

## Forthcoming course dates

### MARCH 2008

**6-7 & 10-11** First Aid at Work (*four-day course*)  
**12** Appointed Persons Course (*one-day course*)  
**26-27** Refresher Course (*two-day course*)  
**28** Appointed Persons Course  
**31** Manual Handling (*one day course*)

### APRIL 2008

**3-4 & 7-8** First Aid at Work  
**9** Appointed Persons Course  
**14-15** Refresher Course

### MAY 2008

**2** Appointed Persons Course  
**8-9 & 12-13** First Aid at Work  
**21** Appointed Persons Course  
**22-23** Refresher Course  
**30** Manual Handling

### JUNE 2008

**4** Appointed Persons Course  
**5-6 & 9-10** First Aid at Work  
**16-17** Refresher Course  
**18** Appointed Persons Course

### JULY 2008

**2** Appointed Persons Course  
**3-4 & 7-8** First Aid at Work  
**10-11** Refresher Course

### AUGUST 2008

**14-15 & 18-19** First Aid at Work  
**20** Appointed Persons Course  
**28-29** Refresher Course

### SEPTEMBER 2008

**17** Appointed Persons Course  
**18-19** Refresher Course  
**25-26 & 29-30** First Aid at Work

### OCTOBER 2008

**13-14** Refresher Course  
**15** Appointed Persons Course  
**23-24 & 27-28** First Aid at Work  
**29** Appointed Persons Course

## Manual handling course on offer

THE Safety Centre runs a manual handling course which aims to provide instruction in the principles of safer load-handling techniques and explain the legislative and physiological factors affecting manual handling operations.

By the end of the course, learners will be able to:

- Explain the role of relevant legislation and guidelines relating to safer moving and handling
- Describe how the musculo-

skeletal system can be used effectively to reduce the risk of injury and contribute to efficient moving and handling

- Explain safer handling principles and techniques
- State how they will safely and effectively solve moving and handling problems in their workplace

The next two dates are 31 March and 30 May. For more details, contact the Safety Centre on **01908 263009**.



IF you are over 16 and you can answer YES to the following questions we have a unique opportunity for you to do just that!

- Do I have a few hours to spare each week?
- Do I want to help young people?
- Do I want to widen my social circle and be in a fun environment?
- Do I want to improve my know-

ledge and pass on my existing knowledge?

We need volunteers at Hazard Alley, so come and join us – we will train you, pay some expenses, and provide a truly rewarding experience. To get a flavour of how you could become involved, come along for an informal chat and see for yourself Monday to Friday between 10am and 3pm.

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■ We strive to be a "Centre of Excellence for Safety Education". We are a registered charity and rely heavily on volunteers



*and donations. The Safety Centre is very much a partnership venture which only works because of the invaluable support from the community as well as a team of dedicated staff.*

■ Newsflash is produced by the Safety Centre with help from Buckinghamshire Fire & Rescue Service and Thames Valley Police.