

Principles of Risk Assessment and Introduction to RAMS

Suitability

This training programme is designed for those who are interested in or are going to be on a risk assessment team or will be acting in accordance with a risk assessment process and will be involved in the writing of risk assessment and method statement operations. The programme requires no previous experience.

Aims

Understand why carrying out a risk assessment is essential for improving health and safety.
Understand the types of injuries and ill-health that occur as a result of failing to manage health and safety.
Have an awareness of the legal responsibilities placed on employers and employees when carrying out risk assessments.
Understand each of the five key steps of the risk assessment process.
Feel confident carrying out suitable and sufficient risk assessments of their workplace and work activities.
Understand what needs to be considered when completing a COVID-19 risk assessment.

Objectives

Employees and the self-employed have a **legal duty** to assess health and safety risks. This programme will allow all participants the ability to be able to contribute to the process and act to protect their own health and safety and that of others.

Content

- What is a Risk Assessment and why is it important?
- Main causes of accidents and ill health – Accident Triangle
- Implications for people in the workplace
- Legal requirements for risk assessments and enforcement
- COVID19 – CAI Risk Assessment
- Principles of Risk Assessments
 - Hazards, risks and control methods
 - The five steps of risk assessment
 - The hierarchy of control
 - Risk assessment review and record keeping
- Safe System of Works and Method Statements outlined.
- Practical risk assessment writing (assessed)
- Written test (assessed)
- Summary and review

Learning Outcomes

After completion of this course, participants will be able to compile a generic and site-specific risk assessment.

Learning Style

This course is classroom based with a mix of tutor presentations and individual exercises.

Assessment Method

The participants will be assessed after carrying out a number of assignments throughout the day. A final assessment method for this programme is by means of practical assessment exercises and a multiple-choice (NOT open book) assessment paper with a pass mark of 65%. As part of the training course, you will be given a blank risk assessment to be completed during the day.

Programme Duration

This programme is run over 1 day

Costs

£225.00 CAI members

£310.00 non-CAI members