

# HSL: Ergonomics – Buxton, 2-6 Oct 2017

## [Book Course](#)

HSL is to run a 5 day course on Ergonomics.

**2 – 6 October 2017**



## Introduction



Every year, 35 million days are lost to British industry as a result of accidents and ill health caused by work activities. A large number of these accidents are due to a lack of thought and planning concerning the use of our everyday systems.

The course provides the ergonomics theory and techniques used to maximize the design of the tools, tasks and workplaces for improved comfort, safety and performance of the workforce. The techniques cover both the physical and psychosocial aspects of a workplace design, following relevant HSE guidance and approaches to assess and reduce risks.

## What will the course cover?

- Ergonomics principles, methods and techniques
- Human Beings – physical and psychological factors
- Applied Anthropometry
- Workplace Design and DSE
- Manual Handling risks, assessments and controls
- Upper Limb Disorders – risks, assessments and controls
- Stress Management
- Influencing behaviour
- User investigation methods, such as interviews, questionnaires and focus groups
- Task Analysis
- Controls and Displays

- Environmental Factors – Lighting, Floors and footwear, Noise

## Who should attend?

The course is suited to all who have an interest in workplace ergonomics and wish to understand more about possible interventions that could be made to assess and improve worker comfort, safety and performance. No previous ergonomics or MSD experience is required.

## Who will present?

**Matthew Birtles** – Matt has been a practising ergonomist for 13 years. His work at HSL has spanned various industries and topics, such as welding and foundry work, fairground ride safety and other leisure industry projects, food production, railway and train cabin design, furniture manufacturing, construction health and safety and ergonomics in health care. He also co-authored and presents, material on MSD training for HSE inspectors, and manual handling and the material for this Ergonomics course for the public. Matt has particular interest in the prevention of musculoskeletal injury and the design of fit for purpose ergonomic solutions to workplace problems.

**Liz Brueck** is a physicist with considerable experience in noise measurement and instrumentation, and hearing protection (including level dependent protectors). She represents HSE on the standard committees for electroacoustic equipment and hearing protectors, and represents the UK on the ISO working group for the acoustic testing of hearing protectors.

**Victoria Whitehouse** is a psychologist with experience conducting literature reviews in behavioural change and worker engagement, as well as developing and testing a toolkit looking to provide construction SME's with the tools and techniques necessary to improve their health, safety and business performance. Victoria has also developed and delivered a comprehensive training course on behavioural change, and developed two further training courses on work-related violence and wellbeing.

**Jane Hopkinson** is a psychologist working in HSL's Social and Organisational Factors section. Jane's particular area of expertise is in risk communication, knowledge, attitude and behaviour changing techniques and the management of work related stress and how these can be applied with regard to health and safety. Jane has been responsible for developing and delivering HSL training courses on the topics of behaviour change, wellbeing and work related stress.

### Comments & Feedback

"Just a short note to thank you for an excellent course last week, it was great, one of the most useful and interesting courses that I have ever been on."

**Roger Barnes, BAE Systems**

## Venue

The course will be run at the HSL laboratory in the spa town of Buxton. Buxton is in the heart of the Peak District and has good links to mainline train stations and Manchester International Airport.

Details of hotels in the Buxton area can be found at [www.visitbuxton.co.uk](http://www.visitbuxton.co.uk)

## Cost

The cost of the course is £1,500 per person (includes course notes, lunches, refreshments and a course dinner on the second night).

## [Book Course](#)

Please note the invoice option is not available within 4 weeks of the course date, or for overseas customers. If you are selecting the invoice option for payment, it will be mandatory to input a purchase order/reference number as we are unable to process booking forms without this.

For further dates and additional information email: [training@hsl.gsi.gov.uk](mailto:training@hsl.gsi.gov.uk) or contact the Training & Conferences Unit at HSL directly on +44 (0)1298 218806.

[Back to Health & Safety Training Courses](#)

---

# [HSL: Pressure Systems Awareness – Buxton, 12 Oct 2017](#)

## [Book Course](#)

HSL is to run a 1 day course on Pressure Systems Awareness.

**12 October 2017**

Pressure systems have been synonymous with industry since the age of steam. Today it is almost impossible to name an industry sector that does not make substantial use of pressure systems in some way or other. From tyre inflators through refrigerators to full blown industrial processes, pressure systems have become as indispensable to industry as the electricity that powers them.

This informative and experiential course is aimed at raising awareness of the hazards associated with pressure systems as well as the relevant regulatory

frame work. This course will offer delegates the unique opportunity to learn from real life case studies and forensic investigations into pressure systems failures, providing a first hand perspective of what can go wrong and why.

Delegates will also benefit from a substantial afternoon session with the HSE Inspector responsible for the current revision of the Safety of Pressure Systems Regulations, during in which delegates will be able to discuss both general and specific issues directly with the regulator in an open forum setting.

Pressure systems have been synonymous with industry since the age of steam. Today it is almost impossible to name an industry sector that does not make substantial use of pressure systems in some way or other. From tyre inflators through refrigerators to full blown industrial processes, pressure systems have become as indispensable to industry as the electricity that powers them.

This informative and experiential course is aimed at raising awareness of the hazards associated with pressure systems as well as the relevant regulatory frame work. This course will offer delegates the unique opportunity to learn from real life case studies and forensic investigations into pressure systems failures, providing a first hand perspective of what can go wrong and why.

Delegates will also benefit from a substantial afternoon session with the HSE Inspector responsible for the current revision of the Safety of Pressure Systems Regulations, during in which delegates will be able to discuss both general and specific issues directly with the regulator in an open forum setting.

- Pressure, the basics



- Case studies from real life incident investigations
- What constitutes a pressure system
- What are the relevant regulations
- What are my regulatory obligations
- Appreciation of common hazards associated with pressure systems
- Common methods of risk mitigation
- Open discussion forum

On completion of this course delegates will be able to identify pressure systems in the workplace and understand which legal requirements apply to this equipment. Delegates will develop a firm understanding of the nature and significance of common risks associated with pressure systems, who has duties under the regulations and current risk mitigation strategies.

This one day course can also be delivered at HSL as an in-company course. If you are interested in this and have a number of people to train please email [training@hsl.gsi.gov.uk](mailto:training@hsl.gsi.gov.uk) for a quote.

This entry level open course is aimed at employers and employees from all sectors of industry that would like to develop an improved understanding of pressure systems and their associated risks and your regulatory responsibilities.

The course will be run at the Health & Safety Laboratory in the spa town of Buxton. Buxton is in the heart of the Peak District and has good links to mainline train stations and Manchester International Airport.

Details of hotels in the Buxton area can be found at [www.visitbuxton.co.uk](http://www.visitbuxton.co.uk)

#### Cost

The cost of this course is £495 per person (includes course notes, lunch and refreshments).

#### [Book Course](#)

Please note the invoice option is not available within 4 weeks of the course date, or for overseas customers. If you are selecting the invoice option for payment, it will be mandatory to input a purchase order/reference number as we are unable to process booking forms without this.

For further dates and additional information email: [training@hsl.gsi.gov.uk](mailto:training@hsl.gsi.gov.uk) or contact the Training & Conferences Unit at HSL directly on +44 (0)1298 218806.

[Back to Health & Safety Training Courses](#)

---

## **HSL: Stair Assessment – Buxton, 5 July 2017**

This course will help you understand the design features of stairs which can give rise to a risk of falling, and identify simple remedial improvements to reduce the likelihood of a fall.

---

## **HSL: Principles of Incident Investigation and Failure Analysis – 6**

# July 2017

## [Book Course](#)

HSL is to run a 1 day course on Principles of Incident Investigation and Failure Analysis.

**6 July 2017**

## **Introduction**

The ability to carry out a detailed and accurate mechanical failure analysis is a key skill for many sectors of industry particularly engineering, manufacturing and research and development. From costly delays in production due to the failure of vital plant or tooling through to catastrophic failures with potential insurance and safety implications; all require the application of scientific analytical methods of inquiry.

HSL are offering a unique opportunity to engage directly with our incident investigation professionals and take full advantage of our decades of failure analysis experience. This course is aimed at individuals or companies that maintain, contract or are seeking to develop failure analysis capability. While the course will focus primarily on the investigation of mechanical and engineering failures, many of the principles covered will be directly transferable to investigations of any type. The course will explain the common strategies and tactics of the failure analysis process from the initial response through to presenting your findings.

The course will address the following areas:

- Roles and responsibilities
- Strategy and tactics of incident investigation and failure analysis
- Initial Inspection
- Identification and collection of evidence
- Record and note keeping
- Common failure mechanisms
- Establishing cause and contributory factors
- Engaging scientific support
- Presenting your findings

## **Who should attend**

This entry level course would be most useful for H&S managers, insurance professionals, design and process engineers and other professionals seeking to better understand the forensic, scientific and analytical process.

## **Venue**

The course will be run at the HSL laboratory in the spa town of Buxton. Buxton is in the heart of the Peak District and has good links to mainline

train stations and Manchester International Airport.

Details of hotels in the Buxton area can be found at [www.visitbuxton.co.uk](http://www.visitbuxton.co.uk)

## Cost

The cost of this course is £600 per person (includes course notes, certificate of attendance and lunch/refreshments).

### [Book Course](#)

Please note the invoice option is not available within 4 weeks of the course date, or for overseas customers. If you are selecting the invoice option for payment, it will be mandatory to input a purchase order/reference number as we are unable to process booking forms without this.

For further dates and additional information email: [training@hsl.gsi.gov.uk](mailto:training@hsl.gsi.gov.uk) or contact the Training & Conferences Unit at HSL directly on +44 (0)1298 218806.

[Back to Health & Safety Training Courses](#)

[Back to the top](#)

---

## [HSL: Upper Limb Disorders Risk Assessment of Repetitive Tasks – Buxton, 13 July 2017](#)

### [Book Course](#)

HSL is to run a 1 day course on Upper Limb Disorders Risk Assessment of Repetitive Tasks.

**13 July 2017**

## Introduction

Musculoskeletal Disorders (MSDs) are the most common occupational illness in Britain affecting over 500,000 people a year. Nearly half of these illnesses are joint injuries and repetitive strain injuries of various sorts affecting the upper limbs.

To support employers, health and safety professionals and inspectors with risk assessing repetitive work, the Health and Safety Laboratory and Health

and Safety Executive have developed the Assessment of Repetitive Tasks (ART) tool. Launched in Spring 2010, the ART tool is used to assess the frequent handling of light loads or other repetitive tasks that can contribute to upper limb disorders (ULDs).

This course will equip you with the knowledge to use the ART tool to help recognise, assess, and reduce upper limb disorder risks in your organisation. It will benefit those already involved in workplace MSD risk management (e.g. manual handling risk assessments) who wish to expand their knowledge on the topic of upper limb disorders.

## **What will the course cover?**

- Common ULDs and their development
- Key ULD risk factors
- ULD risk management (including legal duties)
- ULD risk assessment using the ART tool
- Practise using the ART tool with case studies
- ULD risk controls

## **Who should attend?**

Employers and their representatives who wish to undertake or improve ULD risk assessment and control within their organisation

Health and safety or occupational health professionals who wish to learn about the ART tool, or further their abilities in this area.

The course is targeted at organisations that carry out some manual production, processing, packaging, packing, and sorting activities. The course will not cover assessment of Display Screen Equipment (DSE)

Previous experience of manual handling risk assessment is beneficial but not required.

## **Venue**

The course will be run at the HSL laboratory in the spa town of Buxton. Buxton is in the heart of the Peak District and has good links to mainline train stations and Manchester International Airport.

Details of hotels in the Buxton area can be found at [www.visitbuxton.co.uk](http://www.visitbuxton.co.uk)

## **Cost**

The cost of this course is £450 per person (includes course notes, lunch and refreshments).

[Book Course](#)

**Please note the invoice option is not available within 4 weeks of the course**



date, or for overseas customers. If you are selecting the invoice option for payment, it will be mandatory to input a purchase order/reference number as we are unable to process booking forms without this.

For further dates and additional information email: [training@hsl.gsi.gov.uk](mailto:training@hsl.gsi.gov.uk) or contact the Training & Conferences Unit at HSL directly on +44 (0)1298 218806.

[Back to Health & Safety Training Courses](#)