Construction Health and Safety

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Construction Health and Safety is a five-day practical course delivered by Mars Training Centre UK across its international centres in London, Dubai, Doha, Dammam and Kuala Lumpur — for construction managers, project directors, HSE professionals and consultants working on building, civil engineering and major infrastructure projects.

Construction remains one of the most hazardous industries in every country that measures it. Working at height, lifting operations, ground works, plant and equipment movement, temporary works, and the management of multiple contractors on a single site produce a hazard profile that no other industry shares. The discipline of construction safety is built around managing those hazards across the project life cycle — from concept design through procurement, construction, commissioning and handover.

Across five focused days you work through the major risk areas of construction, examine the British approach to construction safety regulation, and practise the documentation, planning and supervisory work that competent construction safety requires. The course draws on British and international construction practice and is built for delegates working on projects ranging from commercial buildings to large infrastructure.

What You Will Learn

- Explain the British construction safety regulatory framework and its international equivalents.
- Identify the major hazard categories on a construction site and assess their risks.
- Apply the construction-safety roles of client, principal designer, principal contractor and contractor.
- Plan and approve method statements and risk assessments for high-risk activities.
- Manage work at height, lifting operations, excavations and confined-space work.
- Coordinate the safety of multiple contractors operating on a single site.
- Manage temporary works and the design-to-execution interface.
- Lead a construction safety inspection or audit on a live site.
- Investigate a construction incident and identify management-system causes.
- Build a personal action plan for raising construction safety performance.

How You Will Benefit

You will leave with a working command of construction safety practice, a structured supervisory toolkit for live sites, and a Mars Certificate of Completion.

Your organisation will gain construction managers and HSE staff capable of running safer sites, better contractor coordination, more credible engagement with clients and regulators, and a deeper bench of competent construction safety leaders.

Who This Programme Is For

The course is designed for construction project managers and project directors; site managers, site engineers and site supervisors; HSE managers and advisers in construction and infrastructure; principal designers and design managers; contractor and subcontractor safety leads; quantity surveyors and commercial managers with safety responsibilities; and client representatives commissioning construction work. The seniority floor is supervisor or project engineer level and above, with construction experience.

Much of the week is spent on documentation that has to survive contact with a live site — method statements, lift plans, permit interfaces and inspection regimes — because the gap between what the plan says and what the site does is where construction incidents are generated.