XCELERATE TRAINING INSTITUTE

your learning & development partner

HEALTH, SAFETY AND ENVIRONMENT (HSE)

Construction Safety Training Course

DURATION	LANGUAGE	FORMAT
5 days	**English**	**Classroom / Online**

Upcoming dates

Dates	Venue	Format	Fee
22 – 26 Feb 2027	Live online	Online (live)	**€1,200**
2 – 6 Aug 2027	Live online	Online (live)	**€1,200**
6 – 10 Sep 2027	Boston	Classroom	**€3,800**

Register or ask a question

Online: staging.x8ti.com/course/construction-safety-training-course-2/

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Construction Safety Training Course

Introduction

Introduction

Construction sites continue to be the top workplaces where large number of injuries take place globally, mainly because the majority of workers there are unskilled or semi-skilled. The International Laboure Organization (ILO) cited new data showing that in the construction industry, at least 60,000 fatal workplace accidents occur each year worldwide – or about one death every 10 minutes.

Construction injuries are multiple times of this fatality figure. Some of the causes of injuries/fatalities at construction sites are collapsing of under-construction buildings/ scaffolding /structures/cranes/construction equipment, hit by falling objects, falling workers, electrocution, fire burn-out, hit by flying/rotating/pressurized/energized tools and equipment.

Construction safety is one of the most crucial aspects which safety experts highly emphasize. Construction safety training covers orienting workers on safe use of construction tools & equipment, special safety precautions while working in hazardous construction locations, on the energized equipment and the regular but right use of personnel protection equipment during construction activities.

This Xcelerate Training Institute course will empower participants with comprehensive knowledge of requirements, skills and attributes for Construction Safety.

Learning Objectives

- Understand the hazards at the construction workplace
- Learn to implement controls to manage the construction hazards/risk
- Comprehend safe ways of working for all major construction activities
- Appreciate the responsibilities of construction safety officers, construction supervisors and workers
- Comprehend the importance of Job Safety Analyses (JSA) / Hazard Identification & Risk Assessment (HIRA) at the construction site
- Educate construction supervisors on the importance of Toolbox Talks, Job briefing in languages which workers can understand
- Understand the importance of construction site audit
- Note the importance of construction hygiene, housekeeping, welfare amenities, healthy food and adequate rest time
- Understand avenues for specialized certified construction safety courses
- Heed professional affiliations for specialized construction safety

Training Methodology

This collaborative Construction Safety training program will comprise the following training methods:

- Lectures (Tutor-assisted online or classroom as per requirements)
- Seminars & Presentations

- Group Discussions and workshops
- Assignments
- Case Studies & Functional Exercises

Benefits For Your Organization

- Develop an efficient and confident team of construction supervisors and workers who are well trained in safety
- A safety-trained construction workforce executes a safe project without significant incidents which forms a good reference credential for future contracts
- All major clients prefer to have a construction contractor who are well trained in safety so that their project is not delayed due to major incidents, and the project gets smooth clearance from governmental regulatory authorities for commissioning and commercialization

Benefits For You

- Confident to identify and control hazards/risks associated with construction activities
- It will ensure that the participant lives an injury and illness-free life not only for himself but also for his company and his family
- This training and experience prepare construction supervisors to discharge their functions efficiently and safely
- The knowledge and skill provided in this course are useful for all workers to grow in their respective specialized trade and careers because of their safety training, compared to those who are not safety-trained

Target Audience

This Construction Safety course would be suitable for:

- Construction Trainees/intern/fresh employees who want to take up construction profession as their career
- All construction workers, supervisors and managers who want to promote health & safety in their projects
- All employees/workers who have been on rotation from their existing departments to the construction department

Course Outline

WHAT IS A CONSTRUCTION SITE?

- Concepts and definitions
- Types of construction sites
- Activities at construction site
- Greenfield and brownfield construction
- Safety organization at construction site
- Importance of construction hygiene, housekeeping, welfare amenities, healthy food and adequate rest time

COMMON HAZARDS AT CONSTRUCTION SITE AND PROTECTION

- Harsh ambient/environmental conditions
- Noise
- Dust
- Vehicle movements and the associated risk
- Simultaneous jobs
- Communication gaps and language barriers

EXCAVATION HAZARDS AND CONTROLS

- Damage to underground services
- Workers getting buried under the capsizing excavation
- Asphyxiation to workers in the confined spaces made by excavation
- Release of possible toxic gases from soil/faulty underground gas pipelines
- Release and flooding of water from soil or faulty utility services

WORKING AT HEIGHT

- Falling hazards
- Fall arrest equipment and lanyards
- Safe scaffolding
- Personnel carrying baskets and equipment
- Miscellaneous controls and precautions

GRINDING, GAS-CUTTING AND WELDING

- Hazards of high energy hit, cuts and burning
- Ignition, gas explosion and electrocution hazards
- Training, procedures and job safety analysis
- Miscellaneous controls and precautions

HEAVY LIFTS

- Hazards of failures of lifting equipment resulting in the collapse of the lifting equipment
- Visual and Physical (proof load) inspection and examination
- Lift planning and Risk Assessment
- Lift supervision
- Environmental conditions and supporting conditions affecting the safe lift
- Specialized training on lifting

MISCELLANEOUS CONSTRUCTION WORK IN SPECIAL LOCATIONS/SITUATIONS

- Working in confined spaces during construction/erection
- Working on communication tower
- Working over water
- Pressure testing
- Working on electrically charged equipment or with electrically powered equipment
- Lone working

RADIOGRAPHY WITH IONIZING RADIATION HAZARDS

- Hazards of ionization radiation and lethal health effects
- Control on the movement of radiography equipment
- Controls of radiography operations so as to eliminate hazards to unclassified personnel
- Storage of radiography equipment
- Health monitoring of radiography workers

RESPONSIBILITIES OF CONSTRUCTION HEALTH AND SAFETY OFFICER

- Implementation of construction safety policy and procedures
- Role of health and safety officer at construction site
- Shift-wise site inspection
- Observation, praising of safe acts and stoppage of unsafe acts
- Regular training and Job safety talks with workers before start of work shift and on the job
- Maintenance of Safety culture at site

CONSTRUCTION SELF-INSPECTIONS AND SAFETY AUDITS

- Construction site self-safety inspection plan
- Construction site internal audit plan
- Management Surveys/Tours
- Construction site external audits for compliances (regulatory, management system certification etc.)

PROMOTING CONSTRUCTION SAFETY

- Safety Slogans
- Safety Improvement suggestions
- Safety awards and recognitions
- Townhall meetings
- Others

PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Mandatory PPEs at construction site
- Special PPEs as per risks
- Storage and maintenance of PPEs
- Discarding of PPEs

SPECIALIZED CONSTRUCTION SAFETY CERTIFICATIONS AND PROFESSIONAL MEMBERSHIP

- CITB
- HSE
- OSHA
- EUOSH
- Others

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Registration Form

Construction Safety Training Course

Preferred dates: ..... Venue or online: .....

Duration: 5 days Language: .....

Please complete and email this form to us, or register online. We confirm your place and send the invoice within one working day.

Delegate information

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Official email: ..... Personal email: .....

Company information

Company name: .....

Address: .....

City / country: ..... VAT / tax number: .....

Person responsible for training & development

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Email: .....

Payment

☐ Please invoice me ☐ Please invoice my company

Signature: ..... Date: .....

Call
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Email this form
info@x8ti.com

Register online
Open the course page