

# Mobile Training Unit (MTU)

## FREE to all registered in scope employers

The MTU provides a convenient and free\* way of meeting training requirements by bringing a range of health & safety and operative training onsite. Through the MTU, employees can receive training and employers can minimise disruption to work activities yet help to meet their legal responsibility.



## MTU Courses

**Note: - Courses delivered in the Mobile Training Unit (MTU) are designed to provide knowledge and awareness. Attending a course cannot be used in isolation to ensure competency.**

**For bookings and information contact Des Hegarty 07801 598520.**

Course aims and objectives	Approx duration	Course content	Comments
<p><b>Mounting of Abrasive Wheels</b>  <b>Aim.</b>                      To reduce the likelihood of an accident resulting from incorrect selection and mounting of abrasive wheels</p>	3 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• Accidents and causes of wheels breaking</li> <li>• Storage</li> <li>• PPE</li> <li>• Spindle &amp; peripheral speeds</li> <li>• Definition of abrasive wheels</li> <li>• Machine guarding</li> <li>• Description of component parts</li> <li>• Selection of abrasive wheels</li> <li>• Work rests &amp; dressing vitrified wheel</li> <li>• Practical demonstrations</li> </ul>	Traditional abrasive wheels course. The emphasis is on selection and mounting abrasive wheels.
<p><b>Safe Use of Abrasive Wheels</b>  <b>Aim.</b>                      To identify common hazards and control measures associated with the use and selection of hand held abrasive wheel tools such as those used in the construction industry, in order to help prevent accidents</p>	3 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• The hazards of use</li> <li>• PPE</li> <li>• Spindle &amp; peripheral speeds</li> <li>• Selection of abrasive wheels</li> <li>• Mounting abrasive wheels</li> </ul>	Similar to mounting of abrasive wheel course but more emphasis on safe use such as preventing contact with moving wheel, hazards of dust, Hand Arm Vibration etc.

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<p><b>Accident Statistics, Prevention and Reporting</b></p> <p><b>Aim</b> To promote safety in the workplace by explaining the true cost of an accident. Covers the direct and indirect causes of accidents and how to report accidents using RIDDOR (Reporting of Injuries, Diseases and Dangerous Occurrences)</p>	2 hours	<ul style="list-style-type: none"> <li>• Key facts &amp; statistics</li> <li>• Definition of an accident</li> <li>• Direct and indirect causes of an accident</li> <li>• Case studies</li> <li>• Key facts and statistics</li> <li>• Definitions</li> <li>• True cost of accidents</li> <li>• Accident Investigation</li> <li>• Reporting of accidents and dangerous occurrences</li> </ul>	Health and safety training is often poorly received. A better understanding of the principles behind the causes of accidents etc. May encourage more cooperation in the area of health and safety.
<p><b>Asbestos Awareness</b></p> <p><b>Aim.</b> To raise awareness and understanding of the dangers of asbestos in the construction industry</p>	2 hours	<ul style="list-style-type: none"> <li>• Employers' Duties</li> <li>• Definition of asbestos</li> <li>• Asbestos Groups</li> <li>• Recognising Asbestos</li> <li>• History of use</li> <li>• Dangers of Asbestos</li> <li>• Occupations at risk</li> <li>• Examples of use of asbestos</li> <li>• Asbestos surveys</li> <li>• Procedures for accidental exposure</li> </ul>	A good introductory course covering the dangers of asbestos for both employees and employers.
<p><b>Cartridge tools (power actuated fastening Tools)</b></p> <p><b>Aim.</b> To provide a basic awareness of the hazards and safe practices to adopt when using cartridge tools</p>	1.5 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• The main requirement of the provision and use of work equipment regulations (PUWER)</li> <li>• Hazards whilst using cartridge tools</li> <li>• Causes and action of misfires</li> <li>• Causes and precautions against accidents</li> <li>• PPE</li> <li>• Inspection</li> <li>• Maintenance</li> <li>• Principles of safe use</li> </ul>	A course based on one leading manufacturer's advice and guidance outlining the main requirements of the PUWER and Hazards Precautions to be adopted when using power actuated cartridge fastening tools.
<p><b>Confined Spaces</b></p> <p><b>Aim.</b> To provide basic awareness training to supervisors and employees who have duties under the regulation. Outlines common hazards and precautions necessary when working in confined space</p>	2 hours	<ul style="list-style-type: none"> <li>• Legislation</li> <li>• Accident statistics</li> <li>• Potential hazards of confined spaces</li> <li>• Typical examples of confined spaces</li> <li>• Categories of confined spaces</li> <li>• Definition of key persons and their duties</li> <li>• How to identify a confined space</li> </ul>	A basic course outlining the duties of key personnel working in confined spaces or supervising work in confined spaces, particularly in areas where hazards are present.
<p><b>Construction Plant and Machinery</b></p> <p><b>Aim</b> Refresher training for operatives and supervisors on the hazards, precautions and legislation associated with the safe use of construction plant machinery</p>	2 hours	<ul style="list-style-type: none"> <li>• Legislation</li> <li>• Machinery hazards</li> <li>• Non-machinery hazards</li> <li>• Outline of the provision &amp; uses of work equipment</li> <li>• Vehicles and pedestrians on site</li> <li>• Maintenance and safety precautions</li> <li>• Inspection requirements</li> <li>• Compressor safety</li> <li>• Safe practice with 360° excavators</li> <li>• Working near electric power cables</li> <li>• Safe practice for forward tipping dumpers</li> <li>• Safe practice and understanding of load centres for telescopic handlers</li> <li>• Calculating the load factor when using slinging (optional on request)</li> </ul>	This course is normally delivered by an instructor with plant experience. Opportunity is given for a question and answer session.

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<p><b>Control of Substances Hazardous to Health (COSHH)</b></p> <p><b>Aim</b> To provide awareness training on the main requirements of the COSHH regulations and to identify health hazards associated with dangerous substances</p>	2 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• Identifying items hazardous to health</li> <li>• Health hazards of substances entering the body</li> <li>• COSHH regulations 6-12</li> <li>• Hierarchy of controls</li> <li>• Employers' duties</li> <li>• Employees' duties</li> </ul>	A short awareness course with emphasis on employers' duties, sourcing information and identifying substances where COSHH applies. Dermatitis, silicosis, concrete burn, wood dust, Wiels Disease are all examples of areas covered.
<p><b>Display Screen Equipment (DSE)</b></p> <p><b>Aim</b> To outline the main requirements of the display screen regulations and to identify duties under the regulations</p>	1 hour	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• The objectives of the regulations</li> <li>• Possible health effects</li> <li>• Definitions</li> <li>• The regulations</li> <li>• The work station</li> <li>• Posture</li> <li>• The environment</li> </ul>	A course based on the DSE Regulations covering mainly the employers' duties under the regulations and the design of the workstation. This course is often covered as part of office safety.
<p><b>Dust in Construction (under review)</b></p> <p><b>Aim</b> To highlight the dangers of dust in the construction industry and precautions that can be taken</p>	1.5 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• Key facts and statistics</li> <li>• Technical description of dust</li> <li>• Sources of dust</li> <li>• Control of dust</li> <li>• Dust from lead paint</li> </ul>	A course being piloted that will cover most dust on site such as stone dust, wood dust, MDF and dust from sanding lead paint.
<p><b>Electricity on Site</b></p> <p><b>Aim</b> To identify the main hazards and precautions associated with the dangers of work in the vicinity to overhead and underground electricity on site</p>	2 hours	<ul style="list-style-type: none"> <li>• Danger of electricity</li> <li>• Electrical hand held tools and cable drums</li> <li>• Hazards and precautions regarding overhead and underground cables on site</li> </ul>	Basic information for employees and supervisors highlighting the dangers and precautions when working near overhead cables or underground services.
<p><b>Excavations</b></p> <p><b>Aim</b> To provide basic awareness of the hazards associated with working in and near excavations</p>	1.5 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• Preparation &amp; planning before digging</li> <li>• Hazards associated with digging excavations i.e. underground services</li> <li>• Factors which may affect stability</li> <li>• Method of supporting excavations</li> <li>• Preventing persons, vehicles and materials falling into excavations</li> <li>• Inspection of excavations</li> <li>• Excavations as confined spaces</li> </ul>	Basic but informative, suitable for supervisors and employees who may be working in or in the vicinity of excavations.
<p><b>Fire Prevention and Control</b></p> <p><b>Aim</b> To encourage fire safety in the workplace by ensuring all persons attending have a basic knowledge of fire prevention and control</p>	1.5 hours	<ul style="list-style-type: none"> <li>• Introduction and statistics</li> <li>• How fire can spread</li> <li>• Ignition sources</li> <li>• Fire spread and heat transmission</li> <li>• The fire triangle</li> <li>• Classes of fire</li> <li>• Types of extinguishers</li> <li>• Maintenance of extinguishers</li> <li>• Means of escape</li> </ul>	What every employee should know with regards to fire safety in the workplace.

Course aims and objectives	Approx duration	Course content	Comments
<p><b>Hand Held Power Tools</b></p> <p><b>Aim</b> To provide basic awareness training. Outlines typical hazards resulting from the use of hand held tools and equipment</p>	2 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• Main requirement of the Provision and Use of Work Equipment Regulations (PUWER)</li> <li>• Five main machinery hazards</li> <li>• Eight main non machinery hazards</li> <li>• Explanations on:- <ul style="list-style-type: none"> <li>- Electrical failure</li> <li>- Exposure to chemicals</li> <li>- Pressure</li> <li>- Temperature</li> <li>- Noise</li> <li>- Vibration</li> <li>- Radiation</li> <li>- Ergonomics</li> <li>- Traps</li> <li>- Contact</li> <li>- Entanglement</li> <li>- Ejection</li> </ul> </li> </ul>	A course which rather than looking at each individual tool looks at the overall hazards of all hand held tools and equipment both electrical and mechanical.
<p><b>Hand Arm Vibration (HAV) Awareness</b></p> <p><b>Aim</b> To identify the hazards and precautions that need to be taken to reduce the risk of HAV resulting from the use of hand held tools</p>	1.5 hours	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• History</li> <li>• Definition of HAV</li> <li>• Possible health effects</li> <li>• Persons at risk</li> <li>• Controlling the risk</li> <li>• Calculating exposure</li> </ul>	Warns against the possible health hazards relating to vibration and how to calculate exposure levels in order to identify who is at risk.
<p><b>Health and Safety General</b></p> <p><b>Aim</b> To provide either basic or refresher training on selected health and safety topics</p>	3 hours	<ul style="list-style-type: none"> <li>• Introduction to Health and Safety</li> <li>• Legislation (Brief)</li> <li>• Power of inspector</li> <li>• Accident cost prevention and reporting</li> <li>• Fire manual handling</li> <li>• COSHH</li> <li>• PPE</li> <li>• Overhead and underground electricity</li> <li>• Hand held tools</li> <li>• Working at heights</li> </ul>	General Health and Safety course either as an introduction or as refresher, on a selected number of topics. Course content often tailored to candidates' needs.
<p><b>Ladder Safety</b></p> <p><b>Aim</b> To provide awareness training on the safe use of ladders with reference to HSE guidance notes</p>	1.5 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• Alternatives to ladders</li> <li>• Ladder classification</li> <li>• Criteria for safe use of ladders and steps</li> <li>• Summary</li> </ul>	A course based on The HSE publication safe use of ladders and step ladders.
<p><b>Manual Handling</b></p> <p><b>Aim</b> To increase candidates' awareness of the risks associated with manual handling and how to adopt the correct manual handling techniques in order to reduce the risk of injury</p>	2 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• Employers and employees' duties</li> <li>• Assessing manual handling</li> <li>• Cost of injuries resulting from manual handling</li> <li>• Identifying correct manual handling techniques</li> <li>• Practical demonstrations</li> </ul>	Basic manual handling course outlining the risks and possible injury resulting from poor manual handling techniques. Note: - Not job specific.

Course aims and objectives	Approx duration	Course content	Comments
<p><b>Noise</b></p> <p><b>Aim</b> To provide awareness training on the main requirements of the control of noise at work regulations. Provides information on control measures that can be taken</p>	1 hour	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Definitions &amp; explanations of exposure limit values</li> <li>• Employers' duties</li> <li>• Effects of exposure to noise</li> <li>• Control of noise</li> </ul>	Short course covering legislation, exposure levels etc. Often covered in other courses but in much less detail.
<p><b>Office Safety</b></p> <p><b>Aim</b> To provide basic health and safety awareness training on various topics for those working in an office environment</p>	3 hours	<ul style="list-style-type: none"> <li>• As per Display Screen Equipment (DSE) Customer choice i.e. fire, manual handling, etc</li> </ul>	DSE, fire safety and manual handling are often the core subjects.
<p><b>Risk Assessment</b></p> <p><b>Aim</b> To identify the principles and procedures for carrying out risk assessments as per HSE guidance</p>	3 hours	<ul style="list-style-type: none"> <li>• Legislation</li> <li>• Where to start</li> <li>• Identifying activities</li> <li>• Identifying hazards</li> <li>• Evaluating the risk</li> <li>• Controlling the risk</li> </ul>	A good introductory course with a practical element, based on HSE publication "Risk Assessment Simplified".
<p><b>Personal Protection Equipment (PPE)</b></p> <p><b>Aim</b> To provide a basic awareness of the main requirements of the Personal protective equipment (PPE) regulations</p>	1.5 hours	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• PPE limitations</li> <li>• Selection of PPE</li> <li>• Factors affecting the use of PPE</li> <li>• The main requirement of the PPE Regulations 4 - 12</li> <li>• Identification and use of selected items of PPE used in the construction industry</li> <li>• Summary</li> </ul>	A short course based on the main requirement of the PPE regulations. A range of PPE as used in the construction industry will be covered, hard hats, boots reflective clothing, gloves etc.
<p><b>Slinging Signaller</b></p> <p><b>Aim</b> To provide refresher training or as an introduction to the principles of safe slinging</p>	2.5 hours	<ul style="list-style-type: none"> <li>• Identification of lifting equipment</li> <li>• Inspection of lifting equipment</li> <li>• Safe uses of lifting equipment</li> </ul>	Ideal as a refresher course for individuals who have attended a 2 day slinging signaller's course or as an introduction to safe slinging.
<p><b>Slips &amp; Trips (under review)</b></p> <p><b>Aim</b> To identify hazards and the precautions necessary to reduce slip and trip injuries in the workplace</p>	1.5 hours	<ul style="list-style-type: none"> <li>• Examples of accidents</li> <li>• Factors influencing slips and trips</li> <li>• Cost of accidents, slips and trips</li> <li>• Legislation</li> <li>• Managing slips (HSG155) i.e. planning, training, organisation, controlling, monitoring and risk assessment.</li> </ul>	Focus on slips and trips only, if falls are your main concern a working at heights or ladder safety course would possibly be more beneficial perhaps backed up by a slip & trip video.
<p><b>Working at Heights</b></p> <p><b>Aim</b> Basic awareness for employees and supervisors on the hazards and precautions of working at heights in the construction industry</p>	3 hours	<ul style="list-style-type: none"> <li>• Introduction and legislation</li> <li>• Accident statistics</li> <li>• Planning for working at heights</li> <li>• The hazards of working at heights</li> <li>• Ladder safety</li> <li>• Prevention of persons falling</li> <li>• Tools and materials falling</li> <li>• Scaffold collapse</li> <li>• Basic awareness - mobile towers</li> <li>• Basic awareness - MEWPs</li> <li>• Basic awareness - roof work</li> </ul>	A basic all round working at heights course with sections of interest for everyone.

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