

CSCS REVISION GUIDE

COURSE CONTENT OVERVIEW

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This CSCS revision guide has been designed to help those who are preparing to take the CITB Health, Safety and Environment test in order to obtain their CSCS card. The course provides information on all the health and safety topics covered by the test and is suitable for construction workers of all professions and levels.

Each section of the revision guide contains all the essential health and safety knowledge as well as a multiple choice assessment to help learners revise each of the topics and practice the test questions that both operatives and specialists are required to have knowledge of.

Module One: Legal Responsibilities

This module looks at the essential health and safety responsibilities that all employers and employees have in regards to the law.

- The Health and Safety at Work Act 1974
- The Health and Safety (First Aid) Regulations 1981
- Risk assessment
- Safe systems of work
- Permit to work
- Accidents
- Emergency procedures
- RIDDOR 2013
- Worker involvement
- The HSE

Module Two: Legal Responsibilities Test

A short multiple choice assessment which will help you to revise for the multiple choice section of the CITB Health, Safety and Environment test for operatives.

Module Three: Health and Welfare

This module looks at the health problems caused by construction work, such as noise, vibration, hazardous substances and manual handling, explaining how these activities can affect your health and how you can minimise the risks.

- The Workplace (Health, Safety and Welfare) Regulations 1992
- Skin conditions
- Blood diseases
- Drugs and alcohol
- Personal Protective Equipment (PPE)
- Choosing PPE
- Types of PPE
- Dust and fumes
- Noise and vibration
- Employer duties
- Hazardous substances
- Manual handling
- Task, load, individual and environment

Module Four: Health and Welfare Test

A short multiple choice assessment which will help you to revise for the multiple choice section of the CITB Health, Safety and Environment test for operatives.

Module Five: Safety Signs, Fire Safety and Electrical Safety

This module looks at the important safety signs that you should be aware of and explains the importance of understanding best practice when working with fire and electricity.

- Prohibition signs
- Mandatory signs
- Warning signs
- Emergency signs
- Fire triangle
- Hot works
- Fire extinguishers
- Electrical hazards
- Electrical voltage
- Safe methods of working
- Hand-held equipment
- Site transport
- Hand signals

Module Six: Safety Signs, Fire Safety and Electrical Safety Test

A short multiple choice assessment which will help you to revise for the multiple choice section of the CITB Health, Safety and Environment test for operatives.

Module Seven: Working at Height and in Confined Spaces

This module explains the dangers of working at height and in confined spaces and explains the best practice for ensuring you know how to work safely at height or in an excavation.

- Working at height
- Fragile surfaces
- Voids and holes
- Preventing falls
- Harnesses
- Mobile Elevating Work Platforms (MEWP)
- Tower scaffolds
- Ladders and stepladders
- Excavations
- Gases and fumes in excavations
- Working in confined spaces

Module Eight: Working at Height and in Confined Spaces Test

A short multiple choice assessment which will help you to revise for the multiple choice section of the CITB Health, Safety and Environment test for operatives.

Module Nine: Environmental Awareness

This module outlines how you can assess the environmental impact of your workplace and provides tips on how you can ensure that your work practices don't put the environment at risk of damage.

- Sustainability
- Pollution
- COSHH
- Pollution incidents
- Refuelling
- Waste materials
- Nuisance

Module Ten: Environmental Awareness Test

A short multiple choice assessment which will help you to revise for the multiple choice section of the CITB Health, Safety and Environment test for operatives.

Module Eleven: Demolition and Tunnelling

This module looks at the dangers to health and safety associated with the specialist areas of demolition and tunnelling.

- Plumbing and gas works
- Demolition health hazards
- Demolition equipment
- Lifting equipment
- Hazardous substances
- Tunnelling
- Safe access and emergencies
- Health hazards
- Electrical safety
- Atmosphere
- Pressure systems
- Tunnelling equipment

Module Twelve: Demolition and Tunnelling Test

A short multiple choice assessment which will help you to revise for the multiple choice section of the CITB Health, Safety and Environment test for specialists.

Module Thirteen: Highway Works, Work at Height and HVACR

This module looks at the dangers to health and safety associated with the specialist construction areas of highway works, specialist work at height and HVACR (heating, ventilation, air conditioning and refrigeration).

- Working safely on the highway
- Signing, lighting and guarding
- Traffic control systems
- Operating mobile plant
- Specialist work at height
- Roof work
- Scaffolding, MEWPs, ladders and access towers
- Preventing falling objects and fall arrest
- Lifts and elevators
- HVACR health risks
- Electricity, hot works and confined spaces
- Domestic heating and plumbing services (HAPS)
- Ductwork (DUCT)
- Refrigeration and air conditioning (RAAC)
- Pipe-fitting and welding (PFW)
- Services and facilities maintenance (SAF)

Module Fourteen: Highway Works, Work at Height and HVACR Test

A short multiple choice assessment which will help you to revise for the multiple choice section of the CITB Health, Safety and Environment test for specialists.

Aims of the Training

By the end of this course learners will:

- Have knowledge of the main health and safety regulations in the construction industry.
- Understand how to follow correct health and safety procedures.
- Have sufficient knowledge of health and safety topics to sit the CSCS card test for operatives.
- Understand more about specialist health and safety topics to sit the CSCS card test for specialists.