

ARCA has partnered with iHASCO, a specialist eLearning training provider, to offer members a selection of health and safety eLearning courses.

Through this partnership ARCA members can gain a discount on course fees and iHASCO offers free trials.

The eLearning courses available are:

- [Abrasive Wheel Safety](#)

This online training course was designed for employees who handle, operate, and maintain abrasive wheels in the workplace. Covering the dangers, legal responsibilities, and inspections of abrasive wheels, this course aims to leave the user confident in their day-to-day duties working towards compliance with PUWER (Provision and Use of Work Equipment Regulations 1998).

Abrasive wheels can be extremely dangerous if not used correctly, and this course should not be used instead of practical training, but rather to work alongside practical training to ensure the user understands their legal responsibilities.

- [Electrical Safety](#)

Electricity is the main cause of over 15,000 fires per year, so it is apparent that there is an element of danger associated with its use. For this reason, it is essential that those who use electrical appliances at work understand how to safely use and maintain these devices.

Our online training course helps the user work towards legal compliance with current legislation, and also how to react in an emergency and deal with electrical injuries and burns.

- [First Aid Appointed Person](#)

This online training course is designed for the use of an organisation's First Aid Appointed Person(s) and helps them to work towards compliance with The Health and Safety (First Aid) Regulations 1981.

This course aims to help them understand legislation surrounding their role, their responsibilities, and what information they need when speaking to emergency services.

- [Hand Arm Vibration Awareness](#)

Employees who are frequently exposed to vibrations are in danger of becoming a victim of effects that are accumulative, progressive, and irreversible. These effects are preventable as long as the person is trained on how to reduce harmful exposure to vibrations.

This course looks at how to recognise the early signs of HAVS and what to do to make sure the damage doesn't become permanent. Additionally, it covers both the employers and employees responsibility when working towards compliance with The Control of Vibration at Work Regulations 2005.

- [Ladder Safety](#)

In the UK, ladders account for roughly 40% of accidents that are a result of falling from height. Evidently, employers need to provide their staff with the knowledge on how to safely use a ladder, as well as how to conduct a pre-check before using a ladder. This, in turn, will help organisations to reduce the risk of a fall from height occurring.

This online training course helps organisations work towards compliance with the Work at Height Regulations 2005 by helping the user to understand the things they need to do before they use a ladder, as well as during use.

- [Manual Handling](#)

This Manual Handling Training course teaches users to understand what is meant by safe manual handling. Competency in safe carrying and lifting techniques for the workplace is a legal requirement, and this course provides the user with everything they must know.

This eLearning course can help to ensure that employees are following best practices and can help reduce the chances of injuries in the workplace as a direct result.

- [PUWER](#)

This online training course teaches the user how to keep safe when using work equipment. It aims to help organisations work towards compliance with PUWER (Provision and Use of Work Equipment Regulations 1998).

The course will help the user to understand how to properly maintain equipment, what equipment PUWER applies to, and will also help them to show commitment to the regulations.

- [Working at Height](#)

As the leading cause of death in UK workplaces, falls from height are accidents that can be avoided if proper health & safety practices are strictly followed. It is essential that those who work from height, and those who supervise it, understand how to prevent accidents from happening.

This online training course teaches the user about their legal responsibilities when working from height, and what their employer is responsible for. Additionally, the course helps the user to understand the risks associated with working at height and how you can prevent accidents from happening.

For further information or to request a trial please contact iHASCO directly via the link on the ARCA website.