

Chartered Institute of Environmental Health Courses



Who is it for?

The Chartered Institute of Environmental Health (CIEH) is at the forefront of environmental and public health, having awarded over six million people in the UK with its highly respected qualifications.*

As a CIEH approved provider, System Training offers a number of accredited courses extending across a range of sectors, covering food safety, health and safety and environmental protection.

The courses

Expertly designed and interactively delivered to provide individuals with an engaging learning experience, System Training's CIEH courses equip individuals with the skills, knowledge and understanding needed to work safely, effectively and in line with industry requirements.

On completion of each course, individuals will achieve a CIEH certificate evidencing their newly attained, up-to-date, relevant abilities, whilst also demonstrating their competence to promote a positive health and safety culture throughout an organisation.

Benefits to the individual

- ▷ Gain a nationally recognised qualification
- ▷ Develop your skills
- ▷ Expand your knowledge
- ▷ Work in a safe and healthy manner
- ▷ Reduce the risk of causing yourself harm

Benefits to the employer

- ▷ Highly trained, knowledgeable workforce
- ▷ Ensure legal compliance
- ▷ Improve staff retention
- ▷ Reduce the risk of an incident
- ▷ Promote cost-effectiveness

*The Chartered Institute of Environmental Health 2012

Skills
Funding
Agency



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Level 2 Award in Health and Safety in Health and Social Care

Duration: 1 day

Designed specifically for staff working in health and social care, this course equips individuals with the skills required to identify key hazards in the workplace, understand the importance of health and safety procedures, report any potential risks or issues, and contribute to the continuous improvement of health and safety standards.

The course covers:

- ▷ Introduction to health and safety
- ▷ Health and safety law
- ▷ Work related ill health
- ▷ Accident prevention
- ▷ Welfare
- ▷ Risk assessment
- ▷ Introduction to hygiene
- ▷ Hygiene hazards
- ▷ Personal hygiene
- ▷ Cleaning

Progression: IOSH Managing Safely; other CIEH Level 3 qualifications

Level 2 Award in Principles of Manual Handling

Duration: ½ day

Suitable for all staff who have to carry out manual handling activities at work (including both industrial and office workers), this course provides individuals with an essential understanding of related operational hazards and their control, in turn enabling them to apply the appropriate techniques to reduce the risk of injury.

The course specifically covers:

- ▷ What is meant by the term 'manual handling'
- ▷ How manual handling can cause injury
- ▷ The principles of controlling manual handling risks
- ▷ Manual handling risk assessment
- ▷ The main provisions of Manual Handling Operations Regulations

Progression: CIEH Level 2 Award in Health and Safety in the Workplace; IOSH Working Safely



Level 1 Award in Health and Safety in the Workplace

Duration: ½ day

Ideal for anyone entering a new workplace, this course provides individuals with an understanding of key health and safety issues, in turn allowing them to reduce the risk of causing injury to themselves or others.

This course specifically covers:

- ▷ Introduction to health and safety
- ▷ Workplace hazards and risks
- ▷ Workplace conditions
- ▷ Workplace procedures

Progression: CIEH Level 2 Award in Health and Safety in the Workplace; IOSH Working Safely

Level 2 Award in Health and Safety in the Workplace

Duration: 1 day

Suitable for all staff, this Level 2 Award enables individuals to identify hazards in the workplace, understand the importance of health and safety procedures, and take appropriate action when a risk is identified.

Ensuring individuals are aware of their own safety and the safety of colleagues, customers and the general public, it allows them to actively fulfil their responsibilities and work in a safe and healthy manner.

This course specifically covers:

- ▷ Introduction to health and safety
- ▷ Health and safety law
- ▷ Work related ill health
- ▷ Accident prevention
- ▷ Welfare
- ▷ The workplace and equipment
- ▷ Risk assessment
- ▷ Manual handling
- ▷ Hazardous substances
- ▷ Ergonomics and workstation design
- ▷ Working at height
- ▷ Transport and vehicles
- ▷ Noise and vibration

Progression: CIEH Level 3 Award in Health and Safety in the Workplace; IOSH Managing Safely



Level 3 Award in Health and Safety in the Workplace

Duration: 3 days

Designed for those working in a supervisory position, this Level 3 Award provides individuals with a more advanced understanding of health and safety in the workplace, illustrating the importance of the proper monitoring and supervision of staff.

It specifically equips individuals with the expertise required to improve safety standards in the working environment, in turn allowing a positive health and safety culture to develop.

The course covers:

- ▷ The concept of health and safety
- ▷ Accidents in the workplace
- ▷ Ill health in the workplace
- ▷ Legal provisions (UK only)
- ▷ Health and safety organisation and management
- ▷ Supervising health and safety

Level 2 Award in Environmental Principles and Best Practice

Duration: 1 day

Suitable for all staff across a range of industries, this course provides individuals with an introduction to key environmental concepts and management systems, allowing them to minimise the impact their organisation has on the environment.

Not only does it help businesses meet their increasing responsibilities in relation to environmental legislation, it also brings benefits such as reduced waste and utility costs.

The course specifically covers:

- ▷ Environmental impacts and sustainability
- ▷ Understanding environmental aspects
- ▷ Principles and environmental law
- ▷ Energy use and carbon management
- ▷ Resource efficiency and waste minimisation
- ▷ Water management
- ▷ Pollution prevention and emergency planning
- ▷ Environmental management systems



Level 3 Award in Supervising Food Safety in Catering

Duration: 3 days

As catering supervisors are accountable for food safety, it is especially important that they possess the expertise to direct procedures and enforce best practice, ultimately ensuring a business runs safely, efficiently, and does the utmost to protect the health of its customers.

Developed specifically for those working in a supervisory position in catering, this course allows individuals to gain the skills, knowledge and understanding required to competently and confidently develop and monitor effective food safety management systems.

The course covers:

- ▷ Introduction to supervising food safety
- ▷ Relevant legislation
- ▷ Applying and monitoring good hygiene practices
- ▷ Temperature control
- ▷ Workplace and equipment design
- ▷ Waste disposal
- ▷ Cleaning and disinfection
- ▷ Pest control
- ▷ Personal hygiene
- ▷ Contribution to staff training

- ▷ Implementation of food safety management procedures
- ▷ Food safety management tools

Progression: IOSH Managing Safely

Level 2 Award in Food Safety in Catering

Duration: 1 day

Designed to provide those who work in catering with a fundamental understanding of food hygiene, this Level 2 Award equips individuals with the necessary skills to fulfil their responsibilities in ensuring food prepared is safe for consumption.

The course specifically covers:

- ▷ Introduction to food safety
- ▷ Relevant legislation
- ▷ Food safety hazards
- ▷ Temperatures and refrigeration
- ▷ Chilling and cold holding of foods
- ▷ Cooking, hot holding and re-heating of foods
- ▷ The principles of safe food storage
- ▷ Cleaning
- ▷ Food premises and equipment

Progression: CIEH Level 2 Award in Health and Safety in the Workplace; CIEH Level 3 Award in Supervising Food Safety in Catering; IOSH Working Safely



Level 3 Award in Risk Assessment Principles and Practice

Duration: 1 day

This Level 3 Award provides individuals with the knowledge and practical skills required to competently carry out and/or contribute to the undertaking of general risk assessments, ultimately allowing them to assist in the prevention of injury and the successful management of health and safety within an organisation.

The course specifically covers:

- ▷ Introduction to health and safety
- ▷ Accidents and ill health
- ▷ Principles of risk assessment
- ▷ Legislation
- ▷ Risk assessment in practice

Progression: IOSH Managing Safely; other CIEH Level 3 qualifications

Level 2 Award in the Principles of COSHH

Duration: ½ day

Strongly recommended for those who handle or are responsible for the Control of Substances Hazardous to Health (COSHH), this Level 2 Award makes individuals aware of the risks associated with hazardous substances, preparing them to contribute to their safer use.

The course specifically covers:

- ▷ What is meant by the term 'substance hazardous to health'
- ▷ How hazardous substances can cause injury and ill health
- ▷ Ways in which hazardous substances can be identified
- ▷ The principles for controlling hazardous substances
- ▷ The purposes of conducting a COSHH assessment
- ▷ The main provisions of COSHH regulations

Progression: CIEH Level 2 Award in Health and Safety in the Workplace; IOSH Working Safely



Level 2 Award in Conflict Resolution and Personal Safety

Duration: 1 day

This Level 2 Award is recommended for all of those whose work brings them into contact with others, including colleagues, customers, members of the public, patients or clients. It provides individuals with a firm grounding in the basics of conflict resolution, allowing them to protect themselves if someone was to behave in a confrontational and aggressive manner.

The course specifically covers:

- ▷ The negative effects of violence in the workplace
- ▷ The law
- ▷ The work environment
- ▷ Resolving confrontational situations
- ▷ Personal safety

Progression: IOSH Managing Safely; other CIEH Level 3 qualifications

Certificate in Stress Awareness

Duration: 1 day

Suitable for all staff, this course enables individuals to understand the causes and effects of stress, how to alleviate some of the basic contributors, and ways to develop a less stressful working environment.

The course specifically covers:

- ▷ Definitions of stress
- ▷ Stress as an occupational hazard
- ▷ Identification of basic workplace stressors
- ▷ Development of basic controls for work related stressors
- ▷ Responsibilities imposed under UK legislation
- ▷ Candidate self assessment

Progression: IOSH Managing Safely; CIEH Level 3 qualifications

