



CATALOGUE OF
COURSES 2025
ABOUT SAFETY AND
HEALTH

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Elinor Internacional



Elinor Internacional, in partnership with RRC International, is the provider of the UK's Nebosh and IOSH qualifications for Spain, the Americas and Africa-Asia where Spanish and Portuguese have a wide presence.

Occupational Health and Safety, Process Safety, Leadership and Safety Culture, Human Error are subject areas in which we are expert consultants and trainers. That is why we are committed to facing every Hazard, every Risk in the most demanding sectors of activity with effective Control Measures: Iron and Steel, Metallurgy, O&G, Energy, Chemical, Hospital, Logistics and Port, Mining, Defense, Construction and EPC, etc.

We propose Leadership and Comprehensive Management of Safety, addressing both its legal, economic and moral aspects. Contributing to safer and healthier workplaces around the world.

We work especially with the Human Factor developing proposals that achieve drastic changes in organizations through Competency Management.

General Managers, Board of Directors, Department and Line Managers, Safety Specialists and various Operators accept and apply a new vision of Personal and Catastrophic Risk Management that has revolutionized the world due to its effectiveness.

Our promise is to offer a world-class, meaningful training experience with high international projection. Always at the forefront represented by the United Kingdom of Great Britain's (UK) cultural focus on Health and Safety.

A handwritten signature in blue ink, which appears to read 'Arsenio Valbuena Ruiz'.

Arsenio Valbuena Ruiz



We are in:

22

Countries

Directly and more than 80
through partners and
collaborators

60

Courses

In digital content, eLearning,
Live On Line and Face-to-
face

450

Corporate
Clients

In Europe, the Americas and
Africa

1.000

HSE Trained

At the forefront of the
profession in the best
companies in the world

15.000

Trained students since
2011.

**In Spanish, English and
Portuguese**



HEADQUARTERS:

01



Spain Headquarters:

C/ Gutierrez Herrero, 52 la Curtidora. Avilés 33402

02



RRC, Lead Partner in Reino Unido: Tuition House 27-37
St George's Road; London SW19 4DS UK

Elinor Internacional en México, Brasil, Centro América, EEUU, Argentina, Uruguay, Chile, Bolivia, Portugal, Angola, Cabo Verde, Puerto Rico, Guinea Ecuatorial and 22 other countries

LEAD PARTNERS

- RRC International
- Miguel de Cervantes European University
- HSEQ CAMERO (Colombia, Venezuela, Guatemala y Republica Dominicana)
- ISEM, PERÚ
- COPORSUPER (Ecuador, Guayaquil y Quito)

NEBOSH courses are run in collaboration with RRC International under accreditation no. 335.



IOSH courses are run in collaboration with RRC International under accreditation no. 378.



INTERNATIONAL QUALIFICATIONS



The most characteristic feature that defines us in all our business decisions: international scope of action.

Spanish, Portuguese and English are the usual working and teaching languages at Elinor. But we also offer services in Arabic, French and Russian.

Multi-country, multi-legal, multi-cultural environments and continuous logistical challenges and management of size and distance. This is our ecosystem.

Especially when choosing occupational health and safety training accreditations, always the most widespread and sought-after in the world. Widely accepted by international employers to develop health and safety careers and for managers and people with responsibility for other employees.

The UK's success in implementing effective health and safety policies is unquestionable and its leadership is recognised around the world. Three bodies have stood out as key players in making the UK the safest and healthiest workplace in the world: the **HSE**, **NEBOSH** and **IOSH**.

The **HSE** (Health and Safety Executive) is the government body tasked with developing safety policy. <https://www.hse.gov.uk/>

NEBOSH is the training body that embodies the quintessential British health and safety culture. NEBOSH (National Examination Board of Occupational Safety and Health) qualifications have been adopted by Worldclass companies and leading multinationals in the most challenging sectors. NEBOSH certified personnel are actively sought after, accepted as influential and proportionately remunerated by major employers on five continents. To find out more about the scope and meaning of NEBOSH qualifications you can visit their website at [https:// www.nebosh.org.uk/home/](https://www.nebosh.org.uk/home/) or consult our guides:

NEBOSH what you need to know - 10 keys to passing the NEBOSH IGC

IOSH The Institution of Occupational Safety and Health ('IOSH') is an organisation of chartered professionals whose purpose is the worldwide extension of healthy workplaces. Membership worldwide exceeded 50,000, with 10,885 members outside the UK. It works to create training courses for leaders and managers, operators and managers as well as practising Safety and Health professionals. Learn more about IOSH: <https://iosh.com/>

Customer Service Excellence

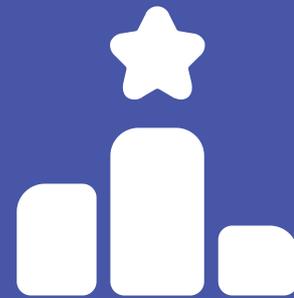
We are focused on the client and their objectives: updated, close, continuously improving. We listen and respond via WhatsApp, email, phone, LinkedIn, chats, etc.

Students and companies highlight our closeness and assistance as the main characteristic that leads them and our clients to achieve that tangible and measurable improvement that is in their plans.

That implies a lot of dedication, identification and style of service that only a very chosen staff of professionals like Elinor International is capable of giving. And it's always what the customer demands from us: a REAL effect.

Also the workforce and employees benefit from our training programs by establishing a world-class leveling and standardization that allows companies to access a higher status in industrial commitment and safety. We have e-learning, Live Streaming, hybrid and face-to-face courses anywhere in the world.

And always when it comes to focusing our internal staff and employee selection processes, consulting services and our operational strategy (languages, mobility, etc.).



Key Competences in Health and Safety



We have carried out a study of the key competences in Safety and Health at each organisational level. Each of them corresponds to a specific training course or action. Each course has its own delivery modalities, languages and duration. English, Spanish and Portuguese.



We have selected 18+1 courses for the development of key competencies to achieve disruptive safety. In our catalogue you will find more courses and a range of specific training actions. Combining different durations and teaching modalities.



18+1 COURSES

ESSENTIAL IN HEALTH AND SAFETY

Elinor International Health and Safety Study "World Class Competencies for a Safer World"

OPERATORS

- Iosh Working Safely
- Nebosh Award Health and Safety at: Work
- Basic level ORP technician
- Specialized courses on the sector and the risks faced by each: Fire, Electricity, Construction, Manual and Mechanical Load Handling, Work at Heights, Confined Spaces, Process Safety, O&G Operations, Mining, Ports, Defense, Steel

HSE AND RSC

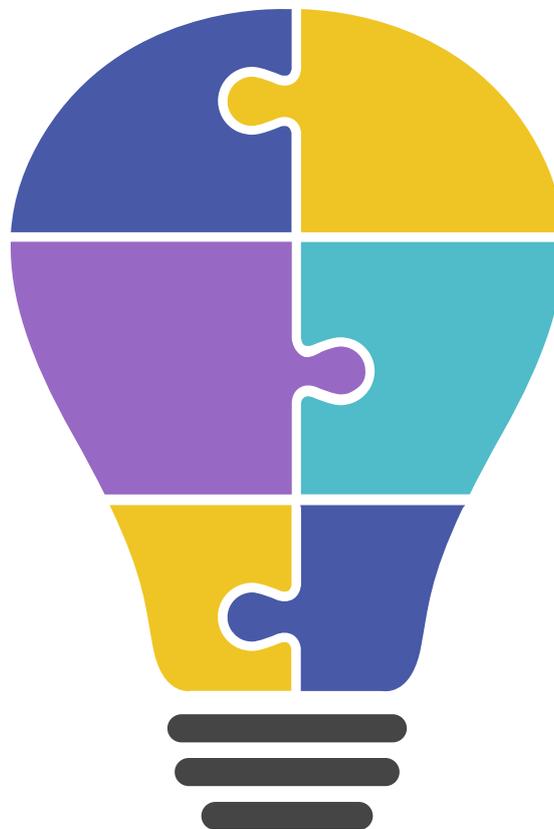
- International General Certificate Nebosh
- Process Safety Management Nebosh
- Nebosh Introduction to incident Investigation
- World Class Safety Culture How to land?
- Leadership Excellence Nebosh
- International Diploma Nebosh
- High Reliability Organizations HRO How to achieve it?
- Human Error: Strategies and Reduction
- Specialized courses in: Safety (Machines, Electricity, Fire) Industrial Hygiene; Ergonomics and Applied Psychosociology

CEO/BOARD OF DIRECTORS

- World Class Safety Culture How to land it?
- Leadership Excellence Nebosh
- Safety Pay: Safety Economics, Legal Responsibilities and Ethical Review
- High Reliability Organizations HRO How to achieve it?
- Socio-legal environment of Safety

MANAGERS AND SUPERVISORS

- Iosh Managing Safely
- Nebosh Award in Managing Risks & Risk Assessment
- Nebosh Introduction to incident Investigation
- Nebosh Award Health and Safety at Work
- IOSH Leading Safely
- "SafetyPay": Safety Economics, Legal Responsibilities and Ethical Review
- Socio-legal context of Safety



**Leadership and
Commitment**

CONTINUING PROFESSIONAL DEVELOPMENT PLAN. EXAMPLE FOR HSE AND ESG SPECIALISTS



TYPE AND MODALITIES OF TRAINING

Elinor specialises in the international dissemination of the world's most prestigious Health and Safety qualifications and certifications, in demand by employers and students on all five continents.

- Official University Master of the European Higher Education Area.
- NEBOSH, IOSH, IEMA qualifications.
- UNE, EN, TELCO certifications

DELIVERY MODALITIES

● E-LEARNING

It is a completely online learning modality that allows students to access educational content from anywhere and at any time, using digital platforms.



● FACE TO FACE

Intensive, with 8 or 10 hours of dedication per day. Sometimes it's better: you reserve yourself just for this. Many students find this modality more within their possibilities and it is highly demanded for its proven effectiveness in passing rates.

● LIVE STREAMING

Combine the face-to-face modality without leaving your location, ideal if you have travel limitations and still have time to dedicate it synchronously with the live sessions. Delivers almost as good results as the face-to-face modality.





TRAINING AND CONSULTING SERVICES

01

Master PRL UEMC

03

Highlighted COURSES IOSH

05

CONSULTING

02

Highlighted COURSES NEBOSH

04

SPECIFIC RISKS



OFFICIAL UNIVERSITY MASTER'S DEGREE IN OCCUPATIONAL RISK PREVENTION of the MIGUEL DE CERVANTES EUROPEAN UNIVERSITY. Official qualification of the European Higher Education Area



- Nebosh Health and Safety at Work Award
- Nebosh International General Certificate in Occupational Health and Safety
- Nebosh HSE Certificate in Health and Safety Leadership Excellence
- Nebosh Health and Safety Management for Construction (International)
- Nebosh Certificate in Fire Safety
- Nebosh HSE Certificate in Process Safety Management
- Nebosh Environmental Management Certificate
- Nebosh Level 6 International Diploma
- Nebosh International Diploma in Environmental Management
- Nebosh Investigación de Incidentes



- IOSH Safety, Health and Environment for Construction Workers
- IOSH Safety for Executives and Directors
- IOSH Leading Safely
- IOSH Managing Safely
- IOSH Working Safely



- Specialist course in occupational risks in the police and military field. Land and sea.
- Human Error: Strategies and Reduction
- Safety Culture: How to operationalise a cultural change process.
- Mental Health First Aid in the Workplace and Outside the Workplace



- Accident Reduction Shock Plans
- Outsourcing of Human Resources especially of Technical Experts in Health and Safety outstanding in Works and Facilities
- Process Safety Consulting with catastrophic risk
- Cultural Transformation in Safety, UK HSE methodology
- Accident Investigation Methodology, NEBOSH Methodology
- Risk Analysis and Assessment
- Hygiene and Ergonomics. Applied Psychosociology
- Human Error



NEBOSH Health and Safety at Work Award

The RRC's NEBOSH Health and Safety at Work Award qualification is designed for workers in any sector who need a basic understanding of health and safety as part of their job. It also provides a perfect foundation for those seeking a career in health and safety.

What will you study?

UNIT HSA1:

Why and how to manage health and safety

- Moral, legal and economic rationale and advantages of health and safety management
- Managing health and safety in a coherent way
- Plan-Do-Check-Act (Plan Do Check Act)
- Audit

Addressing common workplace hazards

General aspects of the workplace: access to the workplace, cleanliness, lighting, temperature, slips, trips and falls (on the same level), well-being, first aid. Violence and assaults, Work-related stress, Hazardous substances and chemicals, Computers, Substance abuse, Electricity, Fire, Manual handling, Noise and vibration, Work equipment, Working at heights, Transport in the workplace.

Stopping incidents and health problems before they occur

- Workplace inspection
- Risk assessment theory

Learning from incidents

- Why it makes sense to investigate incidents. 'Incident', 'accident' and 'near miss'.
- A simple four-step approach to investigations

Study methods:

- Classroom - 3 days, plus assessment
- Live Online - 3 days, plus assessment
- Book - Study texts in English
- In-Company - Courses delivered around the world

Assessment:

The assessment consists of a three-hour workplace health and safety examination to be carried out at the learner's own workplace.

The examination is available on request throughout the year.

Languages: Spanish, Portuguese, English, Arabic, French and Spanish.



NEBOSH International General Certificate in Occupational Health and Safety

NEBOSH International General Certificate provides an excellent foundation in health and safety for managers, supervisors, employee representatives and people starting out on a career in health and safety.

The certificate is relevant to all types of organisations and helps its holders manage risks effectively.

What you will study?

UNIT IG1: MANAGEMENT OF HEALTH AND SAFETY

- Why we should manage workplace health and safety
- How Health and Safety Management Systems work and what they look like
- Managing risk - understanding people and processes
- Health and safety monitoring and measuring

UNIT IG2: RISK ASSESSMENT

- Physical and Psychological Health
- Musculoskeletal Health
- Chemical and Biological Agents
- General Workplace Issues
- Work Equipment
- Fire
- Electricity

Methods of study:

- Classroom - 5 days plus assessment
- Live Online - 10 days plus assessment
- Online - 220 hours of study

Publications

- Study Texts and Revision Guides
- In-Company
- Courses delivered worldwide Assessment

The assessment consists of one examination and a practical health and safety assessment completed at your home and workplace.

Languages Available ENGLISH - SPANISH - PORTUGUESE

NEBOSH HSE Certificate in Health and Safety Leadership Excellence

NEBOSH and Britain's health and safety regulator, the Health and Safety Executive (HSE), have joined forces to develop a one-day health and safety qualification for senior managers or aspiring managers.

What will you study?

The one-day course covers the following topics

- What health and safety leadership means
- The moral, legal and economic rationale for good health and safety leadership
- The links between health and safety leadership and culture
- What are the different styles of leadership - How human failures can affect performance and culture
- The HSE's model of effective health and safety leadership
- How leaders can build effective relationships with workers.

Study methods:

- Face to face - 1 day plus assessment
- Live On line - 1 day plus assessment

Assessment:

Assessment will take the form of reflective statements. These will show how the learner's knowledge, skills and behaviours can have both positive and negative effects on health and safety performance in their organisation.

Languages available: ENGLISH - SPANISH - PORTUGUESE



NEBOSH Health and Safety Management for Construction (International)

NEBOSH Health and Safety Management for Construction (International) (ICC) course provides a broad understanding of construction related health & safety issues and is an essential qualification for anyone with health & safety responsibilities in the construction industry. With reference to ILO standards, the qualification focuses on industry best practice.

What you will study?

UNIT CII: MANAGING CONSTRUCTION SAFELY

- The foundations of construction health and safety management
- Improving health and safety culture and assessing risk
- Managing change and procedures
- Excavation
- Demolition
- Mobile plant and vehicles
- Working at height
- Musculoskeletal health and load handling
- Work equipment
- Electricity
- Fire
- Chemical and biological agents
- Physical and psychological health

Methods of study:

Online - 108 horas de estudio

Assessment:

The course is assessed through a scenario based Open Book Exam completed at home.

Languages available: ENGLISH - SPANISH - PORTUGUESE

NEBOSH Certificate in Fire Safety

NEBOSH Certificate in Fire Safety qualification helps you learn and develop fire safety skills which can be applied in workplaces anywhere in the world. It provides the knowledge and understanding to advise on fire protection of premises and workers, and carry out an effective fire risk assessment in low to medium risk workplaces.

What you will study?

UNIT FSC1: FIRE SAFETY

- Managing fire safety
- Principles of fire and explosion
- Fuel, oxygen and ignition sources and control measures
- Fire protection in buildings
- Safety of people in the event of fire
- Fire safety risk assessment

UNIT FSC2: FIRE RISK ASSESSMENT

- Practical Assessment

Methods of study:

- Classroom - 5 days plus assessment
- Live Online - 5 days plus assessment
- Online - 48 hours of study
- Publications - Study Texts and Revision Guides
- In-company - Courses delivered worldwide

Assessment:

The course is assessed through a scenario based exam completed at home and a practical fire risk assessment carried out in your workplace.

Languages available: ENGLISH - SPANISH - PORTUGUESE



NEBOSH HSE Certificate in Process Safety Management

NEBOSH HSE Certificate in Process Safety Management is designed specifically for those with safety responsibilities in the process industries, such as oil and gas, chemicals, plastics and pharmaceuticals. The course has been developed through a collaboration between NEBOSH and the Health and Safety Executive (HSE) - the UK's Health & Safety Regulator.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate level qualification.

What you will study ?

UNIT PSM1: PROCESS SAFETY MANAGEMENT

Comprises four elements:

- Process Safety Leadership
- Management of Process Risk
- Process Safety Hazard Control
- Fire Protection and Emergency Response

With topics including:

- Establishment of process management systems
- Asset management and maintenance strategies
- Safe start-up and shutdown of process plant
- Performance standards for safety critical systems and equipment
- Hazards and controls
- Purpose and characteristics of emergency plans

Methods of study:

- Classroom – 4 days plus exam
- Live Online – 4 days plus exam > Online – 48 hours of study
- In-company – Courses delivered worldwide

Assessment:

The assessment consists of one 90 minute examination carried out online.

Languages available: ENGLISH - SPANISH - PORTUGUESE

NEBOSH Environmental Management Certificate

NEBOSH Environmental Management Certificate is designed to be globally relevant to cover a broad understanding of environmental management issues.

It provides a good overview of environmental management systems, including the relevant international standards and best practices for control of environmental hazards.

What you will study ?

UNIT EMC1: MANAGEMENT AND CONTROL OF ENVIRONMENTAL ASPECTS

- Foundations in Environmental Management
- Environmental Management Systems
- Assessing Environmental Aspects and Impacts
- Planning for and Dealing with Environmental Emergencies
- Control of Emissions to Air
- Control of Environmental Noise
- Control of Contamination of Water Sources
- Control of Waste and Land Use
- Sources and Use of Energy and Energy Efficiency

UNIT EMC2: ASSESSING ENVIRONMENTAL ASPECTS AND ASSOCIATED IMPACTS

- Classroom – 5 days plus exam
- Live Online – 5 days plus exam
- Online – 70 hours of study
- Publications – Study Texts and Revision Guides
- In-company – Courses delivered worldwide

Assessment:

The assessment consists of one examination completed at home and a practical assessment carried out in your workplace (or another suitable workplace)

Languages available: ENGLISH - SPANISH - PORTUGUESE



NEBOSH Level 6 International Diploma for Occupational Health and Safety Management Professionals

The NEBOSH International Diploma is a prestigious and demanding professional qualification for those wanting to advance their career in occupational health and safety. The NEBOSH Diploma is fast becoming recognised around the world as the global standard for health and safety professionals.

Entry requirement

The Diploma builds on the knowledge gained at NEBOSH Certificate level which is not taught in the Diploma but will form part of the assessments. It is therefore highly recommended that you have studied the NEBOSH General Certificate or equivalent level course before starting the Diploma.

The Diploma is only available in English language and NEBOSH recommends the minimum standard of English as the International English Language Testing System (IELTS): 7.0 or higher.

What you will study?

UNIT D11: KNOW - WORKPLACE HEALTH AND SAFETY PRINCIPLES (INTERNATIONAL)

UNIT D12: DO - CONTROLLING WORKPLACE SAFETY ISSUES (INTERNATIONAL)

UNIT D13: DO - CONTROLLING WORKPLACE SAFETY ISSUES (INTERNATIONAL)

Methods of study:

Online – Flexible, self-paced study, around 409 hours of study including assessments

Assessment:

Unit D11 is assessed by an assignment (in four parts - simulations, workplace based activities, reflective tasks and a research project).

Units D12 & D13 are assessed by a case study. Assessments will be available twice a year for each unit, with between 2-4 weeks (unit dependent) to complete the assignment and return it to NEBOSH.

Languages available: ENGLISH - SPANISH - PORTUGUESE

NEBOSH International Diploma in Environmental Management

The NEBOSH Diploma in Environmental Management has been designed for those responsible for the management of environmental risk, popular with safety professionals looking to expand their competence.

What you will study ?

UNIT ED1: CONTROLLING ENVIRONMENTAL ASPECTS

- Key environmental cycles and the effects of human activity on the environment
- Environmental leadership
- Environmental management systems and emergency planning
- Environmental risk evaluation and control
- Environmental performance evaluation
- Sustainability
- Waste management
- Managing emissions to the atmosphere
- Managing emissions to the water environment
- Control of environmental noise
- Hazardous substances and contaminated land
- Energy use

UNIT IDEM2: ENVIRONMENTAL REGULATION

Comprises 2 elements:

- Enforcement of environmental legislation
- Pollution prevention and control legislation

Methods of study:

Online – 235 hours of study

Assessment:

Unit ED1 is assessed by a 3-hour examination and Unit IDEM2 is a work-based Project

Languages available: ENGLISH - SPANISH - PORTUGUESE



NEBOSH Incident Investigation

This qualification is aimed at those who undertake simple incident investigations.

What will you study?

- Incident Investigation Terminology
- Human and Organizational Factors of an Incident and Accident
- The Process for investigating Incidents
- Positive Interview Strategies and Barriers to successful interviews
- Introduction to Advanced Incident Investigation Techniques

Study methods:

- Face to face - 1 day plus assessment
- Live On line - 1 day plus assessment
- be provided with an 'evidence pack' relating to an incident;
- be shown a short video that has three different interviews, one with the injured person and two with witnesses to the incident;
- be required to evaluate each of the interviews, noting good and bad practices relating to the PEACE interview model.
- be required to bring together everything you have learnt about the incident so that you can produce an action plan to help prevent recurrence of the incident.

You will be assessed on:

The application of the PEACE interview model for three separate witness interviews; and your ability to draw conclusions from the evidence that you have gathered by producing an action plan to try to stop recurrence of the incident presented.

Languages available: ENGLISH - SPANISH - PORTUGUESE



IOSH Safety, Health and Environment for Construction Workers

The IOSH Safety, Health and Environment for Construction Workers course has been designed as an interactive learning experience for construction workers worldwide.

This course is eligible for the UK CSCS Green Card or Labourer Card, which is required for entry to work on any civil or industrial construction site in the UK. To obtain this card, in addition to this course, you must also pass the CITB health, safety and environment test for operatives.

What will you study?

The course consists of the following five units:

- Setting the scene
- Local legislation and enforcement
- General workplace safety
- High-risk activities
- Health.

The first two units are much shorter than the last three.

Study methods:

- Face-to-face - 1 day including assessment
- Live On line - 1 day including assessment

Assessment

To successfully complete the course, students must take and pass a multi-format assessment test with a mark of 21 out of 25.

Languages available: ENGLISH - SPANISH - PORTUGUESE



IOSH Safety for Executives and Directors

IOSH Safety for Executives and Directors aims to provide directors/owners of small and medium-sized enterprises with an understanding of the moral, legal and business cases for health and safety management, and to give guidance on effective risk management.

What you will study?

- The Moral, Legal and Financial Case for Safety
- PLAN - Planning for Health and Safety
- DO - Delivering Health and Safety
- CHECK - Monitoring Health and Safety
- ACT - Reviewing Health and Safety

Methods of study:

- Classroom - 1 day
- Live Online - 1 day
- Online - 8 hours of study
- In-company - courses delivered worldwide

Assessment:

The course is assessed by three statements submitted by the learner

Languages available: ENGLISH - SPANISH - PORTUGUESE

IOSH Leading Safely

IOSH Leading Safely® is designed for Directors, Senior Managers and anyone with leadership responsibilities. The course focuses on coaching you to become an effective leader for health and safety.

What you will study ?

- Diagnosing your current behaviours (using a mobile app questionnaire before the course)
- Understanding safety and health leadership, its importance and key behaviours > Looking at when things go wrong - case studies
- Getting leadership right - case studies
- Actions and commitment - reviewing your behaviours and making personal commitments for change

Methods of study:

- Classroom - ½ day
- Live Online - ½ day
- In-company - courses delivered worldwide

Assessment:

IOSH Leading Safely is assessed by the quality of your personal action plan

Languages available: ENGLISH - SPANISH - PORTUGUESE



IOSH Managing Safely

IOSH Managing Safely® is designed for managers & supervisors across all industries. It provides essential knowledge and understanding of how to manage health & safety, and will ensure they understand their health & safety responsibilities and can perform their roles successfully.

What you will study?

- Introducing Managing Safely
- Assessing Risk
- Controlling Risks
- Understanding Responsibilities
- Understanding Hazards
- Investigating Incidents
- Measuring Performance

Methods of study:

- Classroom – 3 days
- Live Online – 3 days
- Online – 25 hours of study
- In-company – courses delivered worldwide, available in English

Assessment:

The assessment consists of one examination and a practical health and safety risk assessment of a workplace.

Languages available: ENGLISH - SPANISH - PORTUGUESE

IOSH WORKING SAFELY

IOSH Working Safely® is aimed at all employees and is designed to improve the safety culture within an organisation. It focuses on how individual actions contribute to health and safety in the workplace.

What you will study?

- Introducing Working Safely
- Defining Hazard and Risk
- Identifying Common Hazards
- Improving Safety Performance

Methods of study:

- Classroom – 1 day
- Live Online – 1 day
- Online – 8 hours of study
- In-company – courses delivered worldwide, available in English

Assessment:

The assessments comprise a multiple-choice and short-answer exam and a short project

Languages available: ENGLISH - SPANISH - PORTUGUESE



Specialist course in occupational hazards in the police and military field. Land and sea.

is a training action aimed at the Armed Forces, Armed Forces, Emergency Services, Civil Protection, Private Security, Occupational Hazard Services and any other public or private body or institution that operates with responsibility. International scope with specific developments at National level.

What you will study?

MODULE 1: BASIC CONCEPTS OF HEALTH AND SAFETY AT WORK.

- Introduction to the Prevention of Occupational Risks in the police field.
- Basic Regulatory Framework for the Prevention of Occupational Risks in the Workplace.

MODULE 2: GENERAL RISKS AND THEIR PREVENTION

- Risks related to Security Conditions in the Security Forces (Security Forces and Corps)
- Risks related to the Working Environment in the Armed Forces and Security Corps
- Workload, Fatigue and Job Dissatisfaction
- Elementary Systems of Risk Control: Collective and Individual Protection
- Basic Notions of Action in Emergencies and Evacuations
- First Aid
- 7. Control of Workers' Health

MODULE 3: SPECIFIC RISKS AND THEIR PREVENTION IN the Armed Forces and Security Corps

- Specific Risks in the Security Forces and Corps
- Ergonomics
- Use of Data Visual Display Displays (DDS) and Load Handling
- Industrial Hygiene

MODULE 4: BASIC ELEMENTS OF PREVENTION MANAGEMENT

- The Organisation of Prevention in the Company
- Basic Organisations of Occupational Risk Prevention Management
- Documentation: Collection, Elaboration and Archiving
- 60-hour course approved by Spanish and EU regulations.
- Basic level Occupational Risk Prevention Technician.

Study methods:

- Face-to-Face, two weeks
- Live On Line, four weeks
- eLearning: 60 hours

Evaluation:

By teachers during the course through practical exercises and final test.

Languages available: ENGLISH - SPANISH - PORTUGUESE



Human Error: Strategies and Reduction

Strategies for reducing human error in the workplace based on Canadian ergonomic experience and the British HSE. This course provides participants with a detailed overview of the limitations inherent in human cognitive abilities, covering aspects such as perception, attention, concentration, short and long term memory, among others. Participants will gain a deeper understanding of how these limitations can affect worker performance, increasing the likelihood of making mistakes. In addition, the so-called precursors of error will be examined.

What will you study?

- Factors influencing performance or precursors of human error.
- Sharit's accident and incident causation model.
- Perception: lighting, contrast, vision. Perception: noise, speech intelligibility, hearing.
- Working memory, attention and concentration. The myth of multitasking.
- Long-term memory, mental models and biases. Proper identification, labelling, barcoding.
- Error prevention by design: Poka Yoke. Part kitting methodology.

Study methods:

- Face-to-face - 1 day plus assessment.
- Face-to-face online - 1 day plus assessment

Assessment:

On the same day of the course through multi-answer test.

Languages available: ENGLISH - SPANISH - PORTUGUESE - FRENCH

Safety Culture: How to operationalise a cultural change process.

Elinor's extensive experience and the UK's health and safety regulatory body, the Health and Safety Executive (HSE), have inspired the development of a one-day qualification in Health and Safety Culture for those involved in the cultural transformation of organisations: safety specialists, senior and middle managers or those aspiring to this role.

What will you study?

- The British Safety Culture Maturity Model
- Corporate Governance
- Multilevel Leadership
- How to measure Safety Culture
- Survey (Safety Climate Tool HSE UK)
- The Risk Profile and the 5 levels of Safety Culture
- The Champion and the Change Agent
- Change Pathways
- Safety Performance Indicators
- Safety Culture Workshops
- Monitoring and Audits
- Case studies. Benchmarking

Study methods:

- Face to face - 1 day plus evaluation
- Live On line - 1 day plus evaluation

Assessment:

Assessment will take the form of reflective statements. These will show how the learner's knowledge, skills and behaviours can have both positive and negative effects on health and safety performance in their organisation.

Languages available: ENGLISH - SPANISH - PORTUGUESE - FRENCH



Mental Health First Aid in the Workplace and Outside the Workplace

This course is ideal for staff at all levels who wish to become a Mental Health First Aid Assistant to gain the knowledge and skills to spot signs of people experiencing poor mental health, have the confidence to initiate a conversation and guide a person to the right support.

What will you study?

The role of the Mental Health First Aider and self-care

- What influences mental health?
- What is anxiety?
- Crisis first aid
- Active listening and empathy
- What are eating disorders?
- What is self-harm?
- What is substance abuse?

Implementation of the Mental Health First Aid action plan

- What is depression?
- What is suicide?
- Crisis first aid
- What is psychosis?
- Recovery and lived experience
- Limits of the role of the Mental Health First Aid Assistant

Study methods:

- Face to face - 1 day plus assessment
- Live On line - 1 day plus assessment

Evaluation:

Theoretical and practical evaluation at the end of the day.

Languages available: ENGLISH - SPANISH - PORTUGUESE
- FRENCH

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