



Working Safely

Aberystwyth University is delighted to be able to offer the acclaimed IOSH Working Safely Training Course. Everyone at work should have an understanding of why they must work safely, and this course offers exactly that.



Delegates for the IOSH Working Safely training course will benefit from:

- A nationally recognised one-day course which considers the fundamentals of health and safety;
- High quality animated graphics created by IOSH exclusively for the course;
- Strong group involvement and discussion;
- Jargon and legal-free content based on what people should know;
- Scenarios drawn from genuine work situations to reinforce points;
- Assessments built into the day's training, to minimise additional disruption to work time.

What will **delegates** get?

- An informal learning environment supervised by experienced health and safety practitioners;
- A focus on what individuals need to know;
- A focus on the importance of health and safety, and how individuals can improve safety by changing their behaviour.

What will **employers** get?

- Nationally recognised and respected certificated training for their teams;
- Training that's designed and quality-controlled by the Chartered body for health and safety, and delivered by local experts;
- Minimal disruption to working days, as the one-day programme includes all assessments;
- Consideration of two key areas – health and safety and environmental fundamentals.

Content:

1. Introducing Working Safely – Introducing the realities of human suffering and emphasising the importance of personal responsibility.
2. Defining Hazard and Risk –Focus on hazards and risks experienced in the work environments, with a focus on the six main hazard groups.
3. Identifying Common Hazards – An analysis of the main categories, which include slips, trips and falls and manual handling.
4. Improving Safety and Performance –encouraging delegate involvement in processes that are often seen as the exclusive responsibility of managers or supervisors.
5. Protecting our Environment - An introduction to waste and pollution which considers how individuals and organisations can reduce their environmental impact.



Gweithio'n Ddiogel

Mae Prifysgol Aberystwyth yn falch o allu cynnig cwrs hyfforddiant Gweithio'n Ddiogel IOSH. Dylai pawb yn y gwaith fod â dealltwriaeth o pam mae'n rhaid iddynt weithio'n ddiogel, ac mae'r cwrs hwn yn cynnig yn union hynny.



Bydd y sawl sy'n mynd ar gwrs hyfforddi Gweithio'n Ddiogel IOSH yn elwa o:

- Gwrs undydd a gydnabyddir yn genedlaethol sy'n ystyried hanfodion iechyd a diogelwch;
- Graffeg wedi'i animeiddio o safon uchel a grëwyd gan IOSH yn arbennig ar gyfer y cwrs;
- Trafodaethau ac ymglymiad grŵp cryf;
- Cynnwys heb iaith gyfreithiol na jargon sy'n seiliedig ar yr hyn y dylai pobl ei wybod;
- Senarios sy'n tynnu ar sefyllfaoedd gwaith go iawn i atgyfnerthu pwyntiau;
- Aseidiadau wedi'u cynnwys yn y diwrnod o hyfforddiant, sy'n lleihau aflonyddwch ychwanegol ar eich amser.

Beth yw'r manteision i'r sawl sy'n mynychu?

- Amgylchedd dysgu anffurfiol o dan oruchwyliaeth ymarferwyr iechyd a diogelwch profiadol;
- Ffocws ar yr hyn y dylai unigolion ei wybod;
- Ffocws ar bwysigrwydd iechyd a diogelwch, a sut y gall unigolion wella diogelwch drwy newid eu hymddygiad.

Beth yw'r manteision i'r cyflogwyr?

- Hyfforddiant i'w timau a gydnabyddir ac a berchir yn genedlaethol;
- Hyfforddiant sydd wedi'i gynllunio a'i reoli gan y corff Siartredig ar gyfer iechyd a diogelwch, ac wedi'i ddarparu gan arbenigwyr lleol;
- Cyn lleied â phosibl o aflonyddwch ar ddiwrnodau gwaith, oherwydd mae'r rhaglen undydd yn cynnwys yr holl aseidiadau;
- Dau faes allweddol - hanfodion amgylcheddol ac iechyd a diogelwch.

Cynnwys:

1. Cyflwyno Gweithio'n Ddiogel – Cyflwyno realiti dioddefaint pobl a phwysigrwydd cyfrifoldeb personol.
2. Diffinio Perygl a Risg - Canolbwyntio ar beryglon a risgiau a geir mewn amgylcheddau gwaith, gan ganolbwyntio ar y chwe phrif berygl.
3. Adnabod Peryglon Cyffredin – Dadansoddi'r prif gategoriâu, sy'n cynnwys llithro, baglu a chwympo, a chodi a chario.
4. Gwellu Diogelwch a Pherfformiad – Annog gweithwyr i fod yn rhan o'r prosesau sy'n aml yn cael eu gweld fel cyfrifoldeb y rheolwyr neu'r goruchwylwyr yn unig.
5. Amddiffyn ein Hamgylchedd – Cyflwyniad i wastraff a llygredd sy'n ystyried sut y gall unigolion a sefydliadau leihau eu heffeithiau ar yr amgylchedd.