



# Human behaviour and safe working 3 hour programme



## **Course Aims**

To increase your understanding of the interaction between systems and people and the development of a positive behavioural safety culture

## **Course Objectives**

By the end of this training programme, delegates will be able to;

- Give examples of health and safety system controls
- Give examples of typical causes of accidents
- Outline the differences between conscious, sub conscious and unconscious minds
- Describe conscious overload
- Explain why people make slips and mistakes
- Explain the effects of repetition on the sub conscious mind
- Identify the making and breaking of habits
- Help to develop a reminder culture to prevent accidents

## **Who will benefit from this training course?**

This programme is for employers, supervisors, employees and self employed people. It explains why people have slips, lapses and make mistakes. It also shows that working together we can enhance a reminder culture that will affect peoples behaviour and make accidents less likely.

## **Course Outline**

Causes of accidents

Blunt end and sharp end failures

Swiss cheese model of system failure

Conscious mind, subconscious mind and unconscious mind

How the brain works

States of mind Beta, Alpha, Theta and delta

Behaviour conditioning

Cognitive behaviour

Belief, expectation, attitude and behaviour

Social calibration

Developing good habits

Safe behaviour

Developing a reminder safety culture

## **Training Methods**

Lectures, discussions and practical exercises.

## **Delegate numbers**

Up to a maximum of 10 delegates

## **Programme times**

0900 to 1200 noon or 1300 to 1600

## **For more information**

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## **Alan Bunting Dip NEBOSH. Grad IOSH. MIIRSM.**

Trainer and safety consultant, has been involved in training for over 30 years, leaving the Governments' Skills Training Agency as a higher instructional officer in 1992 to set up his own Training and Safety Services.

He is a safety advisor to a number of small/medium size businesses in the Norwich and Norfolk area and assists them in the completion of safety policies, general risk assessments, noise risk assessment and hearing tests. He also provides specially designed tool-box training sessions for his clients so that his training is always relevant to the client needs.

### **Training sessions include:**

Accident investigation, Asbestos awareness, Compressed air safety, Control of substances hazardous to health, Display screen equipment, Electrical safety, Fire warden training, Hand arm vibration, Human behavioural safety, Human Kinetics, Manual handling, Noise awareness, Permit to work, Provision and use of work equipment, Risk assessment, Safety leadership, Safety Policy, Safe use of lifting equipment, Working at height, Workplace safety, Work related upper limb disorders.

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