

Training Standard



Title	Level 1 Award – Health, Safety and Welfare in a Construction Environment
Competence Framework / Occupation	Health and Safety; Core Competence
Purpose/ scope	<p>The purpose of this standard is to provide the learner with knowledge required to work safely in a construction environment</p> <p>The outcome of this training is to assess basic Health & Safety knowledge to ensure that they can operate safely in a construction environment. All criteria are defined as 'entry-level'</p> <p>The purpose of this standard is to provide the learner with the knowledge and skills to support the following:</p> <p>Scope:</p> <ul style="list-style-type: none"> • Understand why health and safety is important in the construction workplace (Learning Outcome (LO) 1) • Understand the principles of the roles within construction and their legal responsibilities for maintaining and improving health and safety at work (LO2) • Understand how health can be affected in the workplace and the key controls (LO3) • Understand how safety can be affected in the workplace and the key controls (LO4) • Understand how wellbeing can be affected in the workplace and the key controls (LO5) • Understand how serious injuries and fatalities occur in the workplace and the key controls (LO6)
Learner pre-requisites	<p>There are no learner pre-requisites as part of this standard</p> <p>Learner definition:</p> <p>Any individual involved in construction activities on-site, performing skilled, semi-skilled or unskilled tasks, including those progressing towards skilled roles. This is not intended to replace other trade-specific competence frameworks</p>
Instruction/ supervision	<p>As a minimum, course trainers must be able to demonstrate that, in relation to this standard, they have:</p> <ul style="list-style-type: none"> • an award in education and training (or equivalent, as per requirements for approved training organisations)

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	<ul style="list-style-type: none"> at least 2 years industrial experience relevant to the scope of the standard a verifiable CV
Quality assurance	<p><u>Assured</u></p> <p>Quality assurance against this standard will require initial approval of the training organisation and their content mapped to the standard. CITB will also conduct an approval intervention, either desk-based or centre visit, to ensure the training organisation can meet the requirements of the training standard.</p> <p>Approved training organisations (ATOs) will be required to present information on records of training and assessment upon request to CITB for desk-based analysis. They will also be visited annually by the CITB quality assurance team.</p>

Learning outcomes

The learner will be able to:

- Understand why health and safety is important in the construction workplace (Learning Outcome (LO) 1)

Assessment criteria (AC):

AC1.1 Define what is the construction workplace

AC1.2 State the reasons why adherence to health and safety is important

AC1.3 State the meaning of the following in relation to health and safety at work:

- accident
- near miss
- hazard
- risk
- control measures
- safe systems of work
- competence

AC1.4 State common causes of work-related:

- fatalities
- injuries
- health illnesses

Delivery guidance (Assessment Criteria Definitions (ACD):

ACD1.1 Definitions should include:

- variation of construction activities from mobilisation to completion – 'construction work' means the carrying out of any building, civil engineering or engineering construction work and includes—
 - the construction, alteration, conversion, fitting out, commissioning, renovation, repair, upkeep, redecoration or other maintenance (including cleaning which involves the use of water or an abrasive at high pressure,

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or the use of corrosive or toxic substances), de-commissioning, demolition or dismantling of a structure

- types of work/ basic definition of construction sectors – building, civil engineering, building services, design, demolition
- location of works – internal/external, above ground/ground level/below ground, urban/rural, marine

ACD1.2 Principles reasons are:

- Accident prevention
- Avoidance of fatalities and injuries
- Legal compliance
- Wellbeing
- Avoidance of health issues
- Moral obligation
- Cost reduction
- Productivity
- Avoidance of damage to equipment/property
- Protect the public

ACD1.3 A basic yet clear definition of all the terms should be expected

- Accident – *‘An unplanned event that results in injury, ill health, or death to a person’*
- Near miss – *‘An unplanned event that could have caused injury or ill health, but did not’*
- Hazard – *‘Something with a potential to cause loss, harm or damage’*
- Risk – *‘The likelihood of the event occurring’*
- Control measures - *‘Measures that can be taken to reduce the possibility of a risk arising or to reduce the effect of any risk that arises’*
- Safe Systems of Work - *A method of work which puts in place control measures arising from a risk assessment, in order to reduce identified hazards (where possible) and complete the work with minimum risk’*
- Competence – competency (competencies) Skill, Knowledge, Experience and Behaviour (SKEB), required to achieve a defined outcome, the ability to apply their competence, to identify own limits and to perform a task safely

ACD1.4 Define what is a fatality, injury and health issue. For fatalities and injuries, the most up-to-date information provided by the Health & Safety Executive (HSE) should be used as overall guidance. The latest data would indicate that the principles causes are:

Fatalities:

- Falls from height
- Struck by moving vehicle
- Struck by moving object
- Trapped by collapse
- Contact with moving machinery
- Contact with electricity

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Injuries:

- Slips, trips and falls on same level
- Injuries occurring whilst handling, lifting or carrying
- Struck by moving object
- Acts of violence
- Falls from height

Health Illnesses:

- Excessive noise
- Vibrating tool injuries
- Dust-related illnesses
- Work-related stress
- Exposure to hazardous materials

- Understand the principles of the roles within construction and their legal responsibilities for maintaining and improving health and safety at work (LO2)

Assessment Criteria (AC):

AC2.1 Define the key roles in the construction workplace whether employed or self-employed

AC2.2 Define the key roles in the construction workplace as identified in Construction (Design & Management) Regulations (CDM) 2015

AC2.3 Identify the legal frameworks, regulations and responsibilities in relation to the key legislation below:

- Health and Safety at Work Act (HASAWA) 1974
- Construction (Design and Management) Regulations (CDM) 2015
- Management of Health and Safety at Work Regulations 1999 – Principles of Risk Assessment
- Building Safety Act 2022

AC2.4 Describe the purpose and content of risk assessments and method statements in ensuring safety, health and wellbeing

AC2.5 Identify the principles for incident reporting and emergency response

AC2.6 Describe the potential legal consequences of non-compliance with health and safety responsibilities

Delivery Guidance (ACD):

ACD2.1 Define the meaning of 'employer', 'employee', 'employed' and 'self-employed', as well as outlining the meaning and functions of:

- Operatives
- Supervisors
- Managers

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ACD2.2 Define the key roles within CDM 2015:

- Client
- Principal Contractor
- Principal Designer
- Contractor
- Designer
- Worker

ACD2.3 Identify the primary purpose and functions of each of the identified legislation

- HASAWA -** the act defines the general duties of everyone from employers and employees to owners, managers and maintainers of work premises for maintaining health and safety within most workplaces
- CDM -** are the main set of regulations for managing the health, safety and welfare of construction projects. CDM applies to **all** building and construction work and includes new build, demolition, refurbishment, extensions, conversions, repair and maintenance
- MHSWR -** focuses on risk assessments and how to use them effectively to identify potential hazards and risks, control measures that can be applied and the management and surveillance of health and safety and procedures that should be followed in the event of serious or imminent danger
- BSA -** Building owners will be required to manage safety risks, with clear lines of responsibility for safety during design, construction, completion and occupation of high-risk buildings. The focus of the Act is on building structural safety and fire safety and ensuring a culture of competency within the workforce

ACD2.4 Basic definitions of purpose are:

- Risk assessment -** used to identify health and safety hazards and evaluate the risks presented within the workplace and the likelihood of them occurring. To evaluate the effectiveness and suitability of existing control measures
- Method statement -** used to define how the work is to be carried out, including the proposed sequence and any temporary works

ACD2.5 Definitions are:

- Incident reporting -** the process of reporting and recording worksite events, including near misses, injuries, and accidents
- Emergency response –** outlining the role of the individual in the event of an emergency, including identification of first aiders, process of alerting emergency services, familiarising with an organisation's emergency response plan, and not putting oneself or others in danger during the event

ACD2.6 Common legal consequences are damages (costs incurred through damages to structure), enforcement notices, fines, or imprisonment

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- Understand how health can be affected in the workplace and the key controls (LO3)

Assessment Criteria (AC):

AC3.1 List common health hazards associated with construction activities

AC3.2 Identify the attributes of poor working conditions

AC3.3 Describe key control measures to mitigate health risks

AC3.4 Identify relevant safety signage and symbols relating to health

AC3.5 Explain the role of occupational health surveillance in promoting worker health

AC3.6 State the importance of reporting health concerns and adhering to safe systems of work

AC3.7 Describe the potential health consequences of non-compliance with health and safety responsibilities, both immediate and long-term

Delivery guidance (Assessment Criteria Definitions (ACD):

ACD3.1 Describe the common health hazards within construction including:

- Asbestos-related illnesses
- Silicosis and other dust-related illnesses
- Weil's Disease
- Noise-related illnesses
- Cement-related illnesses
- Lead-related illnesses
- Musculoskeletal conditions

ACD3.2 Identify attributors to list identified in AC3.1

Attributors include:

- Lack of construction management
- Lack of knowledge of health hazards
- Dust in the atmosphere
- Lack of ventilation
- Lack of, and inappropriate use of Respiratory Protective Equipment (RPE)
- Loud working environment
- Poor postural setup
- Lack of welfare facilities
- Inadequate control measures
- Lack of, and inappropriate use of Personal Protective Equipment (PPE)

ACD3.3 Identify control measures to list identified in AC3.1

- Design of work activity
- Selection of equipment
- Natural or forced ventilation

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- Dust suppression and extraction
- Correct and fitted RPE
- Noise suppression and segregated working
- Washrooms and welfare facilities
- Correct and appropriate use of PPE
- Appropriate and clear signage

ACD3.4 Identify health-related signage, labelling and symbols, to include:

- Asbestos warning
- Dust warning
- Mandatory RPE
- Mandatory PPE
- Noise hazard
- COSHH warning
- Bespoke warning
- Lift correctly

ACD3.5 Define occupational health as ‘an area of work in public health to promote and maintain highest degree of physical, mental and social well-being of workers in all occupations’, and health surveillance is important for ‘detecting ill-health effects at an early stage and ensure better controls to prevent them getting worse. providing data to help employers evaluate health risks.’

ACD3.6 Preventative actions

- Disease control
- Incident prevention

ACD3.7 To confirm the difference between immediate and long term and provide examples of both. Define ‘acute’ and ‘chronic’

- Understand how safety can be affected in the workplace and the key controls (LO4)

Assessment Criteria (AC):

AC4.1 List common safety hazards in construction environments

AC4.2 Identify the characteristics and appearance of good working conditions and environment

AC4.3 Describe key control measures to mitigate safety risks

AC4.4 Identify relevant signage and symbols relating to safety

AC4.5 Describe the potential consequences of non-compliance with health and safety responsibilities

Delivery guidance (Assessment Criteria Definitions (ACD):

ACD4.1 Safety hazards should include:

- Working at height
- Slips, trips and falls on same level

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- Moving vehicle – for example, plant equipment, public and private vehicles
- Moving object – for example, falling objects
- Moving machinery - for example, conveyor systems, drilling systems
- Collapse – for example, structure, trench, excavation
- Working near sources of electricity – for example, overhead power lines, generators, underground services, services behind walls
- Working near bodies of water – for example, still water, flowing water
- Incorrect handling, lifting or carrying
- Acts of violence – for example, aggression from others, physical harm from others
- Horseplay – for example, practical jokes
- Operative competence – for example, SKEB, age, physical and medical conditions

ACD4.2 Characteristics of a good working environment are:

- Tidy and clear site with good waste control
- Appropriate signage
- Workers have access to, and correctly use, PPE and RPE
- Clear, transparent communication and co-operation
- Full comprehensive induction process and toolbox talks
- Safe access and egress
- Competent workforce
- Welfare arrangements

ACD4.3 Identify control measures to list identified in AC4.1

Engineering controls:

- Falling Object Protective Structure (FOPS)
- Roll-Over Protective Structure (ROPS)
- Machine guards
- Local Exhaust Ventilation (LEV)
- Cameras and Sensors – for example blind spots, proximity, gas and dust
- Temporary works – for example, edge protection and ground shoring
- Lighting and guarding
- Fall arrest/restraint systems

Administrative controls:

- Competence framework
- Design of work activity
- Selection of equipment
- Correct and fitted RPE
- Washrooms and welfare facilities
- Appropriate and clear signage
- Risk Assessment and Method Statement (RAMS)
- Hierarchy of controls
- Permit to work – high risk activities
- Traffic segregation

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- Traffic Marshall
- Task specific PPE, such as working at height PPE

ACD4.4 Identify safety-related signage, to include:

- WAH-related warning
- Mandatory PPE/RPE guidance
- Access prohibition and exclusion zone notices
- Plant/machinery warning
- Excavation warning
- Electrical warning
- First aid and emergency provision
- Lifting operations
- Safe Working Loads (SWL)
- Safety inspection notices

ACD4.5 Potential consequences of non-compliance could include:

- Penalties to individuals and/or the company
- Poor working culture
- Recruitment and retention
- Reputational damage
- Increased insurance costs

- Understand how wellbeing can be affected in the workplace and the key controls (LO5)

Assessment Criteria (AC):

AC5.1 Define workplace wellbeing and its importance in construction

AC5.2 Identify factors that can affect worker wellbeing

AC5.3 State the benefits of promoting positive mental health and wellbeing

AC5.4 Describe control measures to improve worker wellbeing

AC5.5 State the impacts of disregarding mental health and wellbeing

Delivery guidance (Assessment Criteria Definitions (ACD):

ACD5.1 Workplace wellbeing can be defined as 'all aspects of work life, including your workers' physical safety, mental health protection, workload, how their work is designed and organised, and support from leaders and peers

It is important for:

- Productivity
- Employee retention

ACD5.2 Identify negative factors to wellbeing, to include:

- Fatigue
- Stress

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- Poor working conditions
- Workplace bullying
- Lack of guidance and support

ACD5.3 Benefits of promoting positive mental health and wellbeing include:

- Improved mental and physical health
- Reduced risk of mental and physical health problems
- Improved morale
- Better work/life balance
- Better working conditions
- Positive working environments
- Employee engagement and organisational performance
- Employee recruitment and retention

ACD5.4 Control measures include:

- Rest breaks
- Workload management
- Access to mental and physical health support
- Positive organisational attitude and culture towards mental and physical health management
- Risk assessments

ACD5.5 Impacts of disregarding mental health and wellbeing include:

- Project time loss due to illness related absence
- Disempowered employees are less likely to:
 - Propose new ideas
 - Feel confident to speak out on matters of importance
 - Deliver quality
- Disempowered employees are more likely to take risks
- Employee retention
- Employee recruitment
- Negative company reputation
- Presenteeism

- Understand how serious injuries and fatalities occur in the workplace and the key controls (LO6)

Assessment Criteria (AC):

AC6.1 Define the following terms:

- Vehicle, plant and machinery movement
- Lifting operations
- Working at height
- Utility services
- Working in excavations
- Confined spaces

AC6.2 List the associated hazards which can result in serious injuries or fatalities in the workplace

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AC6.3 Describe the control measures to reduce risks in:

- Vehicle, plant and machinery movement
- Lifting operations
- Working at height
- Operations in close proximity to utility services
- Working in excavations
- Confined spaces

AC6.4 Identify the impacts of a serious injury or fatality on:

- The individual directly involved
- Work colleagues witnessing the incident
- Family and friends
- The company

Delivery guidance (Assessment Criteria Definitions (ACD)):

ACD6.1 Definitions are:

Vehicle, plant and machinery movement – movement of construction vehicles, plant and machinery around a construction site. These can include, but not limited to:

- Delivery vehicles, such as lorries and vans
- Road traffic
- Construction plant, such as excavators and dumpers
- Mobile and fixed position lifting equipment, such as cranes and Mobile Elevated Work Platforms (MEWPs)
- Ancillary machinery, such as crushers and mixers

Lifting operations – the process of using appropriate equipment to perform a lift and lowering of a load

Work at height - means work in any place where, if precautions were not taken, a person could fall a distance liable to cause personal injury. You are working at height if you:

- work above ground/floor level
- could fall from an edge, through an opening or fragile surface or
- could fall from ground level into an opening in a floor or a hole in the ground

Utility services – operations that cover the provision of telecommunications, electricity, gas, oil and water

Working in excavations – operations in earthwork, trench, well, shaft, tunnel or any below surface-level work

Confined spaces - means any place, including any chamber, tank, vat, silo, pit, trench, pipe, sewer, flue, well or other similar space in which, by virtue of its enclosed nature, there arises a reasonably foreseeable specified risk

ACD6.2 The common hazards associated with 'high-risk' activities are:

- Vehicular impact
- Crush injury (between a vehicle/plant and a building)

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- Contact with moving machine elements
- Falls from height
- Falling objects
- Electrocution
- Pipe fracture
- Fire/Explosion
- Trench collapse
- Exposure to fumes/gases leading to asphyxiation
- Drowning

ACD6.3 Control measures include:

- Traffic marshals/signallers
- Machine proximity sensors and alarms
- Machine guards
- Segregated and fenced operations
- Edge protection systems
- Planned lifting operations
- Guardrails
- Cat and genny investigation
- Gas monitoring and alarms
- Ground support systems
- Signage
- Emergency rescue plans
- Training
- Safe systems of work (Permits)
- Planning and design for safety

ACD6.4 The impacts of serious injuries or fatalities on:

Individual involved – time off work, unable to return to work, poor mental health, mental ill health (ongoing stress, depression and anxiety), loss of income, disability and death

Work colleagues and witnesses – poor mental health, mental ill health (ongoing stress, depression and anxiety), feelings of guilt and anger

Family and friends – loss, poor mental health, mental ill health (ongoing stress, depression and anxiety) and anger

The company – project delay, financial implications, reputational damage