



# NEBOSH International Diploma

NEBOSH INTERNATIONAL DIPLOMA  
IN OCCUPATIONAL HEALTH AND SAFETY



## RRC Training

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# Valuable skills, valuable training

## RRC delivering real value in health, safety and environmental training

We know that people who choose RRC's training courses do so because they want the best course and the best service available in HSE training. How can we be so sure that we offer that?

- Our experience: for over 80 years, RRC has been developing and delivering innovative training programmes to individuals wanting to develop their skills and careers, and companies needing to improve performance.
- Over a million successful students and thousands of businesses have chosen RRC as their preferred provider meaning that you can be sure that your hours of study will be well spent.
- We offer a broad range of bespoke RRC health, safety, environmental and quality management training that includes externally accredited courses from NEBOSH, IOSH, CIEH, IEMA, IOA, ConstructionSkills and CQI, as well as numerous online short courses.
- RRC offers flexible learning solutions, which include face-to-face teaching, e-learning, distance learning and a combination of each of these. We will talk to you about your situation and ensure we match your needs to the best training technique for you.
- Full use is made of the latest technology in order to ensure that the course you choose from RRC remains at the forefront of HSE training, future-proofing your qualification.
- Our approach to course development sets us apart, in that our team comprises not only tutors who are experts in their chosen subjects but also experienced educationalists who ensure that the courses are written to allow you the best studying experience on the market, which in turn gives you the best possible of exam success.

With students in more than 80 countries, we pride ourselves on our international reputation for providing relevant, credible and personalised training anywhere in the World, with a local exam centre to complete the service.

Whether it is an off-the-shelf course or a bespoke programme designed to meet the specific needs of you or your business, RRC can develop and deliver it how, where and when it suits you.

## Excellence

RRC Training works with you to create training solutions to suit your needs. Our Training Advisors are here to ensure you choose the best course for yourself from our comprehensive range of health, safety, environmental and quality courses. These include NEBOSH, IOSH, CIEH, IEMA, IOA Construction Skills and CQI programmes as well as shorter, more generic courses designed to meet the specific needs of businesses. You can spend from 30 minutes to five days on one of our courses. We cover all elements of health and safety, and our courses can be easily adapted to suit your specific requirements and incorporate the policies and procedures of your business.

As well as being ISO 9001 accredited, RRC is also accredited by the Open and Distance Learning Quality Council, and is a member of the European Association for Distance Learning and the British Institute for Learning and Development, giving you further assurance of the quality of our courses.

## Expert

RRC's qualified and experienced trainers are the best in the business; their knowledge and experience is key to the success we have in delivering training that is appreciated and enjoyed by students, and produces the results they need. RRC consistently achieves pass rates which are significantly above average, and our high numbers of distinctions and credits are rising all the time. All the best trainers want to work with us because we are the leading training company in this field with eighty years experience of developing courses which ensure the best pass rates for students.

## Value

Study and revision are facilitated by our extensive and easy-to-use study materials, which have been written specifically for the syllabus by our excellent tutors who also act as consultant sources of information and reference. Only RRC develop courses like this, which means we give you value for money and value for your study hours. We take your study time seriously and ensure our courses are written to make the most of each hour.

We offer face-to-face revision workshops designed to help with last-minute exam preparation and ensure that candidates know exactly what they will face on the day. Our revolutionary 'Programmed-to-Pass' is an online revision tool that leads candidates through the entire revision process, explaining exactly what needs to be done to achieve success. It is the only one on the market and it does exactly what it promises, for students.

## Innovation

Our website [www.rrc.co.uk](http://www.rrc.co.uk) provides a wealth of useful resources, many of which are completely free:

- A tutor blog providing an expert view on the latest news, a must for students and practitioners alike
- Technical updates providing information on recent legislative changes
- The RRC podcast series offering a light-hearted approach to health and safety issues
- Free downloads and resources, aimed at all those involved in HSE



# More choice, more support, more flexible learning

## 80 years of excellence

RRC have a long and successful track record. 80 years ago we were pioneers and innovators in distance learning and over 30 years ago we launched our first health and safety qualification programme. Over the years, well over a million students have enjoyed success with RRC and continue to do so. So what makes us different?

## Choice of how you study

RRC offers more choice than any other NEBOSH provider so you can choose the method that best suits you.

- Face-to-face – In-Company
- Flexible Learning
- e-Learning
- Distance Learning
- Blended Learning - Bahrain & Dubai

## Choice of where and when you study

With our flexible learning courses, you can study at anytime, anywhere in the world.

Our face-to-face venues include London, Birmingham, Newcastle, Bahrain & Dubai, or wherever you want it to be if you book an in-company course. Our tutors are intrepid and travel all over the world to deliver their top quality training.

## Expert support

One of the many areas where RRC differ from others is in the unlimited support we provide to our students. Our e-mail and telephone tutor support network is available to all students right up to their exam.

Our team of 30 HSE experts deliver our courses, support our students and help to develop and maintain our materials. They are all fully qualified and are an effective mix of academics, practitioners, consultants and NEBOSH examiners.

Customer Advisers are available to answer any administrative queries and take the hassle out of organising your exams so you can just concentrate on passing them.

## Quality up-to-date study materials

RRC's courses are developed by a dedicated in-house team working to exacting standards. Only the very best subject experts are commissioned as writers.

Unlike most static texts, RRC's materials are updated constantly, with major revisions notified quarterly.

RRC's learning materials are so well respected that they are used by many colleges and institutes, both in the UK and internationally.

## Full exam arrangement service

We have a team dedicated to making sure our students' exam arrangements go smoothly. If you book your exam with RRC, we make all the necessary arrangements, whether you are sitting in London, Mumbai or Sydney.

What is more, if we do not offer a centre near you we will do our best to find you a suitable exam venue, whether in the UK or overseas.

### UK EXAM CENTRES

RRC run our own exam centres in London, Birmingham, Chorley, Newcastle and Glasgow.

We also have long term, excellent working relationships with many UK NEBOSH exam centres so if our centres are not convenient, let us know and we will offer you a choice nearer to home.

### WORLDWIDE EXAM CENTRES

Last year RRC arranged and ran exams in 80 countries using British Councils and other networks of exam centres.

Whilst we cannot promise that we can arrange your exam in every country in the world, we will go out of our way to meet your needs.

## Value for Money



There are no hidden costs with RRC. We will tell you what the course and the exams cost and exactly what you get for your money.

There are no unpleasant surprises when you come to sit your exam.

Our pricing is designed to provide value for money.

For our flexible learning customers, we also offer a 30-Day Money Back Guarantee so you can buy with confidence.

If the course is not for you, simply return the course and get your money back.



# RRC's NEBOSH International Diploma

## NEBOSH

The National Examination Board in Occupational Safety and Health has a reputation that is second to none for providing academically rigorous training, which is why it is still the preferred awarding body for many sectors. NEBOSH offer a wide range of professional qualifications, all of which provide the perfect grounding for a career in health and safety.

RRC currently offer two NEBOSH International Courses:

- NEBOSH International General Certificate in Occupational Health & Safety
- NEBOSH International Diploma in Occupational Health & Safety

## NEBOSH INTERNATIONAL DIPLOMA IN OCCUPATIONAL HEALTH AND SAFETY

This qualification is for aspiring health and safety professionals building directly upon the foundation of knowledge provided by the NEBOSH International General Certificate. It is designed to provide students with the expertise required to undertake a career as a safety and health practitioner, wherever in the world they may be working.

## Entry Requirements

The NEBOSH International Diploma syllabus assumes a broad basic knowledge of health and safety. The Diploma is assessed at Level 6 (UK Qualifications framework) which is the same standard as a Degree programme. It is therefore highly recommended that those seeking to start the Diploma should have achieved a NEBOSH Certificate (or equivalent Level 3 qualification in health and safety) before starting the Diploma programme.

RRC will accept holders of the following qualifications for direct entry to their programmes:

- NEBOSH International, National General, Construction and Fire Certificates; National Diploma (Part 1)
- A degree or postgraduate diploma in a relevant subject (e.g. health & safety, occupational health or environmental health)
- NVQ Level 3/4 in Health & Safety in the Workplace or Occupational Health & Safety Practice

Others wishing to join the programme will need to complete a detailed assessment form providing evidence that they have the broad basic knowledge of health and safety assumed in the Diploma Syllabus.

## Work-Based Assignments

Students enrolling on the Diploma must be working in, or have access to, a suitable workplace to enable them to complete their assignments. If you have any concerns about your ability to fulfil this requirement, please contact us at RRC and one of our Training Advisers will be able to help you.

The NEBOSH International Diploma programme is divided into five units, only four of which are assessed. You must complete all units within 5 years to achieve the NEBOSH International Diploma in Occupational Health and Safety:

### UNIT IA: INTERNATIONAL MANAGEMENT OF HEALTH AND SAFETY

- 1 Principles of health and safety management
- 2 Loss causation and incident investigation
- 3 Identifying hazards, assessing and evaluating risk
- 4 Risk control and emergency planning
- 5 Organisational factors
- 6 Human factors
- 7 Regulating health and safety
- 8 Measuring health and safety performance

### UNIT IB: INTERNATIONAL CONTROL OF HAZARDOUS AGENTS IN THE WORKPLACE

- 1 General aspects of occupational health and hygiene
- 2 Principles of toxicology and epidemiology
- 3 Hazardous substances – evaluating risk
- 4 Hazardous substances – preventive and protective measures
- 5 Hazardous substances – monitoring and maintenance of control measures
- 6 Biological agents
- 7 Physical agents 1 – noise and vibration
- 8 Physical agents 2 – radiation and thermal environment
- 9 Psycho-social agents
- 10 Ergonomic agents

### UNIT IC: INTERNATIONAL WORKPLACE AND WORK EQUIPMENT SAFETY

- 1 General workplace issues
- 2 Principles of fire and explosion
- 3 Workplace fire risk assessment
- 4 Storage, handling and processing of dangerous substances
- 5 Work equipment
- 6 Machinery safety
- 7 Mechanical handling
- 8 Electrical safety
- 9 Safety in construction and demolition
- 10 Environmental pollution and waste management

### UNIT ID: INTERNATIONAL APPLICATION OF HEALTH AND SAFETY THEORY AND PRACTICE

This unit comprises an 8,000-word assignment for submission after completion of units A, B and C.

# NEBOSH International Diploma – more information

| International Diploma in Occupational Health and Safety |  |  |                   |  |
|---|--|--|-------------------|--|
| <b>Face-to-Face</b>                                     | Dates  | Currently only available In-Company  |                   |  |
|   | Duration Excluding Assessment  |  | <b>Class Room</b> | <b>Private Study (approximate)</b>   |
|   |  | <b>Full Course</b>   | 35 days (7 weeks) | 225 hours  |
|   |  | <b>Unit IA</b>   | 15 days (3 weeks) | 70 hours   |
|   |  | <b>Unit IB</b>   | 10 days (2 weeks) | 50 hours   |
|   |  | <b>Unit IC</b>   | 10 days (2 weeks) | 50 hours   |
|   | <b>Unit ID</b>   | –  | 55 hours          |  |
| Venues  | In-Company   |  |                   |  |
| <b>Blended Learning</b>                                 | Dates  | Bahrain & Dubai - Call for dates   |                   |  |
|   | Duration Excluding Assessment  |  | <b>Class Room</b> | <b>Private Study (approximate)</b>   |
|   |  | <b>Full Course</b>   | 15 days (3 weeks) | 350 hours  |
|   |  | <b>Unit IA</b>   | 5 days (1 week)   | 135 hours  |
|   |  | <b>Unit IB</b>   | 5 days (1 week)   | 80 hours   |
|   |  | <b>Unit IC</b>   | 5 days (1 week)   | 80 hours   |
|   | <b>Unit ID</b>   | –  | 55 hours          |  |
| Venues  | Bahrain, Dubai & In-Company  |  |                   |  |
| <b>Distance and e-Learning</b>                          | Dates  | Start at any time  |                   |  |
|   | Duration Excluding Assessment  | <b>Full Course</b>   | 475 hours         | Private study is included in the total study hours. For the full course you will have 24 months to complete. On enrolment you will nominate your Unit IA exam date, nominating the Unit IB & IC exam dates and Unit ID submission date at any time during your studies. For enrolment on single units you will be supported until your nominated examination date. |
|   |  | <b>Unit IA</b>   | 170 hours         |  |
|   |  | <b>Unit IB</b>   | 115 hours         |  |
|   |  | <b>Unit IC</b>   | 115 hours         |  |
| <b>Unit ID</b>  | 56 hours   |  |                   |  |
| <b>Exam/ Assessment</b>                                 | Requirement  | Units IA, IB and IC are each assessed by a 3 hour examination and Unit D by an assignment which takes around 55 hours to complete.               |                   |  |
|   | Dates  | Exams are held in January and July each year.  |                   |  |
|   | UK Venues  | RRC Centres – London, Birmingham, Chorley, Newcastle and Glasgow   |                   |  |
|   | Worldwide Venues   | All arrangements made by RRC<br>Bahrain – RRC Middle East<br>Dubai – RRC Middle East<br>British Council offices and other exam centres worldwide |                   |  |
| <b>Continuing Professional Development</b>              | On successful completion of the course, you will have met the academic requirements for membership of: <ul style="list-style-type: none"> <li>• The Institution of Occupational Safety and Health (Grad IOSH)</li> <li>• The International Institute of Risk and Safety Management (MIIRSM)</li> </ul> You will also be entitled to use the post-nominal IDipNEBOSH. |  |                   |  |

# Studying with RRC – Flexible Learning

## Flexible learning solutions

We take learning seriously at RRC and have thought long and hard about how people learn best. This has been translated into the flexible learning solutions we offer. We also have dedicated Training Advisors based in London who will help you choose the right style of learning for you and your needs.

All of our home study courses incorporate the same key features:

- Flexibility – enrol at any time and work at your own pace to meet your chosen exam dates
- Unlimited tutor support – access to expert tutors who will answer queries and provide personalised feedback
- Bite-sized approach – course topics presented in manageable units
- Clear, easy to use course materials – designed specifically for self-managed study, closely following the structure of the syllabus
- Mock assessments – to test your progress, help you prepare for the final assessment and allow your tutor to provide feedback on how you are doing
- Exam venues available throughout the UK and worldwide

## E-Learning

RRC's unique e-Zone makes us the leading expert provider of NEBOSH e-learning. Our easy-to-use system provides an effective learning environment that gives you everything you need to successfully pass your chosen course. All you need is your PC and an internet connection and off you go.

In addition to the above, studying through the RRC e-Zone offers you:

- Global availability – 24/7 access from anywhere in the world via an internet connection, with no software to install.
- A complete electronic set of RRC's highly respected course materials, downloadable direct from the e-Zone
- Full access to the e-Zone library which contains additional resources.
- Enhanced assessment practice, including automated multiple-choice questions to test your learning as you go and a tracking system to monitor your progress and coursework results.
- A Learning community – benefit from the knowledge, experiences and encouragement of fellow students.

## Distance Learning

RRC's distance learning programme gives students total control of their studies. You can study anywhere, at a pace that suits you, and at times that fit in with your work/home life.

In addition to the above, your distance learning course includes:

- A full printed set of RRC's highly-respected course materials
- Access to the core elements of the RRC e-Zone containing some additional resources

## RRC's Exam Service

RRC's flexible learning courses give you flexibility as to when and where you sit your exam.

RRC take all of the hassle out of arranging the exam, we manage the whole process for you and have upfront fees including all the costs, guaranteeing no nasty surprises when you are ready to take your exam. With RRC's NEBOSH International Diploma managed exams, you have two options:

- Sit at an RRC exam centre in London, Birmingham, Newcastle, Glasgow or Bahrain, for no additional charge.
- Let RRC arrange for you to sit at one of the many British Council offices throughout the world, just call us for a quote or look on our web site.

If you cannot find a suitable centre, let us know and we will work hard to find you one - this is all part of our customer service.

## 30-Day Money-Back Guarantee



If within 30 days of receiving your course or e-learning log in you decide it is not for you, simply return everything to us and receive a full refund of the course fees.

## RRC NEBOSH Diploma Tutor Team

- Dr David Towlson, BSc (Hons), PhD, CMIOSH, AIEMA, Cert Ed (PCET), MIFL
- Dr Roger Bentley, BSc, PhD, DipSM, CChem, FRSC, CFIOSH
- Dr Jim Phelpstead, BSc, PhD, CMIOSH
- Dr Martin Speirs, PhD, CMIOSH, AIEMA, CChem, MRSC, Dip2.OSH, SpDipEM
- Allan Ferguson, BA(Hons), DipNEBOSH, GradIOSH, MIIRSM, MBIFM
- John Leigh, BSc (Hon), C Eng, CMIOSH, MIIRSM, FIMMM, MIET
- Andrew Ashford, BSc(Hons), GDL, Cert Ed., CMIOSH
- Frank Wareham, BEM, MCIPS, MILS, MISM, Tech IOSH
- Dr David Wenham, BSc, MSc, PhD, DipSH, DipLaw, AdvDipEd, MRSC, CChem, CFIOSH,
- Dr W R Griffiths, PhD, MSc, MEd, Cert Ed, GRSC, CMIOSH, MIIRSM, FRSH, FRIPH
- Peter Harvey, Dip2.OSH CMIOSH
- Roger Passey, MIOSH, RSP, MIIRSM

# RRC Revision support

## Revision

We all know that 'revising' is the key to passing an exam but knowing exactly what you need to do is not always easy. RRC have developed a range of revision tools to let you in on the secrets of success.

- Online – RRC's Programmed-to-Pass is a unique, structured revision package for those who need the ultimate step-by-step guidance on what they need to do to achieve success
- Publications – RRC's Revision Notes and Exam Success are essential aids designed to ensure you are fully prepared for the exam

## Online – Programmed-to-Pass

We are committed to you passing your exam when you study with RRC which is why we have developed a range of tools to help you revise. Our unique online revision package takes the mystery out of revision. It leads you through the entire process of revising for your NEBOSH Diploma from start to finish, telling you exactly what you need to do to achieve success.

Each session starts with 'At a Glance' providing you with a summary of your activities for the session to ensure you'll be on track for the exam.

- Sessions 1-10 get you thinking, not only about the key topics you need to know, but also about general revision and examination technique:
- Revision topics are highlighted to ensure you don't miss key sections, plus an indication of how long you should be spending on each section
- True or false questions provide a quick check of knowledge. Submit your answers and get an instant result with further tips and hints
- Mnemonic of the day helps you remember key phrases or terminology
- Pic of the day helps you visualise key pieces of information
- Tutorials on key revision techniques, such as motivation, visualisation, effective reading and the use of mind maps and flash cards.
- Sessions 11-20 focus exclusively on revision and past exam questions, ensuring that you have plenty of experience of answering questions and will not be fazed on the day of the exam.

## Revision Notes

Our most popular range, essential for exam revision:

- Provide a concise overview of all the key topics identified in the NEBOSH syllabus
- Structured to closely follow the relevant NEBOSH syllabus so that you can easily find the topics you're looking for and map them against your course notes
- Supplied as either printed A5 booklets or as electronic PDF files

### TITLES AVAILABLE

- NEBOSH International Diploma Units IA, IB and IC

## Exam Success (Tackling the NEBOSH Exam)

These guides look at how to tackle the NEBOSH assessment, providing practical guidance and examples.

- Takes you into the mind of the examiner so you can see exactly what they are looking for when they set exam questions
- Looks at a variety of NEBOSH questions so you know what you will face
- For each question, we look at the general approach you should take, followed by a sample answer plan and a model answer so you can see the level of detail expected of you in the exam
- Supplied as either printed A5 booklets or as electronic PDF files

### TITLES AVAILABLE

- NEBOSH International Diploma Units IA, IB and IC

# RRC Reference Materials

## RRC's Step Notes

These concise reference guides can be used as a tool by health and safety officers or as a study-aid by students on NEBOSH and MSc courses. They are specifically written to focus on key points and relevant statutes and case law.

Supplied as either printed A5 booklets (convenient for you to carry around) or as electronic pdf files (which you can view on-screen and print, if desired).

| Titles Available                       |         |                    |
|--|---------|--------------------|
|  | Printed | Electronic         |
| <b>Health &amp; Safety Law</b>         | £15     | £12 + VAT (£14.40) |
| <b>Occupational Health and Hygiene</b> | £15     | £12 + VAT (£14.40) |
| <b>Environmental</b>                   | £15     | £12 + VAT (£14.40) |
| <b>Quality Management</b>              | £15     | £12 + VAT (£14.40) |
| <b>Business Communications</b>         | £10     | £8 + VAT (£9.60)   |

## RRC Law Guides

These provide a detailed guide to legislation and case law relevant to those studying NEBOSH or similar courses.

They can also be used by practitioners as a reference tool in their day-to-day roles.

Supplied as printed A4 booklets. (Note these are included free of charge with relevant RRC courses).

| Titles Available  |         |
|---|---------|
|   | Printed |
| <b>RRC Health &amp; Safety Law &amp; Case Law Guide</b> | £35     |
| <b>RRC Environmental Law &amp; Case Law Guide</b>       | £35     |

## RRC ISO 14001 Reference Guides

These guides are designed to assist organisations in the achievement or development and maintenance of ISO 14001, the international standard for environmental management.

They are available as printed booklets or electronic PDF files (multiple user licences are also available – please call +44 (0)208 944 3100 for details).

### TITLES AVAILABLE

#### Executive Briefing on ISO 14001.

This guide provides an overview of current environmental concerns and outlines the key issues that managers should be aware of. It summarises the requirements of ISO 14001 and discusses the certification process, including how to get started with an environmental management system.

PRINTED – £6

ELECTRONIC – £4.80 + VAT (£5.76)

#### Introduction to ISO 14001

This provides a basic introduction to ISO 14001 including the scope of the standard and the requirements it implements, as well as information on environmental policy, legislation and relevant aspects and impacts. It is suitable for raising the general awareness of all staff.

PRINTED – £6

ELECTRONIC – £4.80 + VAT (£5.76)

#### Environmental Issues for Senior Managers

This guide provides an overview of the environmental agenda to date and briefly describes the key environmental legislation that managers need to be aware of to achieve legislative compliance. In addition, it summarises the requirements of ISO 14001 and discusses trends that go beyond established environmental obligations.

It would be useful for all senior managers who need a brief introduction or update on environmental issues as well as those who are looking to relate recent environmental trends to their particular role at work.

PRINTED – £15

ELECTRONIC – £12 + VAT (£14.40)

#### ISO 14001 Environmental Awareness

This guide covers the fundamentals of environmental awareness including some of the key environmental problems we are facing today. In addition, it looks at the sort of things we can do to make sure the environment is a cleaner and safer place to live in.

PRINTED – £15

ELECTRONIC – £12 + VAT (£14.40)

# NEBOSH International Diploma course dates and fees

## NEBOSH International Diploma – Distance and e-Learning exam dates

|         | Enrol by  | Exam/Unit ID Submission date |
|---------|-----------|------------------------------|
| Unit IA | 01 Apr 12 | 03 Jul 12                    |
|         | 01 Oct 12 | Jan 2013                     |
| Unit IB | 01 Apr 12 | 04 Jul 12                    |
|         | 01 Oct 12 | Jan 2013                     |
| Unit IC | 01 Apr 12 | 05 Jul 12                    |
|         | 01 Oct 12 | Jan 2013                     |
| Unit ID | 01 Apr 12 | Sep 2012                     |
|         | 01 Oct 12 | Mar 2013                     |

## Course Fees

|   | Complete course   | Unit IA  | Unit IB or IC   | Unit ID   |
|---|---|--|---|---|
| <b>Distance Learning/e-Learning*</b>                          | £1,795 + VAT<br>+ £370 NEBOSH Fee<br>(£2,524)<br>With Printed Materials<br>Add £275   | £635 + VAT<br>+ £130 NEBOSH Fee<br>(£892)<br>With Printed Materials<br>Add £95 | £495 + VAT<br>+ £80 NEBOSH Fee<br>(£674)<br>With Printed Materials<br>Add £85 | £245 + VAT<br>+ £80 NEBOSH Fee<br>(£374)<br>With Printed Materials<br>Add £10 |
| ADDITIONAL EXAM FEE –<br>INTERNATIONAL AND<br>NON-RRC CENTRES | From £100 – RRC can arrange for you to take the exam in most countries in the world (via the British Council network) or other non-RRC Centres. For more information and details of fees, please contact RRC. |  |   |   |

## Revision Support

|                           | Complete course         | Unit IA            | Unit IB or IC      | Unit ID |
|---------------------------|-------------------------|--------------------|--------------------|---------|
| <b>Programmed-to-Pass</b> | £132.30 + VAT (£158.76) | £49 + VAT (£58.80) | £49 + VAT (£58.80) | N/A     |
| <b>Revision Notes</b>     |                         |                    |                    |         |
| PRINTED                   | £54                     | £20                | £20                | N/A     |
| E-MAIL                    | £43.20 + VAT (£51.84)   | £16 + VAT (£19.20) | £16 + VAT (£19.20) | N/A     |
| <b>Exam Success</b>       |                         |                    |                    |         |
| PRINTED                   | £40.50                  | £15                | £15                | N/A     |
| E-MAIL                    | £32.40 + VAT (£38.88)   | £12 + VAT (£14.40) | £12 + VAT (£14.40) | N/A     |

### \* IMPORTANT EXAMINATION INFORMATION

- Fees are inclusive of exam fees for a single exam sitting for each unit at an RRC UK venue.

# What our students say

"Whenever I saw a good job there was a requirement for a NEBOSH health and safety qualification. I really wanted to be in the health and safety profession, so when a close friend recommended RRC Training and their e-learning courses, I didn't hesitate.

RRC's e-learning course was perfect for me because of its flexibility. I enrolled in October but knew I couldn't give it my full attention until I had finished my Masters. The flexibility allowed me to go online when I could with no time restrictions – and once my degree was complete, I gave it 100%.

One of the great things about RRC's e-learning course is you can test yourself as you go, which I found invaluable. It highlighted my weaknesses so I knew exactly where I had to put in more revision. Plus RRC has online forums, where you can chat to other students and ask questions. The e-Zone really helped me and provided masses of information to help me successfully pass the course.

RRC's Customer Services Advisers were great – so supportive and helpful. RRC made everything straightforward, and with so much accessibility, I really couldn't fail. Now, thanks to RRC, I'm perfectly placed to pursue my health & safety career."

**Pearl Enuoyibo**

NEBOSH International Certificate by e-learning



"I am finding it surprisingly convenient and user-friendly – it really strikes me that a lot of thought has gone into how individuals can study effectively at a distance, bearing in mind work & family commitments always demand time and create distractions which can make it really difficult. The way the course

is put together allows bite sized learning, which I have found really valuable as I can dip into it at lunchtime and on the train commute and feel that I have learnt and achieved something.

I enrolled on RRC's "Introduction to Environmental Management Systems" to gain a detailed and practical understanding of EMSs, particularly ISO 14001. The fact that the course is IEMA accredited and provides professional recognition was important for me. I was quite apprehensive about undertaking an e-learning course, however I have found it to be clearly written, well-structured and thoughtfully designed. The electronic learning environment is really convenient, easy to access and navigate around. It provides all the course information, further points of reference and allows easy communication with the tutors who are approachable and helpful. I am thoroughly enjoying the course and have no hesitation in recommending it or RRC as training providers. I hope to continue further vocational training and upskilling with RRC in the future"

**Dr Hazel Ann Nash**

IEMA Introduction to Environmental Management Systems  
by e-learning



"I have taken the online Accident Investigation course and I successfully scored 92%. Your online portal is so brilliant and user friendly. Your training materials on my NEBOSH, CIEH and the Accident Investigation courses were perfect and straight to the point"

**Samuel Aikhuomogbe**

RRC Accident Investigation by e-learning  
CIEH Level 2 Award in Principles of Risk Assessment by e-learning  
NEBOSH Environmental Certificate by distance learning

"I want to thank RRC for the...course material that is on the online library...I find the new course notes really easy to read and straight to the point. I think they will really boost our chances to pass the exams. Thank you!"

**Lawrence Sama**

NEBOSH International Certificate by distance learning



"Today was my first experience with RRC's short course, I never expected that it will be that efficient and well structured, in spite of the fact that I have studied this topic so deeply in Unit A of the NEBOSH International Diploma. I can confirm that I have well refreshed my knowledge I gained in

the Diploma, many thanks to everyone who contributed in the establishment of this course, well done"

**Mohamed Ezzeldin**

RRC Accident Investigation by e-learning

# RRC's clients

ALSTOM Power  
AMEC  
Amnesty International  
APCOA Parking  
Apex Lifts  
Arjowiggins  
Atkins  
BAE Systems  
BAA Business Support Centre  
Babcock Rail  
Balfour Beatty  
Banham Security  
BP Oil International  
Brighton & Hove City Council  
Britannia Building Society  
British Antarctic Survey  
British Sky Broadcasting  
BT  
Burberry  
Cambridgeshire County Council  
Carillion  
Chevron  
Chiltern Railways  
Christie's Auctioneers  
Citywest Homes  
City Maintenance  
Coca-Cola  
Communication Workers Union  
Cornwall County Fire Brigade  
Covent Garden Market Authority

Cranleigh School  
Croydon Primary Care Trust  
Crystal Palace Football Club  
David Lloyd Club  
Department for Work and Pensions  
DHL  
Drivers Jonas Deloitte  
E D F Energy  
East Midlands Airport  
East Somerset NHS Trust  
Eversheds LLP  
GlaxoSmithKline  
Great Ormond Street Hospital for Children  
Higher Education Funding Council for England  
HMP Spring Hill  
Home Retail Group  
House of Commons  
ISS Waterers Landscape  
Investec Bank  
J D Wetherspoons  
Jobcentre Plus  
Johnson Controls  
London Underground  
Marie Curie Cancer Care  
Marks & Spencer  
Metropolitan Police Service  
Mitie Engineering Services

Mitie Property Services  
Mott MacDonald Group  
Mouchel  
National Assembly for Wales  
National Express Group  
National Grid  
Network Rail  
Nursing & Midwifery Council  
Peabody Trust  
Pfizer  
Primark  
QinetiQ  
Royal Botanic Gardens  
RSA  
Schneider Electric UK  
Scottish & Southern Energy  
Serco Group  
Siemens Wind Power  
Sodexo  
Spectrum Interiors  
Sunseeker International  
Surrey County Council  
T N T Post  
The Crown Estate  
The National Blood Service  
Transport for London  
Travelodge Hotels  
Walkers Snack Foods (Distribution)  
Zurich Financial Services



# RRC Qualifications and Awards

## Health and Safety

### IOSH

- IOSH Directing Safely
- IOSH Managing Safely
- IOSH Supervising Safely
- IOSH Working Safely

### NEBOSH – NATIONAL AWARDS

- NEBOSH National General Certificate in Occupational Health & Safety
- NEBOSH National Certificate in Fire Safety & Risk Management
- NEBOSH National Certificate in Construction Health & Safety
- NEBOSH National Diploma in Occupational Health & Safety
- NEBOSH National Certificate in the Management of Health and Well-being at Work (Coming Soon)

### NEBOSH – INTERNATIONAL AWARDS

- NEBOSH Award in Health and Safety at Work
- NEBOSH Award in Safety, Health & Environment for the Process Industries
- NEBOSH International Construction Certificate
- NEBOSH International General Certificate
- NEBOSH International Technical Certificate in Oil and Gas Operational Safety
- NEBOSH International Diploma in Occupational Health & Safety

### CIEH

- CIEH Level 2 Award in Principles of Manual Handling
- CIEH Level 2 Award in Principles of COSHH
- CIEH Level 2 Award in Principles of Risk Assessment
- CIEH Level 1 Award in Health and Safety in the Workplace
- CIEH Level 2 Award in Health and Safety in the Workplace
- CIEH Level 1 Award in Food Safety Awareness in Catering
- CIEH Level 2 Award in Food Safety in Catering

### INSTITUTE OF ACOUSTICS

- IOA Certificate in Workplace Noise Assessment

### CONSTRUCTION SKILLS SITE SAFETY PLUS

- Health and Safety Awareness
- The Site Supervisors' Safety Training Scheme
- The Site Management Safety Training Scheme
- The Site Management Safety Training Scheme Refresher Course

## Environmental

### IEMA

- IEMA Introduction to Environmental Management Systems
- IEMA Foundation Certificate in Environmental Management
- IEMA Associate Certificate in Environmental Management

### IOSH

- IOSH Managing Environmental Responsibilities

### NEBOSH

- NEBOSH Certificate in Environmental Management
- NEBOSH Diploma in Environmental Management

## Quality

- CQI Certificate in Quality

## Training Skills

- CIEH Level 3 Award in Training Skills and Practice (TSP)



# RRC Online and In-Company Courses

## RRC's Online Courses

A new exciting range of short online courses from RRC designed to help organisations and individuals develop essential health, safety and environmental skills as and when required, in a way which fits in with you and your life.

These short courses combine the benefits of an interactive classroom situation with the flexibility and accessibility of online study. They are loaded with videos and interactive animations that make learning fun and relevant.

Across the range, the key information is broken down into bite-sized chunks and interspersed with activities designed to reinforce understanding for maximum results. Throughout, the focus is on applying your knowledge to real-life situations so you can be sure to see the results reflected in your daily work.

All courses include a free downloadable workbook containing all the topics covered, which works well as a handy reference guide and provides a refresher if you want to remind yourself of what you've learned. Courses also include a final assessment with an RRC certificate for those who pass.

## RRC Online Courses

- Work at Heights
- Risk Assessment
- Electrical Safety
- Health and Safety Induction (For Workers)
- Health and Safety Essential (For Supervisors)
- Transport Safety
- Accident Investigation
- Display Screen Equipment (DSE)
- Manual Handling
- Health and Safety Roles and Responsibilities
- Work Equipment safety
- Chemical Safety
- Noise Awareness
- Radiation
- Construction Safety

## In-company Short Courses

### HEALTH AND SAFETY MANAGEMENT

- Achieving Behavioural Change
- Basics of Health and Safety Management
- Business Contingency Planning (Basic Awareness)
- Developing a Positive Health and Safety Culture
- Emergency Planning
- Essentials of HSE for Office Managers
- General Workplace Health, Safety and Welfare Issues
- Introduction to Human Behaviour in Industrial Safety
- Introduction to Measuring Health and Safety Performance
- Introduction to OHSAS 18001
- Managing External Contractors
- Principles of Health and Safety Law
- Worker Health and Safety Consultation

### RISK ASSESSMENT

- Basic Workplace Risk Assessment
- Safe Systems of Work and Permits to Work
- Accident and Incident Investigation and Reporting
- Introduction to Failure Tracing Methods

### FIRE

- Basic Principles of Fire & Explosion (DSEAR)
- The Essentials of Fire Risk Assessment
- Fire Safety Awareness
- Fire Safety for Fire Marshals/Fire Wardens

### TOPIC-SPECIFIC

- Asbestos Awareness
- Duty to Manage Asbestos in Non-Domestic Premises
- Basic Control of Ergonomic Factors
- Basics of Identification, Assessment & Control of Ionising Radiation Health Risks
- Basics of Identification, Assessment & Control of Noise Health Risks
- Basics of Identification, Assessment & Control of Non-Ionising Radiation Health Risks
- Basics of Identification, Assessment & Control of the Thermal Environment
- Basics of Identification, Assessment & Control of Vibration Health Risks
- Carriage of Dangerous Goods
- The Construction (Design and Management) Regulations
- Construction Health and Safety Basics
- DSE Training for Assessors
- Identification, Assessment and Control of Biological Health Risks
- Introduction to Electrical Safety
- Introduction to Environmental Pollution & Waste Management
- Introduction to Machinery Safety
- Introduction to Management of Confined Spaces
- Introduction to Mechanical Handling Equipment
- Introduction to Safe Storage, Handling & Transport of Dangerous Substances
- Introduction to Working at Height
- Managing Occupational Road Risk
- Manual Handling Operations
- Stress Management in the Workplace
- Stress, Substance Misuse & Violence in the Workplace
- Work Equipment – Intro to Selection, Use, Maintenance & Testing



# RRC International Exam Centres

## British Council International Exam Centres

|                |            |                         |                      |
|----------------|------------|-------------------------|----------------------|
| Afghanistan    | Ethiopia   | Malaysia                | Slovakia             |
| Albania        | Finland    | Malta                   | Slovenia             |
| Argentina      | France     | Mauritius               | South Africa         |
| Armenia        | Georgia    | Mexico                  | Spain                |
| Australia      | Germany    | Montenegro              | Sri Lanka            |
| Austria        | Ghana      | Morocco                 | Sudan                |
| Azerbaijan     | Greece     | Mozambique              | Sweden               |
| Bahrain        | Hong Kong  | Namibia                 | Switzerland          |
| Bangladesh     | Hungary    | Nepal                   | Syria                |
| Belgium        | India      | Netherlands             | Taipei               |
| Bosnia         | Indonesia  | New Zealand             | Tanzania             |
| Botswana       | Iraq       | Nigeria                 | Thailand             |
| Brazil         | Ireland    | Norway                  | Trinidad and Tobago  |
| Bulgaria       | Israel     | Oman                    | Tunisia              |
| Burma          | Italy      | Pakistan                | Turkey               |
| Cameroon       | Jamaica    | Palestinian Territories | Uganda               |
| Canada         | Japan      | Panama                  | Ukraine              |
| Chile          | Jordan     | Philippines             | United Arab Emirates |
| China          | Kazakhstan | Poland                  | United States        |
| Colombia       | Kenya      | Portugal                | Uzbekistan           |
| Croatia        | Korea      | Qatar                   | Vanuatu              |
| Cuba           | Kuwait     | Romania                 | Vatican City State   |
| Cyprus         | Latvia     | Russia                  | Venezuela            |
| Czech Republic | Lebanon    | Saudi Arabia            | Vietnam              |
| Denmark        | Libya      | Senegal                 | Yemen                |
| Egypt          | Lithuania  | Serbia                  | Zambia               |
| Eritrea        | Macedonia  | Sierra Leone            | Zimbabwe             |
| Estonia        | Malawi     | Singapore               |                      |



# How to enrol

To apply for an RRC course, please complete the Application Form and Pre-Course Questionnaire that follow this page and return them to RRC:

## BY POST

RRC Training  
27-37 St George's Road, London SW19 4DS, United Kingdom

## ONLINE

[www.rrc.co.uk](http://www.rrc.co.uk)

## TELEPHONE

+44 (0)20 8944 3108

## BY FAX

+44 (0)20 8944 7099

## Delivery

### UK

Your course materials will be with you no later than 10 working days from the receipt of your application. Delivery is by courier and can be either to your home or work address. As a signature will be required for all deliveries, please supply an address that will be occupied during office hours (Monday – Friday, 8am to 6pm).

### OVERSEAS

Materials are sent by courier and delivery times are dependent on your location. Please contact RRC for more information.

## Carriage

Carriage is chargeable on the despatch of course materials outside the United Kingdom – Please call for a quote.

## Methods of Payment

All payments to be made in GBP (pounds sterling). You can use any of the following methods of payment:

- 1 Payment in full by cheque or bankers' draft made payable to RRC Training.
- 2 Payment in full by charging your MasterCard/Switch/Visa/Solo/Connect Card/American Express.
- 3 Payment by instalments: Available to customers resident in the UK (for more information see <http://www.rrc.co.uk/instalment.aspx> or call for our RRC Instalment Plan Leaflet).
- 4 Invoice: UK registered companies only. Please attach to your application form an official purchase order/letter confirming your employer's authorisation. Terms of payment are 30 days from invoice date.
- 5 Customers outside the UK must remit the full fee, including postage and packing, in GBP (pounds sterling), payable in London, before materials are despatched. All bank charges, including any payable by the receiving bank, must be paid by the customer.

# Terms and Conditions

## Learning Agreement

The Learning Agreement sets out your entitlements and obligations as a student of RRC and constitutes the terms and conditions of your enrolment. If you do not wish to be bound by these terms, you can cancel your course within the timescales detailed below and receive a refund/credit of the fees less any expenses incurred by RRC.

## Cancellations

We are confident that you will be delighted with your studies but, should you feel less than satisfied, you can cancel under the following terms within your Enrolment Period (defined as the period to your nominated exam date or 18 months from enrolment date for units/subjects where the nominated examination date is not determined).

### Face-to-Face Courses

**CANCELLATION MORE THAN 30 DAYS BEFORE THE COURSE START DATE**  
A refund of the full course fee is obtainable for cancellations received more than 30 days before the scheduled course start date.

**CANCELLATIONS BETWEEN 15 AND 30 DAYS BEFORE THE COURSE START DATE**  
A refund of 70% of the course fee is obtainable for cancellations received between 15 and 30 days before the scheduled course start date.

### Distance & e-Learning Courses

#### CANCELLATION WITHIN 30 DAYS

A refund of the full course fee is obtainable for cancellations received within 30 days following the acceptance of your application. Subject to the return, in good condition, of any printed materials supplied and the receipt of a written confirmation that any electronic copies of the materials have been destroyed within the 30-day period.

#### CANCELLATION AFTER 30 DAYS BUT WITHIN 45 DAYS

A 60% refund of the course fees is obtainable for cancellations received at any time within 45 days following the acceptance of your application. Subject to the return, in good condition, of any printed materials supplied and the receipt of a written confirmation that any electronic copies of the materials have been destroyed within the 45-day period.

#### CANCELLATION OVER 45 DAYS AND WITHIN THE ENROLMENT PERIOD

A 90% refund is available for any Units/Subjects for which study has not commenced. Study is deemed to have commenced from the date the student requests the materials.

Where a student has commenced a Unit and wishes to cancel, they may be entitled to a refund of any exam fees paid to RRC provided the cancellation is received before the student has been registered with the examining body.

## Examinations Only

A refund of the exam fee is obtainable for cancellations received up to the date RRC register the examination with the examining body.

## Revision and Reference Guides

### PRINTED MATERIALS – RETURNED WITHIN 14 DAYS

A refund of the full fee (excluding postage and packing) is obtainable for returns received in good condition within 14 days following the despatch of the goods.

### E-MAIL – RETURNS WITHIN 7 DAYS

A refund of the full fee is obtainable for returns received up to 7 days following RRC e-mailing the goods or access password, subject to a written confirmation that all copies have been destroyed.

### PROGRAMMED-TO-PASS – CANCELLATION WITHIN 7 DAYS OF ACCESS

A refund of fees is obtainable for cancellations received within 7 days following RRC e-mailing the access password, subject to a written confirmation that any downloaded or printed materials have been destroyed.

Outside of the above, full fees are payable on all cancellations or returns.

Any refunds will be processed within 14 days of receiving your returned course materials.

# Enrolment form

## Important Information

Please complete all sections of this application form in full. Failure to do so may result in delays in processing your enrolment

**If you have studied with RRC before please enter your RRC Student Number here** \_\_\_\_\_

| Step 1 – Personal details and delivery information |   |
|--|---|
| Name & Address of Applicant                        | Delivery Address  |
| Full Name  | Contact Name  |
| Address  | Company Name  |
|  | Address   |
| Post Code  | Post Code   |
| Country  | Country   |
| Daytime Tel. No                                    | Contact Tel. No   |
| Evening Tel. No                                    | Please note: Your package will need to be signed for on delivery.<br>RRC are unable to deliver to PO Box addresses. |
| E-mail   |   |

| Step 2 – Sponsoring organisation and invoice address |                 |
|--|-----------------|
| Sponsoring organisation                              | Invoice address |
| Company Name   | Company Name    |
| Contact Name   | Department      |
| Position   | Contact Name    |
| Address  | Address         |
| Post Code  | Post Code       |
| Country  | Country         |
| Tel. No  | Tel. No         |
| E-mail   | E-mail          |

| Step 3 – Entry Requirements  |
|--|
| <p>Please attach a copy of one of the following :</p> <ul style="list-style-type: none"> <li>• NEBOSH International, National General, Construction and Fire Certificates; National Diploma (Part 1)</li> <li>• A degree or postgraduate diploma in a relevant subject (e.g. health &amp; safety, occupational health or environmental health)</li> <li>• NVQ Level 3/4 in Health &amp; Safety in the Workplace or Occupational Health &amp; Safety Practice</li> </ul> <p><b>Or</b> a completed RRC NEBOSH National/International Diploma Application Pack (if not already submitted)</p> |

| Step 4 – Course Selection                    |             |                   |             |
|--|-------------|-------------------|-------------|
| Course Required                              | Please Tick | Method of Study   | Please Tick |
| NEBOSH International Diploma Complete Course |             | Distance Learning |             |
| Unit IA                                      |             | e-Learning        |             |
| Unit IB                                      |             |                   |             |
| Unit IC                                      |             |                   |             |
| Unit ID                                      |             |                   |             |



# Enrolment form

| Step 8 – Fees   |                   |
|---|-------------------|
| Course and Exam                                       | Fee including VAT |
| Course Fee  |                   |
| Course Fees (if booking course for separate units)    |                   |
| Printed Materials (e-Learning courses only)           |                   |
| Overseas Exam Centre charge (Call for a quote)        |                   |
| <b>Revision Aids</b>                                  |                   |
| Programmed-to-Pass                                    |                   |
| Revision Notes  |                   |
| Exam Success  |                   |
| <b>Reference Materials</b>                            |                   |
|   |                   |
|   |                   |
|   |                   |
| Overseas Courier (call for a quote if outside the UK) |                   |
| <b>Total Fees Payable</b>                             |                   |

## NOTES

All services are delivered in the UK and overseas customers are therefore required to pay VAT.

Overseas Courier Charges are payable on distance learning courses, printed materials and revision aids only.

| Step 9 – Method of Payment   |
|--|
| <input type="checkbox"/> I enclose my fees in full. Please make cheque/banker's draft payable to <b>RRC Training</b>   |
| <input type="checkbox"/> Please debit my MasterCard/Switch/Visa/Solo/Connect Card/American Express (Delete as appropriate)<br>(Note RRC cannot accept Visa Electron Cards)<br>Card No. _____ with the full fee. Card Expiry Date _____<br>3 Digit Security Code _____ Cardholder's Name _____<br>Cardholder's Signature _____<br>(Switch and Solo only) Issue No _____ Valid From Date _____ |
| <input type="checkbox"/> I wish to pay by instalments and attach the completed instalment plan application form (see page 15)  |
| <input type="checkbox"/> Please invoice my employer (UK Registered Companies Only). <b>Please attach Official Purchase Order/Letter of Authorisation</b>   |

| Step 10 – Acceptance of terms and conditions   |
|--|
| I wish to enrol as a participant for the above programme and I agree to pay the fees as stated and to be bound by the terms and conditions set out in the accompanying RRC literature. |
| Signed _____ Date _____  |

Thank you for choosing RRC Training

**Please return your completed application form to:**

RRC Training 27 – 37 St George's Road London SW19 4DS United Kingdom

Tel: +44 (0)20 8944 3108

Fax: +44 (0)20 8944 7099

info@rrc.co.uk

www.rrc.co.uk

# Pre-course questionnaire

Please write in capitals. Attach further sheets and/or CV if necessary.

## Section A – Your personal details

Name

Address

Postcode

Daytime Tel. No

Evening Tel. No

E-mail

## Section B – Your current position

Job title

Number of years in current position

Name of company

Nature of business

Outline of responsibilities (with specific reference to health and safety responsibilities)

## Section C – Relevant previous positions and experience

## Section D – Previous courses/qualifications

Please give brief details of any relevant qualifications held or courses you have attended:

## Section E – Special concerns

Please indicate any special concerns you may have about the course and areas in which you might require special help. Please indicate any special educational needs or disabilities that may impact on your studies: