



Construction Training for Work Programme

Duration: 4 Days

Target Group: Entry-Level Construction Operatives

Day 1

Induction & Health and Safety Revision

Learning Objectives

Understand course expectations and workplace behaviour

Identify key health and safety legislation

Recognise hazards and control measures on construction sites

Morning Session

Programme overview and expectations

Roles and responsibilities

Code of conduct

PPE requirements

Icebreaker activity and learner agreement signing

Afternoon Session

Health and Safety at Work etc. Act 1974 overview

Hazard vs Risk

Manual handling theory and demonstration

Fire safety and COSHH awareness

Hazard spotting exercise and quiz

Assessment

Short written quiz

Observation during practical demonstration



Day 2 – Practical Workshop Skills (Hand Tools)

Learning Objectives

Safely use hand tools

Measure and mark materials accurately

Follow instructions to complete a simple construction task

Morning Session

Identification of hand tools

Safe storage and handling procedures

Pre-use safety checks

Measuring and marking exercise

Afternoon Session

Cutting timber to size

Build a small timber frame or brickwork corner

Setting out and accuracy practice

Teamwork exercise

Assessment

Tutor observation checklist

Accuracy of finished product

Adherence to PPE requirements



Day 3 – Practical Workshop Skills (Power Tools & Employability)

Learning Objectives

Safely operate basic power tools
Demonstrate good housekeeping in a workshop
Understand employer expectations

Morning Session

Introduction to portable power tools
Pre-use safety checks
Battery and electrical safety awareness
Practical drilling and fixing task

Afternoon Session

Housekeeping standards
Toolbox talk activity
Roleplay – site scenario problem solving
CV workshop session

Assessment

Practical skills observation
Participation in roleplay



Day 4 – CITB Operatives Health, Safety & Environment Test Revision

Learning Objectives

Understand the format of the CITB Operatives Test

Revise key knowledge areas

Build confidence in answering multiple-choice questions

Morning Session

General responsibilities and accident reporting (RIDDOR overview)

Working at height

Manual handling

Plant and equipment safety

Electrical and environmental awareness

Afternoon Session

Mock test questions and review

Full timed mock test

Group discussion of common mistakes

Individual feedback and action planning

Assessment

Mock test score review

Individual improvement action plan



Resources Required:

PPE sets (hard hats, hi-vis, gloves, goggles)

Workshop hand and power tools

Timber/bricks and materials

Mock CITB test papers

Projector/whiteboard

Risk assessment templates

End of Programme Outcomes

Demonstrate safe workshop practice

Understand construction site expectations

Be prepared for the CITB Operatives test

Show improved confidence and employability skills