

## CONTENTS OF THIS CD

For each of the following modules you will find:

Facilitator's Guide (Word document)  
Training Notes (Power Point)  
Sets of photographs (Power Point)  
Template for printing Reminder Cards  
*Classroom-size posters mailed separately*

Module 1. Manual Handling.

Module 2. Noise and hearing conservation.

Module 3. Seat Belt use.

Module 4. Vehicle reversing.

Module 5. Work in the vicinity of services.



This course consists of five modules as above and should be delivered to all employees, irrespective of what stage in the Operate Safe card system they have achieved. Update courses should be taken every two years — new course material will be issued periodically, based on current areas of concern for Health & Safety within the civil construction sector.

Health & Safety Update Course, March 2008



## Health & Safety Update Course

No. 1 March 2008

*Manual Handling, including back injury prevention.  
Noise and hearing conservation.*

*Seat Belt use in heavy vehicles and mobile plant.  
Vehicle reversing, including staff working in machine zones.  
Work in the vicinity of underground and overhead services.*