

# Amalgamate

# Training

---

# Training

## Delivering excellence in safety training

---

At Amalgamate we believe in the importance of working in partnership with organisations to develop smart health and safety solutions – benefiting both employees and business.

---

As an established consultancy we successfully deliver effective solutions across Europe, the Middle East and Asia supporting large-scale global organisations, SMEs and business start-ups.

---

Our aim is to pro-actively manage the varied health and safety needs of our clients, and reduce the impact of loss on their business.

---

The Management of Health and Safety at Work Regulations make it a legal requirement that employers provide clear information and training to employees. With our industry expertise we can help you to comply with all the relevant legislation, and find optimum solutions for your business needs.

---

---

in 2012—  
2013 in  
accidents  
at work  
and over  
a million  
people were  
injured. Over  
two million  
suffered  
illnesses  
caused by,  
or made  
worse by,  
their work.

# 148 People Were Killed

---

Source: Health and Safety Executive

---

## Philosophy.

Learning something new is often satisfying, but it can also be challenging, and sometimes a bit scary. But our trainers will guide you along the way, fostering an interesting and effective learning environment. Our personalised, interactive training sessions are designed to maximise your learning experience and ensure that you leave the course with the knowledge and confidence you need.

---

---

## Methodology.

We offer a wide range of training solutions. Our trainers are highly experienced occupational health and safety practitioners, who have gained a reputation for delivering excellence in safety training. We use a variety of techniques, incorporating technologies such as webinars and on-demand module-led training, alongside traditional methods – our approach is geared towards accessibility, and real comprehension of the relevant issues.

---

As well as delivering accredited courses, we can provide bespoke training packages designed to meet the needs of your organisation, with the curriculum tailored to your specific circumstances. We offer a safety training needs analysis, which will support you in identifying your core training requirements, finding any issues that may have previously been overlooked, and ensuring that your staff are prepared for dealing with the relevant health and safety issues.

---

---

## Courses.

We offer training on a huge variety of topics, including courses and qualifications on:

### Safety awareness

– promotes understanding of safe working practices, reduction of risk, and helps to develop a positive health & safety culture, where safe & healthy working becomes second nature to everyone.

### IOSH Managing Safely

– for managers and supervisors in all industries. The course offers essential guidance on how to handle health and safety in your team, and will give delegates the knowledge and tools to tackle the areas they are responsible for, learn how to assess risks, and adopt a practical, implementable approach to workplace safety. We have a strong understanding of the legal requirements that companies face in regard to current legislation, and can help you to translate this into action.

### IOSH Working Safely

– giving staff members a good understanding of their health and safety responsibilities, and helping them to keep themselves and others safe at work. The training covers a range of topics including identifying hazards, improving safety performance, and reducing environmental impact. This is a highly interactive course, that engages delegates and ensures maximum involvement and better retention of information.

---

# Faced with an Emergency

---

only 28% say they'd know what first aid to do.

---

24% of people would do nothing and wait for an ambulance to arrive or hope that a passer-by knows first aid.

39% would try and do first aid even though they are not sure what to do.

Source: St John Ambulance research, 2010

# Manual Handling Caused

**22% OF ABSENCES  
IN 2012—2013**

Training  
will help  
to reduce  
these  
incidents.

Source: Health and Safety Executive

**Fire safety awareness, fire warden and extinguisher training**  
– practical guidance on assessing and reducing fire risks, planning evacuation and fire-fighting.

**CDM awareness**  
– provides an understanding of the Construction, Design and Management Regulations 2007, and gives guidance on planning and designing for health and safety within construction projects and the roles and responsibilities encompassed within the CDM Regulations.

**First Aid**  
– general first aid training on a range of common incidents where immediate help can make the difference between life and death. We provide 1 day Emergency First Aid at Work, 3 day First Aid courses, and specialist Defibrillator training

**Construction Safety awareness**  
– specialised guidance on risk awareness and avoidance in high risk construction environments

**CSCS test preparation**  
– covers core topics and provides practice test questions for managers and professionals looking to obtain their CSCS card.

**Stress management**  
– stress is a leading cause of absence – we can give techniques for reducing instances of stress, and managing it better when it does occur.

**Health and Wellbeing**  
– managing a range of elements around psycho-social issues to encourage a healthier, happier workforce.

**DSE (ergonomics) and back care seminars**  
– learn how to improve your posture, protect your spine and avoid injury.

**Abrasive Wheel training**  
– specialist training for workers involved in the adjusting, assembling, and changing of abrasive wheels.

**Manual Handling**  
– avoid injury, aches and pains by using better movement techniques. More than a fifth of absences are caused by poor manual handling, so this course is particularly important for employees who engage in physical activities at work. It covers the principles of safe moving and handling, the relevant legislation, the mechanics of movement and the associated types of injury, guidance on Risk Assessment, control measures and practical tips for safer manual handling.

...and many more.

If it's safety-related and you need to learn it, we can help.

---

# Amalgamate

## Contact

We also offer services in Consultancy,  
Occupational Health and Fire Safety.

---

Our professional services are designed  
to offer flexibility to businesses across a  
wide range of sectors. Please contact us  
to discuss your individual requirements.

---

T. +44 (0)141 244 0181

E. [info@amalgamate-safety.com](mailto:info@amalgamate-safety.com)

---

[www.amalgamate-safety.com](http://www.amalgamate-safety.com)

---

