

**WEEKS 1-5 TUESDAY CLASS & WEEKS 6-10 MONDAY CLASS**  
**CLASS TIMES 0900-1700HRS**

UNIT	DAY	DATE	SYLLABUS TOPIC	WEEK
<b>N C 1</b>	<b>UNIT NC1: MANAGING CONSTRUCTION SAFELY</b>			
	TUESDAY	28/01/2025	Element 1: The Foundations of Construction Health and Safety Management - part 1	1
	TUESDAY	04/02/2025	Element 1: The Foundations of Construction Health and Safety Management - part 2 Element 2: Improving Health and Safety Culture and Assessing Risk - part 1	2
	TUESDAY	11/02/2025	Element 2: Improving Health and Safety Culture and Assessing Risk - part 2 Element 3: Managing Change and Procedures - part 1	3
	TUESDAY	18/02/2025	Element 3: Managing Change and Procedures - part 2 Element 4: Excavation Element 5: Demolition	4
	TUESDAY	25/02/2025	Element 6: Mobile Plant and Vehicles Element 7: Working at Height - part 1	5
	MONDAY	03/03/2025	Element 7: Working at Height - part 2 Element 8: Musculoskeletal Health and Load Handling - part 1	6
	MONDAY	10/03/2025	Element 8: Musculoskeletal Health and Load Handling - part 2 Element 9: Work Equipment - part 1	7
	MONDAY	17/03/2025	Element 9: Work Equipment - part 2 Element 10: Electricity Element 11: Fire	8
	MONDAY	24/03/2025	Element 12: Chemical and Biological Agents	9
	MONDAY	31/03/2025	Element 13: Physical and Psychological Health	10
	TUESDAY	08/04/2025	NC1 EXAM - Open Book Examination (OBE)	

UNIT NC1:

TAUGHT HOURS: 68 SELF-STUDY: 40 ASSESSMENT: 8 TOTAL HOURS: 116