

HSL: RPE Fit Test-Introduction – Buxton, 20 July 2017

[Book Course](#)

HSL is to run a 1 day course on RPE Fit Test – Introduction.

20 July 2017

Introduction

Tight-fitting Respiratory Protective Equipment (RPE) needs to fit the wearer's face well in order to work correctly and provide the expected protection. As faces come in all shapes and sizes, each wearer needs to be supplied with a facepiece which matches their face. Fit testing demonstrates how well a facepiece matches the individual's face; it is used to select a facemask which is a good match for them. HSE's relevant Approved Codes Of Practice (ACOP) require that fit testing be carried out as part of the initial RPE selection process, to ensure that the wearer has the correct facepiece.

This course will explain the importance of fit testing, the responsibilities of employers and introduce the various fit testing methods. Practical sessions will cover the essential skills of pre-use checking and correct donning of facepieces, before going on to provide opportunity to practice fit testing using the 2 methods which are extensively and almost exclusively in use in the UK. It is therefore ideal for those new to, or relatively new to, practical fit testing and also suitable for those with responsibility for correct selection of respiratory protection.

This is in an introductory course which will provide a good foundation on which to build practical fit testing skills. To become a competent fit tester will require considerable additional practice and experience. Our [Respiratory Protective Equipment \(RPE\) fit testing – Advanced](#) course is suitable for those who are well on the way to becoming competent fit testers and are possibly considering applying for accreditation under the Fit2Fit scheme.

All course presenters are Fit2Fit accredited fit testers, some were actively involved in the development of the Fit2Fit scheme.

This Introduction Course includes:

- Understanding the importance of fit testing
- Principles of fit testing methods
- Essential pre-use checking and correct donning of facemasks
- Responsibilities of employers and fit testers
- Qualitative fit testing using Bitrex or Saccharin
- Quantitative fit testing using the Portacount

Who should attend:

Individuals who are new to or relatively new to practical fit testing and those with responsibility for correct selection of respiratory protection.

More information on the Fit2Fit scheme is available at
<http://fit2fit.org/index.html>

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.visitpeakdistrict.com.

Cost

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

Comments & Feedback

"The team/trainers were fantastic and brimmed with knowledge, not just the technical elements, but down to earth 'working' solutions that can be applied in the workplace. In one word fantastic. I would thoroughly recommend HSL, a great organisation! Please keep providing training, there is no service/training provider like the HSL."

Richard Browne (CARE UK)

[Book Course](#)

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

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HSL: RPE Essentials – Buxton, 18-19 July 2017

[Book Course](#)

HSL is to run a 2 day course on RPE Essentials.

18-19 July 2017

Introduction

Whilst the use of RPE should only be considered when other control measures are impractical or after their implementation a residual risk remains, there are many workplace situations where RPE is required.

RPE is capable of providing effective protection, provided that it is correctly selected, used and maintained. Unsuitable, poorly maintained and incorrectly used RPE may give limited protection, or may not provide any protection. This could lead to ill health in the short or long term, with the possibility of permanent disability. If the RPE is being used in conditions where there is an immediate danger to life and health, the situation could prove fatal.

This course will increase your knowledge and understanding of RPE and how it can be used effectively in the workplace as a control measure. It will provide training in correctly selecting adequate and suitable RPE (following the principles of HSG 53 and COSHH essentials), and how it should be used and maintained. The course will include practical elements to enhance learning and provide practical skills.

What will the course cover?

Who should attend?

Persons with responsibility for RPE selection, use and maintenance in a workplace. Those who users may rely upon for guidance on what equipment to obtain and use e.g. suppliers.

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

Cost

The cost of this course is £1100 per person (includes course notes, lunch and refreshments).

[Book Course](#)

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[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

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](#)

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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.

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- 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 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

Cost

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

[Book Course](#)

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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.

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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.