

Training prospectus Wincanton plc

Wincanton

ENABLING A PIONEERING SAFETY CULTURE
Health, Safety, Environment and Quality Training Prospectus

INTRODUCTION

Wincanton

Join us for innovative safety training

Pioneering, industry-leading visions and principles

Wincanton has a strong, industry-leading safety culture but that is not all. We have a library of courses that aim to keep **everyone** safe by blending tried and tested traditional teaching techniques with the latest technology to enhance the learning experience.

We recognise colleagues as our most valuable resource and our training not only develops their skills but also challenges them to change behaviour in themselves and others.

In this training prospectus you will see a wide range of courses available, delivered by our experienced and professional training team.

Together we can support and train your colleagues to be the best there is!

HSEQ Training Team Principles:

- Always engaging
- Tailored for you
- Responsive
- Continually improving
- Driving pioneering standards

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TRAINING COURSES

Wincanton

Health, environment and quality

Connecting with colleagues from shop floor to boardroom

Health

Mental Health First Aid

- Two days with assessment by tutor during role-play exercises
- Accredited by the Royal Society for Public Health
- Aimed at those with an interest in mental health or those that have taken a role such as Mental Health Champion

Mental Health Champions

- A one-day course assessed by tutor observation
- The workshop provides colleagues with discussion on current mental wellbeing challenges in their workplace, sharing experiences and good practice. Using interactive exercises, colleagues develop the confidence and acquire the strategies and tools to approach support mental wellbeing in the workplace

Back Care Workshop

- A two-hour session
- Workshop aimed at those carrying out manual handling activities or those who are in roles where posture has an effect on the health of the back and upper body

Stress Management and Resilience

- A half-day workshop
- Colleagues create an individual plan for building and sustaining their own personal resilience. A range of tools, strategies and techniques are explored and practised so colleagues are fully equipped to use this at work and in their personal lives

Sleep Awareness

- A half-day workshop
- Colleagues will be shown how to recognise the signs of sleep deprivation and the symptoms of sleep apnoea, where to gain support, how to manage the organisational risk and the role of the NHS

Conflict Resolution

- A one-day course assessed by tutor observation
- Using a variety of interactive exercises colleagues will be taken through recognising the early signs of conflict, causes of conflict, communication skills, conflict de-escalation techniques and what steps to take when conflict has passed

Innovation

SoterSpine: a training program to embed safe working behaviours through use of wearable technology

'I have never been on a course where there has been such a level of interaction between the attendees. Really good!'

Joseph Kieman,
Distribution Centre Manager

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TRAINING COURSES

Wincanton

Engagement is key, we see our training as a two-way street between colleague and trainer

COSHH Awareness

- One day
- The aim of this course is to equip colleagues with the knowledge and confidence to understand associated health risks and the benefits of following Wincanton's COSHH procedures

Control of Contractors

- One day
- Gives an understanding of how to deal with health and safety issues when managing contractors in the workplace along with an awareness of contractors' and employers' responsibilities. Note: this course does not cover the management of contractors in construction projects

Legionella Training – Responsible Persons

- One day with a 45-minute written assessment
- Refresher required within three years of completing the course
- Course aimed at those with responsibility for the management of building services, water systems and those that require an understanding of their responsibilities and legal requirements in relation to Legionella management and control

CDM Awareness Course One day course

- To ensure that colleagues understand the key aspects of CDM 2015 and how its application can aid a reduction in workplace risk and subsequently accidents and ill health during construction projects

RSPH Level 3 Award in Understanding how to Develop a HACCP Plan

- Three days with candidate assessment through a one hour written exam
- This course level is designed for all managers who are responsible/involved in managing or updating their sites HACCP plan (GM, AGM, SOM, Transport, SHEQ)

An Introduction to the Carriage of Dangerous Goods by Road

- A half-day course with no assessment required
- Aimed at FLT operators loading and unloading goods, Transport Managers and Traffic Office staff

An Introduction to the Carriage of Dangerous Goods by Sea

- A half-day course with no assessment required
- Aimed at Transport Managers, Traffic Office Staff, Administration personnel, packers, (un)loaders

BCP4Me User Update - Update on the use of Business Continuity Planning software

- Eight hours
- Course pre-requisites: Designed for the existing user who wants to improve / refresh their knowledge of the BCP software, Business Continuity planning and the operational requirements of maintaining an existing plan

'Enthusiastic delivery makes our job of listening and taking as much on board a great deal easier'

Michael Toppie,
General Manager

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ACTION

Wincanton

Taking the next step

Learning about safety from the UK's most innovative, effective and respected logistics company will give you the knowledge and confidence to implement safety in the workplace

To find out more about a trial or a demonstration or how we can tailor-make a course to meet the needs of you and your company, call or email us:

Call: +44 (0) 07971 229015
Email: hseq.training@wincanton.co.uk

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