

## REHIS

### Elementary Food Hygiene

Elementary Food Hygiene training provides the basic knowledge of safe and hygienic methods of handling and storing food. The course is suitable for everyone whose work involves the preparation or serving of food, of any type, and covers:

- Appreciation of the elements which make up 'Food Hygiene'
- Outcome of poor hygiene standards
- Bacteria and their effect
- How to control risks
- Temperature control of food
- Food premises, equipment and the utensils
- Pests and their control
- Cleaning and safe disinfection
- Food Law, and the role of the Environmental Officers

### Intermediate Food Hygiene

The aim of this course is to provide a deeper understanding of food hygiene to support the needs of cooks, chefs, supervisors or managers in the food preparation and serving industry. Topics covered include:

- Bacteriology
- Contamination - 3 types
- Non-bacterial food poisoning
- Preventing food poisoning
- Food storage and temperature control
- Personal hygiene
- Food borne infections
- Pests

- Legislation and the role of an EHO
- Food spoilage
- Preservation
- Design and construction of premises
- Storage and disposal of waste
- Cleaning and disinfection
- HACCP
- Examination techniques

### Elementary Food and Health

This course will provide basic training in the understanding of food and nutrition. It will provide valuable information for anyone involved in making basic food choices or decisions for customers, patients, families or themselves by covering:

- general introduction to food and health
- the function of food
- energy measures and influences on food intake
- eating for health – food and well being
- putting it all together – action planning

### Elementary Health & Safety

This training course is designed to address employers' responsibilities for the welfare and safety of all employees, as well as employees' responsibilities for both themselves and others. Topics covered include:

- Health & Safety Law
- Risk Assessment
- Working Environment
- Slips, Trips and Falls
- Hazardous Substances
- Work-related Ill Health
- Manual Handling
- Machinery and Equipment
- Electricity at Work
- Fire, Accidents and Emergencies

## COSHH

Using chemicals or other hazardous substances at work can put people's health at risk, causing diseases including asthma, dermatitis or cancer.

This on-line course will provide you with information about every area within the workplace where danger could be faced and teach you how to control substances that can harm health.

## First aid



This 2-day course is recognised by all National Governing Bodies ~ MLTB; BASI; SCA; YA; BOF; TC; ASL, and covers:

- Aims and principles of first aid, accident procedure
- Vital signs
- A.B.C.'s
- Unconsciousness - causes/levels
- Head to toe check and recovery position
- Spinal recovery position
- Non-breathing casualty
- CPR
- Heart problems
- Chain of survival
- Defibrillator's
- Choking
- Wounds and bleeding (shock)
- Fractures
- Practical bandaging
- Common medical emergencies - asthma, epilepsy, poisoning, etc.
- Effects of heat and cold - burns, hypothermia, frostbite, etc.
- Management in an emergency; diagnosis and treatment

# Covering the Cost

## Individual Learning Account (ILA)

- An ILA is a Scottish Government scheme that provides a simple way to get up to £200 a year for training and personal development.
- Everyone over the age of 16 living in Scotland with an income of £22,000 or less per year is entitled to an ILA Account.
- The money is not a loan - so it does not have to be paid back.
- The Centre staff can provide information or alternatively, call the ILA Scotland helpline free on 0808 100 1090

The ILA account must be in place, and the Centre requires the account card and account number **before** booking the training. ILA funds cannot be used for training after it has started.



### How to contact us:

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