



# iHASCO

## Course Catalogue



Training made *simple*

# Over 150 high-quality eLearning courses

Our video based eLearning training courses provide the perfect solution to working towards compliance with current legislation, all in a cost-effective and straightforward way.

Whatever sector your business operates in, an organisation is only as good as its people.

Our course library provides your organisation with over 150 titles out of the box and with a busy course production schedule you can be sure that this will only continue to grow...

-  Education
-  Care
-  Construction
-  Retail
-  Hospitality
-  Office
-  Manufacture

## Most popular Health & Safety courses

- Manual Handling
- Fire Awareness
- Display Screen Equipment
- Slips, Trips & Falls
- Fire Warden/Marshal
- Food Safety & Hygiene
- COSHH
- Health & Safety Essentials

## Most popular HR Compliance courses

- Equality, Diversity & Inclusion
- Stress Awareness
- Mental Health Awareness
- Bullying & Harassment
- Drug & Alcohol Awareness
- Sexual Harassment Awareness
- Unconscious Bias Training
- HR Compliance & Wellbeing Essentials

## Most popular Business Compliance courses

- Cyber Security
- GDPR
- Environmental Awareness
- Anti Money Laundering
- Fraud Awareness & Prevention
- Anti Bribery
- Modern Slavery
- Business Compliance Essentials

## Most popular Soft Skills courses

- Time Management
- Conflict Resolution
- Customer Service
- Resilience Training
- Communication Skills
- Mindfulness
- Confidence Building
- Recognising Your Value

➤ See more: [ihasco.co.uk/courses](https://ihasco.co.uk/courses)

# Health & Safety

Our Health and Safety courses will help improve your employee's knowledge of safe working practices, reduce risks in the workplace, and help to create a more compliant, safer work environment.

## Featured Courses...

### Fire Awareness Training

Whatever environment you operate in, all staff legally require Fire Awareness training. Get the basics covered, keep your workplace safe and work towards compliance with current legislation with this best-selling online training course. IOSH & RoSPA Approved.



### DSE (Display Screen Equipment)

DSE Training is a legal requirement for anyone who regularly uses display screen equipment. Our DSE Training helps you work towards compliance with The Health and Safety (Display Screen Equipment) Regulations 1992. Includes an online DSE Risk Assessment and is IOSH & RoSPA Approved.



## Our courses...

Abrasive Wheel Safety  
Accident Reporting  
Anaphylaxis & Allergies for Schools & Carers  
Asbestos Awareness (+International)  
Asthma Awareness for Schools & Carers  
Autism Awareness  
Banksman Essentials  
CDM Regulations  
Confined Spaces  
COSHH  
CPR/AED Refresher  
Diabetes Awareness for Schools & Carers  
Display Screen Equipment (DSE)  
Driver Awareness  
DSEAR  
Electrical Safety  
Epilepsy Awareness for Schools & Carers  
Eye Protection  
Fire Awareness  
Fire Extinguisher Use  
Fire Marshal & Warden  
First Aid Appointed Person  
First Aid Refresher  
First Aid Refresher: Emergency First Aid  
First Aid Requirements & RIDDOR  
Food Allergy Awareness  
Food Safety & Hygiene - Level 1, 2 & 3

General Workshop Safety  
HACCP - Level 2  
Hand Arm Vibration Awareness  
Handling Aggressive Behaviour  
Health & Safety Essentials  
Health & Safety for Homeworkers  
Infection Prevention & Control  
Ladder Safety  
Legionella Awareness  
LOLER  
Lone Worker Safety  
Managing Contractors  
Manual Handling  
Manual Handling including Tyres  
Medication Awareness in Care & Education  
Moving & Handling People  
Noise Awareness  
Paediatric First Aid Refresher  
Personal Protective Equipment  
PUWER  
Risk Assessments  
School Trips for Organisers & Support  
Sharps  
Slips, Trips & Falls  
Spill Kits (Bodily Fluids & Chemicals & Oils)  
Working at Height (+International)  
Working in Licensed Premises (Bar Staff)

# HR Compliance

Our range of HR Compliance courses allow you develop your staff and bring them up to speed with important workplace topics and legislation in under an hour.

## Featured Courses...

### Equality, Diversity & Inclusion (EDI)

This IIRSM & Citation approved Equality, Diversity & Inclusion (EDI) Training course was created in collaboration with global EDI experts and introduces the protected characteristics, discrimination, victimisation, and unfair treatment within a professional environment.



### Mental Health Awareness

This Mental Health Awareness Training raises awareness of ill-mental health (particularly stress, depression and anxiety), provides tools and guidance for daily wellbeing-management, and aims to remove the stigma surrounding mental health. It's the only course of its kind to achieve an IOSH Approval and also won the THS Health & Safety Award in 2020!



## Our courses...

- Assessing Mental Capacity
- Building Resilience
- Bullying & Harassment
- Conflict Resolution
- Customer Service Skills
- Disability Awareness & Inclusion
- Drug & Alcohol Awareness
- Effective Remote Working
- Equality, Diversity & Inclusion
- FGM Awareness & Prevention
- Gender Identity & Expression
- HR Compliance & Wellbeing Essentials
- Liberty Protection Safeguards
- Managing Anxiety
- Menopause Awareness / Women's Health
- Mental Health Awareness
- New & Expectant Mothers at Work
- Prevent Duty
- Returning to Work
- Returning to Work after COVID-19
- Safer Recruitment in Education
- Sexual Harassment Awareness
- Stress Awareness & Management
- Time Management
- Unconscious Bias

# Business Compliance

Our Business Compliance courses educate your staff to carry out everyday workplace tasks confidently and in line with current legislation.

## Featured Courses...

### Cyber Security Awareness Training

This cyber awareness training has been designed for all businesses and individuals to use. It includes some straightforward practical steps that will help to protect computers, networks, software, and data from unauthorised access. Our online cyber security training will help you protect your business from cyberattacks, whilst giving staff the practical tools they need to stay safe online.



### GDPR Training

This IIRSM approved GDPR Training covers the essentials for anyone who handles personal data. It doesn't matter how big or how small your organisation is, or how much or little data you handle; the GDPR applies to all and negligence can have a devastating impact if breached.



## Our courses...

- Anti-Bribery
- Anti-Money Laundering (AML)
- Anti-Tax Evasion (Audio Course)
- Bomb Threats and Suspicious Packages
- Business Compliance Essentials
- Competition Law
- Consumer Rights Training for Retailers
- Cyber Security Awareness
- Environmental Awareness
- Fraud Awareness and Prevention
- Freedom of Information Act
- GDPR Advanced (Management)
- GDPR EU Advanced (Management)
- GDPR EU Refresher
- GDPR EU
- GDPR in Education
- GDPR
- Modern Slavery
- Social Media Awareness
- Whistleblowing



# Soft Skills

Our range of bitesize Soft Skills eLearning courses are CPD accredited, providing a quick and cost-effective way of bringing staff up to speed with important Soft Skills topics that will enable them to thrive in the workplace.

## Featured Courses...

### Communication Skills Training

This bitesize (10-minute) online Communication Skills Training course helps staff build on their existing communication skills by providing guidance on initiating and responding to various forms of communication. It's suitable for all levels of staff within any type of organisation.



### Emotional Intelligence Training

This 10-minute bitesize Emotional Intelligence Training course has been designed to help users understand the basics of what it means to be emotionally intelligent and the important part it plays, both inside and outside of the workplace.



## Our courses...

Active Listening  
Anger Management  
Communication Skills  
Confidence Building  
Creative Thinking  
Critical Thinking  
Decision Making  
Effective Meetings  
Emotional Intelligence  
Leadership Skills  
Mindfulness  
Presentation Skills  
Problem Solving  
Project Management Essentials  
Recognising Your Value  
Responding to Change  
Setting Goals

Speaking Confidently  
Writing Effective Emails

Many of these soft skills courses come free as part of our Inclusive Short-Format Course Library. Learn more about this on pages 17 & 18.

# Care Certificate

This Care Certificate bundle is suitable for anybody who is going to be practically observed for the Care Certificate and needs to know what they will be assessed on and what is required of them.

## Featured Courses...

### Equality & Diversity in Care Training

Our CPD Accredited Equality & Diversity in Care Training Course works alongside Standard 4 of the Care Certificate and promotes equality and respect for diversity by offering care workers knowledge and advice on understanding individuals needs with confidence.



### Safeguarding Adults (SOVA) Level 2 Training

This IIRSM approved Safeguarding Vulnerable Adults course covers levels 1 & 2 and is for anyone who works with, helps, or supports adults at risk. It covers the signs of abuse and explains what to do if you suspect something is happening to a vulnerable adult. It's all about sensitive handling and timely intervention.



## Our courses...

- Understanding Your Role in Care
- Personal Development in Care
- Duty of Care Awareness
- Equality & Diversity in Care
- Person-Centred Care
- Communication in Care
- Privacy & Dignity in Care
- Fluids and Nutrition in Care
- Mental Health, Dementia and Learning Disabilities in Care
- Safeguarding Adults (SOVA) Level 2
- Safeguarding Children
- Basic Life Support in Care
- Health & Safety in Care
- Handling Information in Care
- Infection Prevention & Control in Care

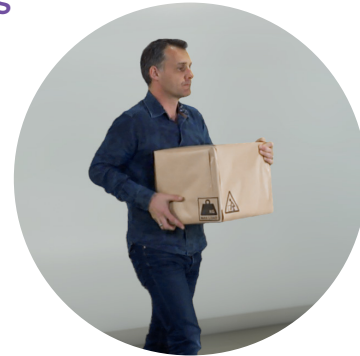
# Management

We offer a range of courses designed specifically with management teams in mind. Our Health & Safety, HR and Compliance Training for managers will give you peace of mind that your senior leader's skills are up to scratch.

## Featured Courses...

### Health and Safety Training for Managers & Supervisors

Our Health and Safety Training for Managers and Supervisors is an easy-to-follow, easy-to-understand guide for employers and managers who have a responsibility for health and safety. Leads through necessary steps and informs about different laws and legislation. This course is IIRSM Approved.



### Mental Health Awareness Training for Managers

This IIRSM approved Mental Health Awareness Training for Managers is designed to make management teams aware of mental health issues and illnesses inside and outside the workplace. It provides wellbeing-management techniques and aims to reduce the stigma surrounding mental health at work.



## Our courses...

Bullying & Harassment Training for Managers  
CDM Regulations  
First Aid Requirements and RIDDOR  
Food Hygiene Level 3  
GDPR Advanced (Management)  
GDPR EU Advanced (Management)  
Health and Safety Training for Managers & Supervisors  
LOLER  
Mental Health Awareness Training for Managers  
Modern Slavery  
New and Expectant Mothers at Work  
Risk Assessment  
School Trips Training for Management  
Unconscious Bias Training for Management



# Inclusive Short Format Courses

Our range of short-format eLearning courses come free with our user-based plans and give you the flexibility to offer staff a wide range of Soft Skills, text-based and audio-based courses at no extra cost.

## Featured Courses...

### Project Management Essentials Training

This bitesize (15-minute) Project Management Essentials Training course guides users through the process of managing a project, learning what it means to be a Project Manager, and seeing things through from an initial idea to a final product.



### Confidence Building Training

This bitesize (10-minute) online Confidence Building Training course is designed for all levels of employees and aims to help the user understand the effect confidence can have in the workplace and in their personal lives, whilst also providing them with the tools to begin improving their own confidence.



## Our courses...

- Anger Management
- Anti-Tax Evasion (Audio Course)
- Communication Skills
- Competition Law (Audio Course)
- Confidence Building
- Critical Thinking
- Effective Meetings
- Emotional Intelligence
- Freedom of Information Act (Audio Course)
- KCSIE (2021 - Official Guidance)
- Mindfulness
- Presentation Skills
- Problem Solving
- Project Management Essentials
- Recognising Your Value
- Responding to Change
- Setting Goals
- Speaking Confidently

