses only

Risk Assessment Workshop (1 Day)

CoSHH Assessment Workshop (1 Day)

Certificated by SSG



Bundle Fee per Delegate: £230*

Fee per Delegate: £250

Certificated by SSG

Click here for 2025 dates

Display Screen Equipment Assessment Workshop (1/2 Day)

Certificated by SSG

Click here for 2025 dates

Accident Investigation (1 Day)

Certificated by SSG

Click <u>here</u> for 2025 dates

Managing Noise (1 Day)

Certificated by SSG

Private courses only

Safety Management for Work Related Driving (1 Day)

Certificated by SSG

Private courses only

Sharps Awareness (11/2 Hours)

Certificated by SSG

Private courses only

Health and Safety in the Office (1/2 Day)

Certificated by SSG

Private courses only

Food Safety

Level 2 – Basic Food Hygiene Certificate (1 Day)

Certificated by SSG

Private courses only

Level 2 – Basic Food Hygiene Refresher Training (3 Hours)

Certificated by SSG

Private courses only

Fees include handouts, publications, certification, refreshments and lunch where applicable.

Environmental Training



Environmental awareness is becoming an increasingly important issue for all companies and in particular the ability to manage waste and reduce your environmental impact.

IEMA Environmental Sustainability Skills for Managers (2 Days)

Certificated by IEMA

Private courses only

IEMA Foundation Certificate in Environmental Management (5 Day)

Certificated by IEMA

Click here for 2025 dates

IEMA Environmental Sustainability Skills for the Workforce (1 Day)

Certificated by IEMA

Click here for 2025 dates

IEMA Pathways to Net Zero (2 Days)

Certificated by IEMA

Click here for 2025 dates

NEBOSH Environmental Management Certificate (6 Days)

Please see page 8 for more information about this course.

NEBOSH Environmental Awareness at Work Qualification (1 Day)

Please see page 9 for more information about this course.

CITB Site Environmental Awareness Training Scheme (1 Day)

Please see page 21 for more information about this course.

Asbestos Training



SSG is a registered UKATA member.

Duty to Manage Asbestos (1 Day)

UKATA Registered Training Provider

Click here for 2025 dates

Duty to Manage Asbestos Refresher (1/2 Day)

UKATA Registered Training Provider

Click here for 2025 dates

Asbestos Awareness (1/2 Day)

UKATA Registered Training Provider

Click here for 2025 dates

Asbestos Awareness - Annual Refresher (2 Hours)

UKATA Registered Training Provider

Hybrid Learning (Plymouth)

Fee per Delegate: £95

12 December (pm)

Asbestos Non-Licensed Operative Refresher (1/2 Day)

UKATA Registered Training Provider

Plymouth Fee per Delegate: £150
Bundle Fee per Delegate: £135*

12 December (am)

Fees include handouts, publications, certification, refreshments and lunch where applicable.



Leadership and Team Management Skills Courses

SSG are pleased to be able to provide a range of training courses to help develop and improve your team's performance.

For further information please contact our Customer Service and Sales Team:







www.ssg.co.uk 🛴 01752 201616 🙊 info@ssg.co.uk

Prices start from

- Full day four modules private course £925
 - Half day two modules private course £655
 - Two hour one module private online course £425

All fees subject to VAT





TRAIN CONSULT INSPIRE

HR Leadership and Team Management Skills

Sexual Harassment Awareness Training (1 hour)

Certificated by SSG

Click here for 2025 dates

Achieving ISO Certification with SSG

SSG can offer a team of qualified, experienced consultants to partner with your organisation to work towards successful certification of your management systems to the following standards:

- ISO 9001 Quality Management
- OHSAS 18001 / ISO 45001 Occupational Health & Safety
- ISO 14001 Environmental Management

ISO Internal Auditor (3 Days)

Certificated by SSG

Click here for 2025 dates

Electrical Safety Courses

Electrical Safety Awareness (1 Day)

Certificated by SSG

Private courses only

Portable Appliance Testing (1 Day)

Certificated by SSG

Plymouth

13 December

Fee per Delegate: £250 Bundle Fee per Delegate: £230*

Fees include handouts, publications, certification, refreshments and lunch where applicable.

CITB Courses



The Construction Industry Training Board's (CITB) Site Safety Plus Scheme is a comprehensive health and safety training programme designed to provide the building, civil engineering and allied industries with a range of courses for individuals seeking to develop their skill set in this area. They are designed to give everyone from operative to senior manager the skill set they need to progress through the industry.

These courses are all certificated by CITB and include the following:

CITB Director's Role for Health and Safety (1 Day)

Certificated by CITB

Click here for 2025 dates

CITB Site Environmental Awareness Training Scheme (1 Day)

Certificated by CITB

Online

Fee per Delegate: £260
Bundle Fee per Delegate: £240*

13 December

CITB Site Management Safety Training Scheme (5 Days)

Certificated by CITB

Click here for 2025 dates

"A further understanding achieved about regulations behind health and safety as a manager:"

D. Cowell (Dodd Group)

CITB Site Management Safety Training Scheme Refresher (2 Days) †

Certificated by CITB

Click here for 2025 dates

CITB Site Supervision Safety Training Scheme (2 Days)

Certificated by CITB

CITB Site Supervision Safety Training Scheme Refresher (1 Day)

Certificated by CITB

Plymouth

Fee per Delegate: £260

Bundle Fee per Delegate: £240*

13 December

CITB Health and Safety Awareness (1 Day)

Certificated by CITB

Plymouth

Fee per Delegate: £170

Bundle Fee per Delegate: £155*

13 December

CITB Temporary Works Supervisor (1 Day)

Certificated by CITB

Click here for 2025 dates

CITB Temporary Works Coordinator (2 Days)

Certificated by CITB

Click here for 2025 dates

Fees include handouts, publications, certification, refreshments and lunch where applicable.

CITB Temporary Works Coordinator Refresher (1 Day)

Certificated by CITB

Private Course Options

All courses are available as private courses. Should you wish to take up this option but feel you do not have a suitable venue, you can utilise our training facilities in Plymouth and across the South West. We can also provide private courses virtually so you are able to train your employees wherever they are. All dates and venues can be arranged to meet your requirements.

Our training centres benefit from:

- Fully air conditioned training room
- Plentiful car parking
- Very reasonable daily delegate rate

Delegate rates available on request, please contact our customer service team for more details.



Construction Design and Management (CDM)

CDM: An Overview

Certificated by SSG

Click here for 2025 dates

CDM 2015 for Contractors and Principal Contractors (1 Day)

Certificated by SSG

Click here for 2025 dates

CDM 2015 for Designers and Principal Designers (1 Day)

Certificated by SSG

Click here for 2025 dates

Temporary Works

Temporary Works General Awareness Training Course (1 Day)

Certificated by SSG

Private courses only

CITB Temporary Works Supervisor (1 Day)

Please see page 22 for more information about this course.

CITB Temporary Works Coordinator (2 Days)

Please see page 22 for more information about this course.

Work Equipment Training

Abrasive Wheel Mounters Course - for Handheld and Bench/Pedestal Grinders (1/2 Day)

Certificated by SSG

Click here for 2025 dates

Safe Use of Petrol Driven Cut-off Saws (1/2 Day)

Certificated by SSG

Safety in the Use of Woodworking Machinery (1/2 Day)

Certificated by SSG

Private courses only

Fees include handouts, publications, certification, refreshments and lunch where applicable.

Specialist Training

Face Fit – Correct Fitting and Testing Procedures (3 Hours)

Certified by SSG

Click here for 2025 dates

Face Fit Testing (Approx. 15 minutes)

Certified by SSG

Private courses only

Managing Contractors (Including Permit to Work Systems) (1/2 Day)

Certificated by SSG

Private courses only

Legionella Awareness: Control of Legionella in Water Systems (1/2 Day)

Certificated by SSG

Plymouth

Fee per Delegate: £160 Bundle Fee per Delegate: £145*

16 December (am)

Fees include handouts, publications, certification, refreshments and lunch where applicable.

Spill Management

SSG offers the following Spill Management courses in conjunction with NPS UK.

Practical Spill Management (1/2 Day)

Certificated by SSG

Private courses only

Train the Trainer Spill Management (1/2 Day)

Certificated by SSG

Private courses only

Manual Handling Courses

Manual Handling Instructor and Assessor (3 Days)

Certificated by SSG

Click here for 2025 dates

Fire Safety Courses

Fire Warden Training (1 Day)

Certificated by SSG

Click here for 2025 dates

Fire Safety Management (1 Day)

Certificated by SSG

Click here for 2025 dates

Fees include handouts, publications, certification, refreshments and lunch where applicable.

NEBOSH Certificate in Fire Safety (5 Days plus 1 OBE Day)

Includes Units FSC1 and FSC2

Please see page 8 for more information about this course.



Room hire

Our excellent room facilities can be hired for your private functions

At Valley House we offer training / meeting rooms for use without interruption or distraction. We also have rooms available at our venues in Bristol and Taunton. All rooms are equipped with modern comfortable furniture and multi-media equipment. All communications and photocopying facilities are available from our administration centre. Lunch is available on request.

We have eight training rooms available at Valley House, which can accommodate up to 50 delegates.

To enquire, use the QR code on the right.



Full Day

£30 per delegate to include unlimited supply of tea,

coffee, biscuits and lunch.

Half Day

£15 per delegate to include unlimited supply of tea,

coffee and biscuits.

Newquay, Exeter, Taunton, Bristol: Delegate rates available on request. All fees are subject to VAT.

Safety at Height Courses

Managing and Inspecting Scaffolds (2 Days)

Certificated by SSG

Click here for 2025 dates

Managing Scaffold Activities (1 Day)

Certificated by SSG

Click here for 2025 dates

Safe Use and Inspection of Ladders and Steps (1/2 Day)

Certificated by SSG

Click here for 2025 dates

PASMA Low Level Access (1/2 Day)

Certificated by PASMA

Private courses only

PASMA Towers for Users (1 Day)

Certificated by PASMA

Click here for 2025 dates

PASMA Towers for Managers (1 Day)

Certificated by PASMA

Private courses only

Working Safely at Heights (1/2 Day)

Certificated by SSG

Click here for 2025 dates

Safe Use and Inspection of Harnesses and Lanyards (1/2 Day)

Certificated by SSG

Plymouth

Fee per Delegate: £160 Bundle Fee per Delegate: £145*

PaSMA

PSMA

P SMA

11 December (am)

Fees include handouts, publications, certification, refreshments and lunch where applicable.



Confined Space Training

Through our partnership with Red One and Devon and Somerset Fire and Rescue Training Academy, we are able to provide a range of courses.

City & Guilds 6160-04 Award in Control Entry and Arrangements for Confined Spaces (3 Days)

Certificated by City & Guilds

Click here for 2025 dates

City & Guilds 6160-05 Level 3 Award in Supervising Teams Undertaking Work in Confined Spaces (2 Days)

Certificated by City & Guilds

Click here for 2025 dates

City & Guilds 6160-08 Level 3 Award in Working as a Member of a Rescue and Recovery Team in Confined Spaces (3 Days)

Certificated by City & Guilds

Click here for 2025 dates

City & Guilds 6160-09 Level 2 Award in Entrant and Entry Controller for Confined Spaces Medium Risk (2 Days)

Certificated by City & Guilds



Water Safety

Water Awareness and Safety (1/2 Day)

Certificated by Devon and Somerset Fire and Rescue

Click <u>here</u> for 2025 dates

Safe Working Near Water (1 Day)

Certificated by Devon and Somerset Fire and Rescue

Click here for 2025 dates

Safe Working in Water (2 day)

Certificated by Devon and Somerset Fire and Rescue

Midweek masterclass

These free sessions will take place on the last Wednesday of each month and will focus on a specific and topical health and safety or HR subject. Spaces are limited - please only book if you can attend as no recordings will be available.

Duration: 10am to 11:30am Dates:

18 December

Cost: Complimentary



Book now!

Please contact our team now to reserve your complimentary place or for more information on our training services.







TRAIN | CONSULT | INSPIRE







