SITE SAFETY PLUS

Construction site supervision (SSSTS-R)



PRE-COURSE INFORMATION

Introduction

If you are thinking about taking or are about to take the Site Supervision Safety Training Scheme – Refresher (SSSTS-R) course, this guide will help you understand what to expect and what you may need before you start. This course includes more detailed health and safety information, including real site scenarios and industry terminology.

What will you learn?

This course is for people who will be taking on the role of site supervisor on construction sites, and have completed the SSSTS course within the last five years. You will recap how to keep yourself and others safe, and understand how safety is managed on site. You will learn about five important areas:

1. General rules, regulations and responsibilities

- The role and responsibilities of the site supervisor.
- Laws and regulations that site supervisors need to know.
- Risk assessments.

2. Health and welfare

- Health and welfare issues on site.
- Managing health and welfare as a site supervisor.
- Occupational-health hazards and diseases

3. General safety

- Site organisation.
- Fire and electrical safety.
- Safe lifting practices and plant management.

4. High-risk activities

- Site supervisor responsibilities for high-risk activities.
- Control measures and safe systems of work for high-risk activities.
- Permits to work.

5. Environmental awareness

- Environmental regulation.
- Environmental controls.
- Managing environmental incidents.

What will you do on the course?

You will:

- take part in group discussions about health and safety
- look at pictures and signs, and work through realistic site scenarios
- complete workbook activities based on site situations
- take part in activities where you make decisions about safety
- learn how to manage hazards and risks in more detailed situations.

You will not need to write long answers, but you may need to explain your ideas during discussions.

You will have help from your trainer and your classmates.

What level of English do you need?

You should be able to:

- **understand longer instructions –** *"Read the scenario and decide what action to take."*
- **ask and answer simple questions, and take part in discussions –** *"What is the risk here?"*
- **read short safety documents and signs –** *e.g. method statement, risk assessment*
- **understand common construction health and safety terms**
- **write short answers or complete tables and checklists.**

You do not need perfect English to do this course. The trainer will speak clearly and explain any new words.

What grammar will you use?

You will hear and use grammar like:

Grammar type	Example
Commands	*"Complete the task and discuss your answers."*
Questions	*"What is the risk in this situation?"*
Safety rules	*"You must follow the method statement."*
Describing risks	*"There is a risk of falling from height."*
Simple sentences	*"The supervisor checks that the work is safe."*

Will there be a test?

Yes – there is a test at the end of the course to make sure that you understand all the information. It is a 30-minute, multiple-choice quiz. You will:

- read a short question
- choose the best answer (A, B, C or D).

You will **not** need to write any full sentences.

Your trainer will help you prepare and practise for this test.

Below is some useful information about answering multiple-choice questions.

Answering multiple-choice questions

A multiple-choice question in an exam is a question where a number of potential answers are given. You must choose the correct answer.

What will it look like?

This is an example of a multiple-choice question.

12.	What is the **first** thing that you should do when arriving at a new site?	**A**	Put on personal protective equipment
		B	Report to the site manager
		C	Report to the site office
1 mark		**D**	See if there is anyone you know there

Here you will find the question number, and how many marks the question is worth

This will contain the question

Here you will find your answer choices

How to answer multiple-choice questions

Read the question carefully

- Do you understand what it is asking you?
- Are there any words in **bold**? If there are, pay attention as these will be important in knowing how to answer the question.

Tick the correct answer

- Tick the box with the answer that you think is correct.
- If you decide you have ticked the wrong box, just cross that tick out and tick the correct box.

What if I don't know the answer?

- Do not panic!
- Read the question again – if you are still not sure about the answer, move on to the next question. Come back to any questions you got stuck on at the end if you have time.

Helpful tips

- Don't worry if your English is not perfect – this course will help you to learn the most important words and phrases.
- Listen carefully, and ask questions if you don't understand.
- Practise speaking with other learners during the activities.
- Use pictures and signs to help you learn.

Who is this course for?

This course is for:

- anyone who took the SSSTS course more than five years ago, and wants to renew their certification.

After the course, you will:

- understand key ways to stay safe, and help others stay safe, on site
- understand site rules, signs and basic safety documentation
- be ready to take further training (such as the Site Environmental Awareness Training Scheme (SEATS) or other CITB Site Safety Plus (SSP) courses).