

## Health & Safety for Cleaners/Caretakers **QHS Solutions Certificate**

### **Aimed at:**

For those who have responsibility for cleaning, caretaking or janitorial duties. Whether they work in small or large business or a school or college, janitorial and cleaning staff face daily risks to their health and safety.

There were 3500 reported work related accidents to **cleaners** in 2005/06.  
(Source HSE)

### **Course Overview:**

2.5 Hour Course discusses with delegates how to recognize hazards and risks and to go about their daily activities safely.

Supported by DVD and discussions, it follows a cleaner through their working day, and shows the possible hazards they could face.

- Appropriate work wear and personal protective equipment
- On going dynamic risk assessments
- How to avoid repetitive strain injuries
- How to lift correctly
- Safe use of chemical substances (intro to COSHH)
- Push rather than pull
- Tripping hazards
- Hand arm vibration (cleaning equipment)

### **Benefits:**

Allows Employers to get their staff adequately informed and trained to identify risks they could come across.

Gives Cleaners, caretakers and janitors accreditation for their competence in everyday tasks.

Our training utilises the very latest learning methods with emphasis on participative and interactive techniques in small groups of 8-10.

**QHSS COST PER PERSON INCLUSIVE OF REFRESHMENTS, COURSE HANDOUTS, AND CERTIFICATE OF ATTENDANCE: £75.00 + VAT**

**CALL ALISON FOR DATES AND BOOKINGS ON 01282 839 103 OR**

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Or visit the WEBSITE at [www.qhs-solutions.com](http://www.qhs-solutions.com)

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