ACS
ONLINE TRAINING COURSES

YOUR TRUSTED PARTNER FOR
HEALTH, SAFETY AND WELLBEING IN
THE WORKPLACE.

Discover Our New Online Courses

ACS are excited to introduce a new and engaging way to enhance your Health & Safety excellence - our brand new online courses!

These courses include:
26 Health & Safety Courses
12 Mental Health & Wellbeing Courses

These courses offer a dynamic and interactive learning experience that goes beyond traditional eLearning methods.

Designed to fit seamlessly into your busy schedule, these courses are the ultimate solution for those seeking flexibility without compromising quality.

Explore our full range of online courses here!

Choose your account option:

Buy Now: Click the 'Buy Now' button on our website to gain immediate access for single user purchases.

Business Accounts: Gain access to a dedicated dashboard for block purchases.

Credit Accounts: With this account you'll have the flexibility to acquire a desired amount of credit which can be used to access any of our online courses.

Subscription Accounts: For larger organisations enjoy the convenience of a fixed annual cost via monthly payments.

Click here to sign up for a free trial!

Health & Safety Courses

Assessing Display Screen Equipment

Approved by IIRSM & CPD - Duration 110 mins*

This course is aimed at companies who employ users of display screen equipment and is intended to be completed by those who will be assessing the DSE set ups of employees. If equipment like this is not set up correctly, users are at increased risk from certain disorders.

Banksman Training

Approved by CPD - Duration 40 mins*

This course will cover common vehicle reversing accidents and the crucial role played by the banksman. It will also look at the controls and actions that can reduce the likelihood of such accidents.
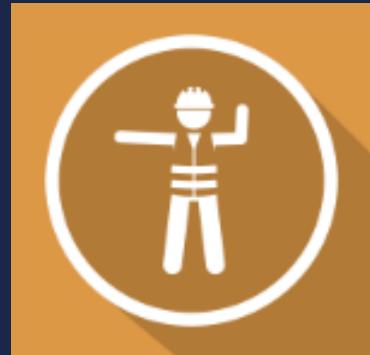
Basic Fire Safety Awareness

Approved by IOSH, IFE, CPD, Gatehouse Awards, Institute of Hospitality & IIRSM - Duration 60 mins*

This course explains, in brief, why fires occur and what actions you must take to help prevent them starting. It also explains the actions you must take when they do start. By completing this course, you will be making your workplace a safer environment.

Basic Fire Safety Awareness for Care Homes

Approved by IOSH, CPD, Gatehouse Awards & IIRSM - Duration 60 mins*

This course explains why fires occur and what actions you must take to help prevent them starting and the actions you must take when they do. This course is a variation on the Basic Fire Awareness course that contains information that is specific to employees of care and residential homes.

Health & Safety Courses
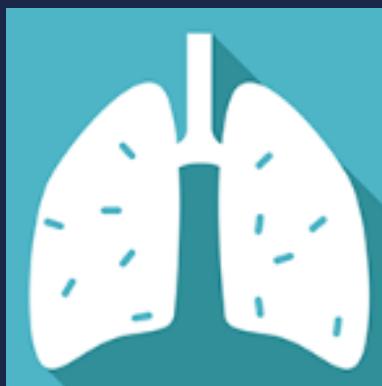
Basic Legionella Management

Approved by CPD, Gatehouse Awards & IIRSM - Duration 75 mins*

Explaining the background to Legionella and Legionnaires' Disease, the potential risks associated with water systems and how these can be prevented or controlled.

Behavioural Safety

Approved by IOSH & IIRSM - Duration 45 mins*

Covers how behavioural safety can be implemented in the workplace and some of the potential benefits. It includes examples of 'at risk behaviours' and ways you can measure how well your organisation is doing when it comes to safety. Finally it touches on some of the key laws regarding health and safety in the workplace and how to ensure positive workforce attitudes.
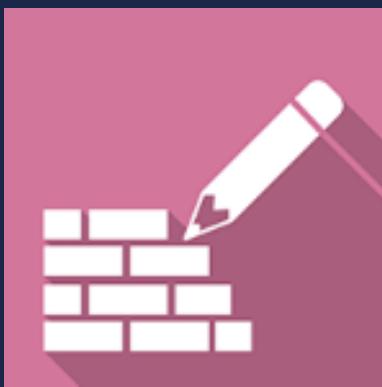
CDM Awareness

Approved by IOSH & IIRSM - Duration 40 mins*

Covers the core concepts of the regulations and details the various roles that are required for a construction project along with the key documents that need to be produced. It starts with an introduction to CDM, then covers some of the parameters that need to be checked when a project is being planned. It finishes by detailing a number of example projects that illustrate how the regulations can be applied.

Control of Substances Hazardous to Health (COSHH)

Approved by IIRSM & Institute of Hospitality - Duration 125 mins*

This course covers what you need to know about the Control of Substances Hazardous to Health. It is aimed at anyone who is exposed to Substances Hazardous to Health at work, as well as line managers with responsibility for such people.
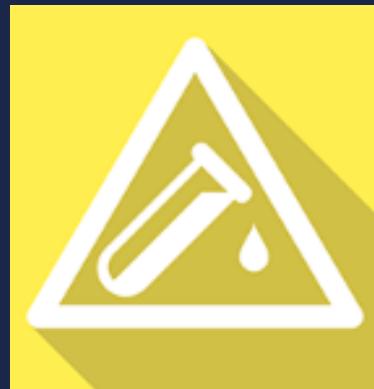
Health & Safety Courses
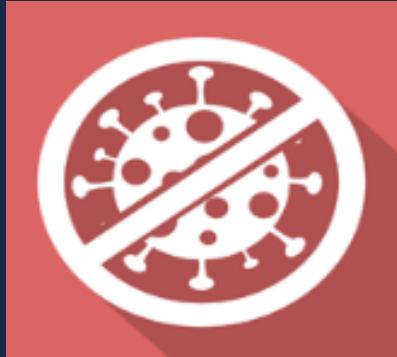
Covid-19 Safe Workplaces

Approved by CPD & IIRSM - Duration 30 mins*

This course explores the risk to workers caused by the Covid-19 virus and covers actions that can be taken by employers and employees to protect themselves and each other as they return to work. It covers information about the virus, risk assessments and personal safety, along with how to make changes to the daily work environment to address these risks.

Cyber Security

Approved by CPD & IIRSM - Duration 25 mins*

Employees, managers, and directors should all have a good understanding of the threat posed by cyber-attacks and the importance of guarding against data breaches. This short course will explain why cyber-attacks and data breaches happen and provide practical advice on how to set up effective defences.

Display Screen Equipment Awareness

Approved by IOSH, IIRSM & CPD - Duration 50 mins*

This course is aimed at users of display screen equipment, or DSE as it's often called. DSE is a term that covers a wide range of equipment. If DSE equipment like this is not set up correctly, users are at increased risk from certain disorders. As an employee, you share the responsibility to keep people safe at work.

Fire Extinguisher

Approved by IOSH, CPD, Gatehouse Awards, Institute of Hospitality & IIRSM - Duration 25 mins*

Learn how to identify the different types of fire extinguishers that might be installed within your workplace and what situations they might be used in.
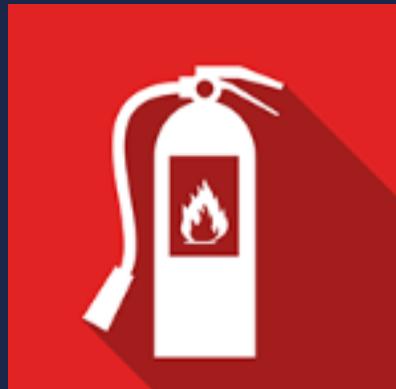
Health & Safety Courses

Fire Marshal

Approved by CPD, Gatehouse Awards, Institute of Hospitality & IIRSM - Duration 220 mins*

The main outcome of this training course is to provide you with the knowledge to carry out the functions of a fire marshal. Please note, this course also contains all of the content in the Basic Fire Awareness and Fire Extinguisher courses.

Fire Marshal for Care Homes

Approved by CPD, Gatehouse Awards & IIRSM - Duration 220 mins*

The main outcome of this training course is to provide you with the knowledge to carry out the functions of a fire marshal. Please note, this course also contains all of the content in the Basic Fire Awareness and Fire Extinguisher courses. This course is a variation on the Fire Marshal course that contains information that is specific to employees of care and residential homes.
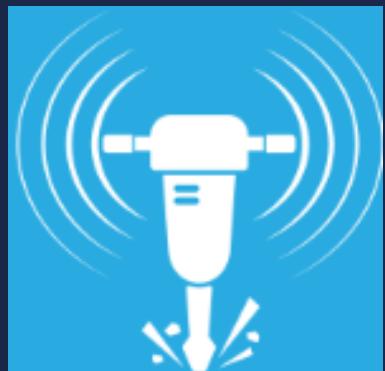
Hand Arm Vibration Syndrome

Duration 40 mins*

The course starts by establishing exactly what Hand Arm Vibration Syndrome is, before providing a detailed description of the symptoms and consequences of the disorder. This course is aimed at those in the construction industry that are responsible for using power tools. This could include site supervisors or managers.

Health and Safety in a Care Setting

Approved by CPD & IIRSM - Duration 80 mins*

This course discusses the legislation that applies to care homes along with developing safe systems of work. It also covers what to do in some common situations you might encounter as well as some emergency situations. It concludes by discussing some aspects of the work environment and staff welfare.

Health & Safety Courses

Introduction to Personal Safety for Lone Workers

Approved by IIRSM & IOSH - Duration 45 mins*

This course covers the legal responsibilities of both employers and employees, some of the common security precautions that can be implemented, practical steps you can take to avoid conflict in lone worker situations, and other elements that can contribute to lone worker safety.

Introduction to Risk Assessment

Approved by IIRSM & CPD - Duration 90 mins*

This course will define important terms, provide some basic background information to explain how important risk assessments are and discuss some of the legislation that applies. It will then go on to provide practical advice on how to identify hazards and analyse risk before finishing off by explaining the responsibilities of both employers and employees with regards to risk assessment.
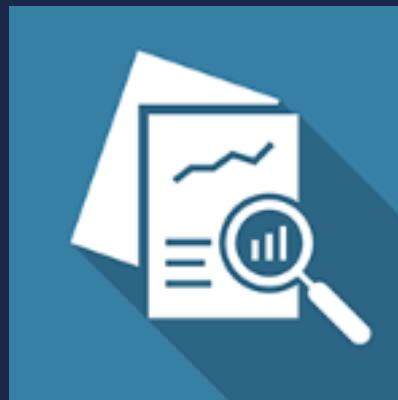
Manual Handling

Approved by IOSH, IIRSM & CPD - Duration 75 mins*

This course outlines exactly what constitutes manual handling and covers the regulations and legislation that apply to manual handling tasks. It then goes on to cover safe handling techniques and how to develop good habits in relation to manual handling. It finishes off by introducing some practical solutions and the use of mechanical aids.

Personal Protective Equipment

Approved by IOSH, CPD & IIRSM - Duration 60 mins*

This course will show how wearing PPE plays a crucial role in preventing and reducing fatalities, injuries and diseases at work. It includes details of a wide range of PPE options, and examines the legislation and regulations. It also covers the role risk assessment plays in the selection and use of PPE. The course concludes with advice on how to use, fit, and wear PPE and its physical and theoretical limitations.

Health & Safety Courses

Slips, Trips and Falls
Approved by IOSH & IIRSM - Duration 60 mins*

This course will introduce you to some of the statistics relating to slips, trips and falls and dispel some of the myths surrounding them. It also touches on the law as it relates to slips, trips and falls. The course also covers some of the straightforward changes that can be made in most businesses to significantly reduce the risk of a slip, trip or fall incident occurring.

Working at Height
Approved by CPD, Gatehouse Awards & IIRSM - Duration 105 mins*

This course is aimed at anyone who undertakes work at height, or who employs people who regularly work at height. It covers what constitutes work at height, the safety issues, and how to assess and reduce some of the risks.

Working in Confined Spaces
Approved by IOSH, IIRSM & CPD - Duration 25 mins*

This course will cover the legislation associated with working in confined spaces. What constitutes a confined space, the potential hazards, safe operating procedures, and emergency procedures and rescue.

Workplace Health and Safety
Approved by IOSH, IIRSM & CPD [Also Meets Irish Legislation] - Duration 45 mins*

At the end of this course, you will have an understanding of health and safety legislation and will be able to list common causes of accidents. You will also be able to understand good practice in relation to electricity and describe the use of safe manual handling techniques and good practice associated with COSHH regulations.

Health & Safety Courses

Electrical Safety
Approved by IOSH & IIRSM - Duration 45 mins*

This course covers the benefits of electricity, its components, and the two main types. It addresses UK accident statistics, highlights electrical hazards, and provides instructions for assisting someone after an electric shock. The course also outlines workplace standards, legislation, and offers insights into maintenance plans and portable appliance testing, specifying roles within an organization for conducting checks.

Ladder Safety
Duration 45 mins*

This course is relevant to all industries and individuals that use ladders. At the end of this course, candidates will have an understanding of which laws govern ladder safety, learn about different ladder types, have an understanding on how to check a ladder safely and ladder inspections, when and were to use a ladder and securing ladders for safe use, understanding common mistakes when using ladders.
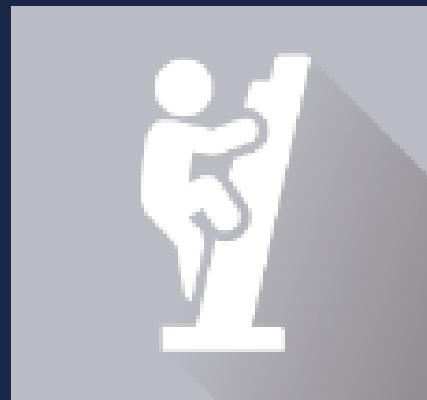
IOSH Managing Safely
Approved by IOSH - Duration approx. 24 hours of learning*

This IOSH Approved Managing Safely online course is designed to equip managers and supervisors with essential health and safety skills to promote safer workplaces. Key areas covered include hazard identification, risk assessments, incident investigations, and adherence to safety regulations. Upon completion, participants will receive the internationally recognised IOSH Managing Safely certificate.

Click here to browse our Health & Safety Courses

www.acsrisk.com
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Mental Health & Wellbeing Courses

Anti Harassment and Bullying

Approved by CPD - Duration 32 mins*

This course covers the commitments that should be laid out in your company's anti-harassment and bullying policy so as to comply with UK law. It explains the differences between harassment and bullying, the steps that can be taken if either of these occur in or out of work, and some case studies to illustrate the points covered throughout the course.
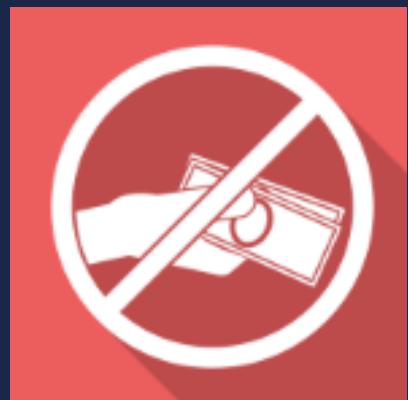
Anti-Bribery and Corruption

Approved by the Institute of Hospitality & CPD - Duration 50 mins*

This course examines bribery and the legislation, as well as measures and procedures that can uncover, control, and reduce the impact of this criminal activity. This information is broken down into the following sections; Why corruption and bribery occur, The UK Bribery Act, Anti-bribery policies, anti-bribery management systems and how to deal with bribery in the workplace.
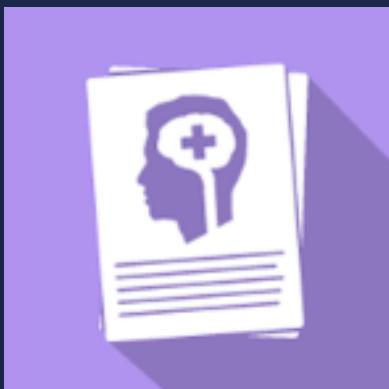
Developing A Workplace Mental Health Policy

Approved by CPD & IIRSM - Duration 20 mins*

When people have good mental health, they are more likely to fulfil their potential. That means they enjoy work and cope easily with work situations. This course covers the steps that organisations should consider when developing and implementing a comprehensive workplace Mental Health Policy.

Depression Awareness

Approved by CPD & IIRSM - Duration 45 mins*

Over 350 million people in the world are affected by depression. This online course will raise awareness of depression and how it can be recognised, diagnosed, classified and treated.

Mental Health & Wellbeing Courses

Equality, Diversity and Discrimination

Approved by CPD - Duration 70 mins*

This course discusses two topics, 'equality' and diversity' and how they relate to one another. Understanding this will help us to identify and address issues of unfairness and discrimination in the workplace.

Mental Health Awareness
Approved by CPD - Duration 25 mins*

This course explains the difference between mental health and mental illness. It covers the symptoms of a number of the most common mental illnesses so you will know what to look out for or what to expect if you are working with someone with one of these conditions. It also provides practical advice on how you can work effectively with those affected by these conditions.

Mental Health First Aid

Approved by IIRSM & Gatehouse Awards - Duration 90 mins*

Mental Health First Aid teaches participants how to notice and support individuals who may be experiencing mental health issues or exhibiting the signs of substance use in a work environment. They are also taught how to connect those people with appropriate help from fellow employees, community resources or healthcare professionals.

Sexual Harassment in the Workplace
Approved by CPD - Duration 55 mins*

This course will start by defining sexual harassment and explaining how protection comes from both employment law and criminal law. It also addresses how allegations should be handled, explains the importance of having clear and robust policies, and the role line managers tend to take when it comes to dealing with these situations.

Mental Health & Wellbeing Courses
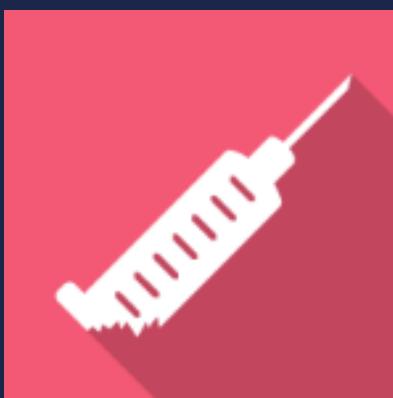
Sharps Awareness

Approved by IOSH, CPD & IIRSM - Duration 55 mins*

In this course you will learn about the prevalence and different types of 'sharps litter' that can be found in the UK. It then covers the primary and secondary risks from sharps including some of the common blood borne viruses. It also covers the responsibilities of employers, the equipment needed and the effectiveness of PPE. Finally, it'll cover how to report discarded sharps.

Stroke Awareness

Approved by CPD - Duration 55 mins*

This course will cover the types of strokes, the symptoms, and risk factors. It will also cover the treatment options and the longer term impact of the condition.
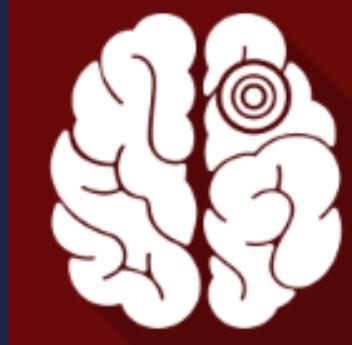
Supervising Mental Health at Work

Approved by CPD & IIRSM - Duration 25 mins*

This course will look at supervising stress and mental health at work and show you how to create a good mental health culture in your workplace.

Introduction to Emotional Intelligence

Approved by CPD & IIRSM - Duration 50 mins*

This course will introduce the concept of emotional intelligence and look at how you can use it in effective and meaningful ways. It will examine the difference between emotional intelligence and IQ and dispel some of the myths surrounding emotional intelligence. It highlights the role played by emotions in the workplace and provides practical advice including tips for using emotional intelligence to deal effectively with emotions in situations that can arise in the workplace.

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Learning & Consultancy Ltd

HEALTH, SAFETY
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AND WELLBEING

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