



Health and Safety

SHE Knows...

all **YOU** need
to know about

H&S



www.she-knows.com
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SHE Knows... all YOU need to know about H&S

Are you looking for a dedicated and hardworking Health and Safety company?

SHE Knows Ltd. is an independent organisation based in Hull, East Yorkshire, providing safety training, NVQs and professional consultancy services nationwide and abroad. We boast a wealth of experience across in health, safety, environment, and fire management.

We are proud to partner with a team of seasoned safety professionals with real-world expertise to deliver a comprehensive repertoire of worker certification programs and consultancy services, designed to meet the demands of companies across a range of sectors.

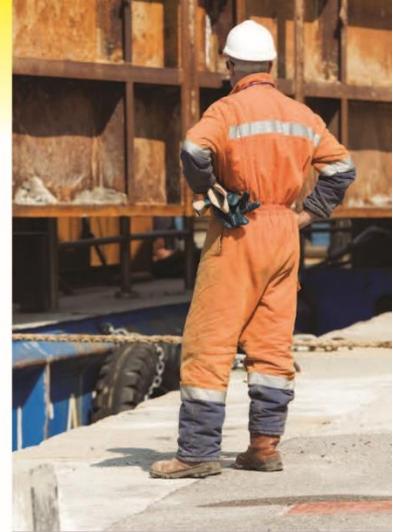
We take immense pride in our commitment to excellence, always going the extra mile to meet the needs of our clients. Rest assured, when you choose SHE Knows, you can expect exceptional service **every time, without fail.**

Get in touch to find out more. You'll be glad you did!

Linda Crossland-Mead *Director*
CFIOSH iMaPS MIIRSM Dip.RSA

Brian Crossland-Mead *Director*
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Our Beliefs

We passionately believe in giving our clients the very best service and solutions available. This means never losing sight of your objectives and goals, and putting the outstanding success of your project and training at the forefront of what we do. We aim to go above and beyond **every single time**.

We understand that you may have existing relationships and preferred supplies, but we have to ask: **If there was a company who could do it better, wouldn't you be interested?**

We are very confident in our abilities, and experience has shown us that once you use us, you will not look back.

Our People

We are proud to collaborate with individuals who are uniquely qualified and boast years of hands-on practical experience under their belts. This means our clients benefit from unparalleled service and confidence in our offerings.

We firmly believe that people make the business what it is, so we are dedicated to investing in the development of our colleagues, facilitating their growth, and allowing them to reach their full potential.





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But don't just take our word for it...

*"Linda was **exceptional** in her performance. I know that there is always room for improvement, but in Linda's case, there really wasn't."*

Anonymous feedback from NVQ candidate questionnaire

*"It has been a pleasure working with Brian. His work has been **thorough, detailed, and well researched.**"*

Roger Dawley - Ongo (Consultancy client)

*"If every course was as relaxed, fun, **interesting and informative** as yours, I think most people would want to learn more and inwardly ingest more in life."*

Lee Smith - Attended IOSH Managing Safely

*"Everyone has been **extremely helpful**, always made time to answer any queries and offered great advice along the way!"*

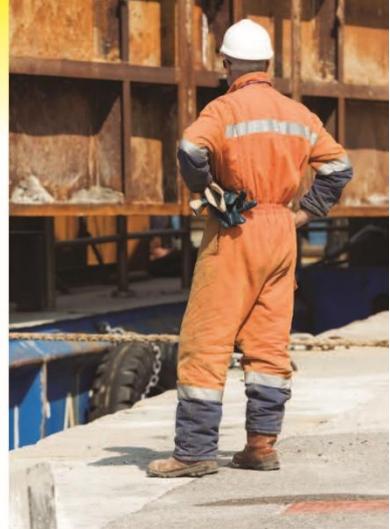
Jamie Hales - NVQ Level 6 candidate

*"It was such a pleasure working with you and as always, you have been fantastic! ... A real source of information, **exactly what we needed**, and also super lovely which always helps"*

Rebecca Gouldborne – Feedback from site inspection at OodleFest



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SHE Knows Training

We provide training in a wide range of areas, covering topics such as:

- ✓ CCNSG
- ✓ IOSH
- ✓ Training for CSCS cards
- ✓ Confined Space Entry
- ✓ Fire Marshall
- ✓ Working at Height
- ✓ Abrasive Wheels
- ✓ Face Fit Train the Trainer
- ✓ Manual Handling
- ✓ Asbestos Awareness
- ✓ Legionella
- ✓ CDM
- ✓ COSHH
- ✓ First Aid

We are also able to provide bespoke packages for your business needs, get in touch to find our more.

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SHE Knows Consultancy

Many businesses, particularly small and medium-sized companies, do not employ a specialist health and safety officer or manager, so using a consultancy service such as the one offered by SHE Knows can be a cost-effective way of managing your health and safety risks.

Consultants provided by SHE Knows have many years of practical experience in providing all workplace risk assessment, policies, auditing, and safety training. They are available to provide support and advice on whatever health and safety issues you may have at a realistic and affordable price point, whilst keeping you compliant with UK and International safety regulations.

SHE Knows Training

As one of the UK's leading health and safety providers, we deliver training over a wide range of health and safety disciplines for the workplace across all industry sectors.

Our health, safety and environment courses provide the simplest way for businesses to ensure they meet the necessary legal requirements and maintain a safe working environment.

We work with tutors from a variety of backgrounds, bringing their knowledge and experience to the classroom, giving you the confidence that the course content is correct, relevant, and practical.

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ECITB CCNSG
National
Safety
Passport
(2 day course)

ECITB CCNSG

The **ECITB CCNSG Safety Passport** is the nationally recognised safety card across the UK engineering construction industry and is therefore a necessity for any engineers or contractors who need to gain access to ECITB controlled sites.

As an approved ECITB learning provider, we are able to offer the two-day ECITB CCNSG National Safety Passport course necessary to achieve this card.

Once this has been issued, the card is valid for three years before it needs to be renewed.

ECITB CCNSG
Safety
Passport
Renewal

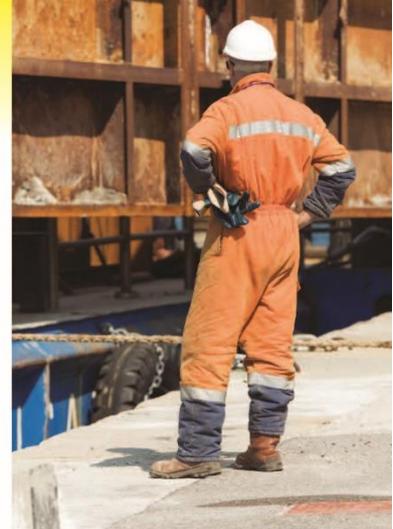
ECITB CCNSG
Leading a
Team Safety
(LaTS)



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Client Contractor
National Safety Group





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ECITB CCNSG Safety Passport Renewal

The ECITB CCNSG Safety Passport can be renewed up to six months before the expiry date. The three year extension is added on to the remaining time. Lapsed candidates must re-sit the 2-day National course.

There are two ways to renew your Safety Passport, and we offer both:

- ✓ **ECITB CCNSG Refresher:** This one-day course offers a thorough review of the syllabus, revisiting key concepts and best practices, with two paper-based tests. This option is ideal for those seeking a comprehensive refresh of their knowledge.
- ✓ **ECITB CCNSG Online Test - with Revision:** After a thorough review of the course syllabus with an approved CCNSG Tutor (hence “with revision”), candidates will sit a computer based test. This session lasts approximately 3 hours, so it can be completed in less than half a day. Candidates must be confident in reading, writing and use of a computer.

ECITB CCNSG Leading a Team Safely

ECITB CCNSG Leading a Team Safely (LaTS) is a one-day course aimed to provide an essential introduction to managing small teams within the context of health and safety in the engineering construction industry.

Candidates who wish to sit this course must already hold a current CCNSG Safety Passport.





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IOSH

IOSH is the chartered body for health and safety professionals.

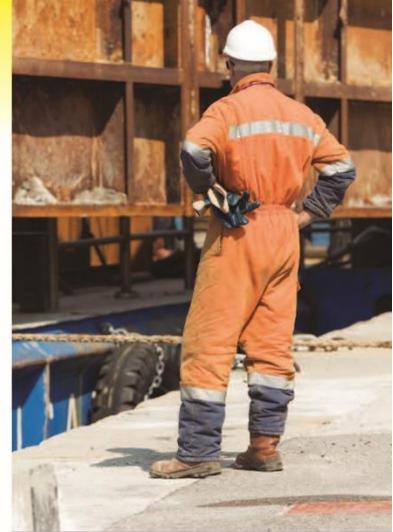
We are an approved training centre with IOSH, giving our experienced tutors the ability to offer IOSH training courses at our facility in Hull, as well as business premises across the UK.

All courses provide jargon-free comprehensive and practical information, with step-by-step guidance backed up by case studies, scenarios from real-world situations, and interactive games and quizzes.

All candidates who complete their course will receive an internationally recognised IOSH training certificate.



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Working Safely

This one-day course is aimed at front-line staff, at any level and in any sector and is designed to help raise health and safety awareness and improve the safety culture of an organisation.

There are four compulsory modules to this course include outlining occupational safety and health, defining hazard and risk, identifying common hazards and improving safety performance.

Successful candidates are awarded an IOSH Working Safely Certificate.

Managing Safely

Suitable for any manager or supervisor, in any sector, this three day course is designed to give candidates the knowledge and tools to tackle the health and safety issues they are responsible for.

Over the three days candidates will learn about assessing and controlling risks, understanding hazards, their responsibilities in the workplace, investigating incidents and measuring performance.

Successful candidates are awarded an IOSH Managing Safely certificate.

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APPROVED
CENTRE

**Level 3
Certificate in
Occupational
Health and
Safety**

**Level 5
Diploma in
Occupational
Health and
Safety Practice**

**Level 6
Diploma in
Occupational
Health and
Safety Practice**

Health & Safety NVQs

Health and safety NVQs have become very popular within the safety industry in recent years, with candidates being able to complete their portfolio evidence alongside their day-to-day work, with no exams!

Completion of these qualifications allows candidates to apply for TechIOSH or CertIOSH membership, depending on the completed NVQ level.

SHE Knows are proud to be an approved centre with City & Guilds, allowing us to provide NVQs across a range of levels.

We supply our candidates with an NVQ workbook which provides them with a “route map” to get them through the qualification, making evidence collection straightforward and easy.



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Health and Safety NVQs

Our friendly team of assessors are there for the learner from start to finish and are happy to give advice and helpful nudges to keep the ball rolling. Our assessors are approachable and easily accessible via email, WhatsApp, LinkedIn etc and are highly experienced in the field of health and safety. Having been in the learner's shoes themselves, they know what they are going through!

Assessors are backed up by our IQA team who undertake regular reviews to assure quality and compliance with the standards of the awarding body – this means candidates know they are being treated fairly and equally.

NCRQ Conversions and RPL of other learning

We have experience in taking work from previous qualifications and using this towards Health and Safety NVQs. Partway through a NEBOSH diploma, not getting along with it and want to explore other options? We can help you put the work you have already completed towards your NVQ. Completed your Level 5 Diploma and interested in doing the Level 6? We can help reduce the amount of work you need to do by using evidence you have already produced.

We are proud to have been trusted by candidates who were hit by the collapse of NCRQ and had already started working on their assignments. We helped them achieve their Level 6 Diploma by using their completed work as evidence. This meant it didn't go to waste, and they were able to achieve the qualification they deserved.



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Which NVQ is right for me?

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NVQ Level 3 Certificate in Occupational Health and Safety

- Equal to **NEBOSH General Certificate**
- For those who are **starting their careers** or hold a **supporting H&S role**
- Allows achievers to apply for **TechIOSH** (with 1 years experience)

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NVQ Level 5 Diploma in Occupational Health and Safety

- For those in the **early stages** of their H&S management career
- Candidates should be **regularly taking part** in H&S site inspections, risk assessments and training in their role

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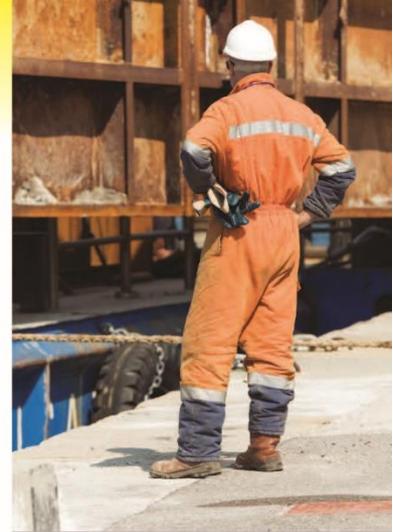
NVQ Level 6 Diploma in Occupational Health and Safety Practice

- Equal to **NEBOSH Diploma**
- Candidates should hold a **Level 3 H&S qualification** or higher
- Learners should be undertaking a **substantial H&S role** including budget responsibility
- Completion allows achievers to apply for **CertIOSH**

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NVQ Level 7 Diploma in Strategic Health and Safety Management

- Candidates should be in a **managerial role**
- Aimed at learners who are responsible for **developing and applying** health and safety procedures in a **strategic manner**





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City & Guilds Accredited Training

As an approved C&G training centre, we are able to offer the following courses:

Our **L2 Award in Sustainability and the Green Environment** is designed to help learners develop or improve their understanding of the environment, climate change and sustainability.

The **L3 Award in the Requirements for Electrical Installations** is aimed at practicing electricians to update and build their understanding of the 18th Edition of the IET wiring regulations.

The **L3 Award in Initial & Periodic Inspection & Testing of Electrical Installations** builds on the L3 Requirements Award to expand skills

