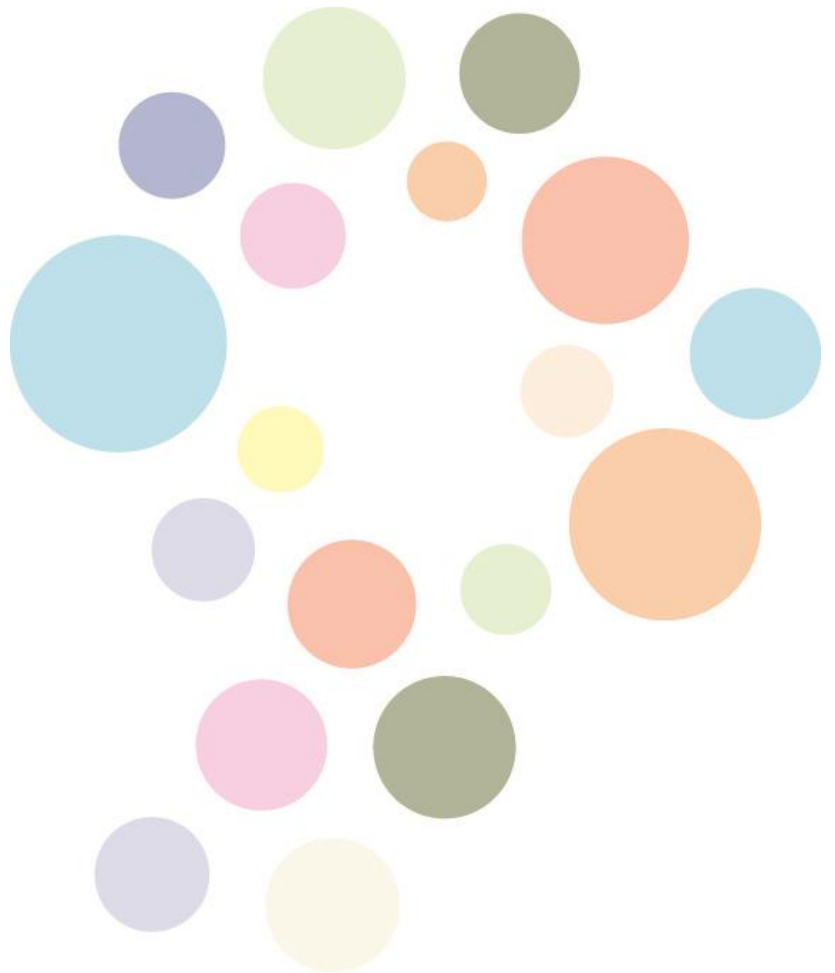


## NEBOSH

National Certificate in Construction Health and Safety

About the course



## About the qualification

Successful completion of the NEBOSH National Certificate in Construction Health and Safety (NCC) requires you to undertake around 164 hours of learning and revision of the topics specified in the course syllabus. The NCC consists of three units of study as shown below, with NGC1 being common with the National General Certificate of Occupational Health and Safety.

### Unit 1 (NGC1)

**Management of health and safety**  
assessed by a 2 hour written exam.

<b>5 elements</b> Recommended study time: 59 hours	<b>1. Foundations in health and safety</b> (11.5 hours)	<b>2. Health and safety management systems – Plan</b> (5 hours)
	<b>3. Health and safety management systems – Do</b> (28 hours)	<b>4. Health and safety management systems – Check</b> (8 hours)

### Unit 2 (NCC1)

**Management and controlling hazards in construction activities**  
assessed by a 2 hour written exam.

<b>12 elements</b> Recommended study time: 97 hours			
<b>1. Construction law and management</b> (7 hours)	<b>2. Construction site hazards and controls</b> (10 hours)	<b>3. Vehicle and plant movement – Hazards and control</b> (7 hours)	<b>4. Musculoskeletal hazards and control</b> (10 hours)
<b>5. Work equipment – Hazards and risk control</b> (9 hours)	<b>6. Electrical safety</b> (6 hours)	<b>7. Fire safety</b> (9 hours)	<b>8. Chemical and biological health – Hazards and risk control</b> (11 hours)
<b>9. Physical and Psychological health – Hazards and risk control</b> (7 hours)	<b>10. Working at height – Hazards and risk control</b> (10 hours)	<b>11. Excavation work and confined spaces – Hazards and risk control</b> (7 hours)	<b>12. Demolition and deconstruction – Hazards and risk control</b> (4 hours)

### Unit 3 (NCC2)

**Construction health and safety practical application**  
a practical assessment.

#### 1 element

Recommended study time: 8 hours

**1. Construction health and safety practical application**  
(8 hours)

## About your Astutis distance learning course

Before you embark on the Astutis distance learning course for the NEBOSH NCC you will have completed Unit 1 (NGC1) either as part of the NEBOSH National General Certificate or as a standalone unit. You will need to apply this knowledge within the remaining units.

This distance learning course aims to provide you with the essential **course materials** and **revision and exam support** to guide you through the remaining 105 hours of your learning and revision journey, with your destination being the successful completion of the NCC exam and practical.

### Course materials

#### Unit 2 (NCC1) Management and controlling hazards in construction activities

- Full-colour, digital course notes for the 12 elements of Unit 2 (NCC1).
- Exam questions and answers booklet.
- Mock exam paper.

#### Unit 3 (NCC2) Construction health and safety practical application

- Full-colour, digital guide to help with the completion of the Unit 3 (NCC2) workplace-based assignment.

### What else we offer

#### Support



Our **distance learning advisor** is available to help you with any general course queries  
[d-learningadvisor@astutis.com](mailto:d-learningadvisor@astutis.com) 0345 2413684

Contact our **health and safety advisors** about the course content  
[safetyadvisor@astutis.com](mailto:safetyadvisor@astutis.com) 0345 2413684

#### A mock exam



You will have the opportunity to sit a mock exam for this course. Once completed simply send it to us. It will be marked and returned with detailed feedback.

#### Discussion forums

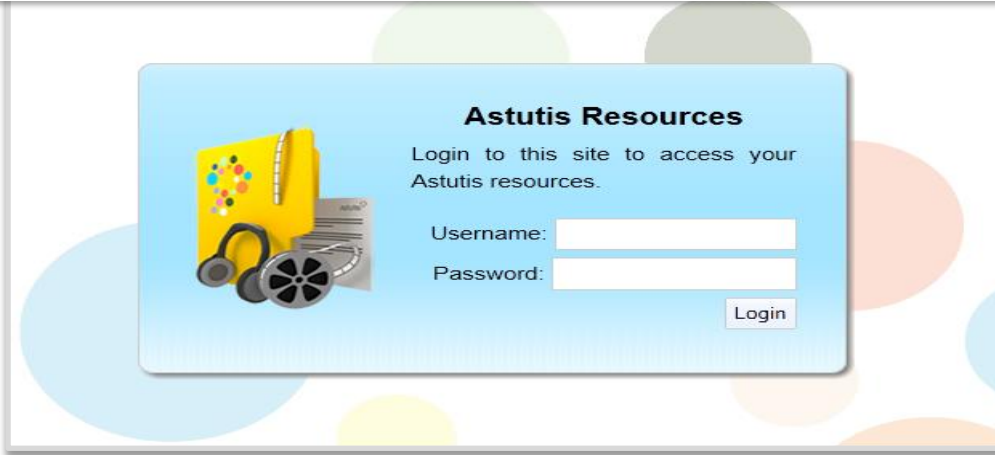


The discussion forums give you the opportunity to share your experiences with fellow distance learners and to learn about how things work in different organisations.

# Accessing your course materials

All of the course materials can be accessed via the Astutis Resources area:

[www.astutis-resources.com](http://www.astutis-resources.com)



Once you have logged in with your username and password you have a number of choices ...

NEBOSH National Certificate in Construction Health and Safety (distance learning)		
NEBOSH_NCC1_distance learning_Element1.pdf <b>NEW</b>	Q1 Element 1: Construction law and management	0.60 MB
NEBOSH_NCC1_distance learning_Element2.pdf <b>NEW</b>	Q1 Element 2: Construction site – Hazards and risk control	1.57 MB
NEBOSH_NCC1_distance learning_Element3.pdf <b>NEW</b>	Q1 Element 3: Vehicle and plant movement – Hazards and risk control	0.77 MB
NEBOSH_NCC1_distance learning_Element4.pdf <b>NEW</b>	Q1 Element 4: Musculoskeletal hazards and risk control	2.30 MB
NEBOSH_NCC1_distance learning_Element5.pdf <b>NEW</b>	Q1 Element 5: Work equipment – Hazards and risk control	2.30 MB
NEBOSH_NCC1_distance learning_Element6.pdf <b>NEW</b>	Q1 Element 6: Electrical safety	1.30 MB
NEBOSH_NCC1_distance learning_Element7.pdf <b>NEW</b>	Q1 Element 7: Fire safety	1.40 MB
NEBOSH_NCC1_distance learning_Element8.pdf <b>NEW</b>	Q1 Element 8: Chemical and biological health – Hazards and risk control	2.00 MB
NEBOSH_NCC1_distance learning_Element9.pdf <b>NEW</b>	Q1 Element 9: Physical and psychological health hazards and risk control	1.80 MB
NEBOSH_NCC1_distance learning_Element10.pdf <b>NEW</b>	Q1 Element 10: Working at height – Hazards and risk control	2.10 MB
NEBOSH_NCC1_distance learning_Element11.pdf <b>NEW</b>	Q1 Element 11: Excavation work and confined spaces – Hazards and risk control	1.80 MB
NEBOSH_NCC1_distance learning_Element12.pdf <b>NEW</b>	Q1 Element 12: Demolition and deconstruction – Hazards and risk control	0.60 MB
NEBOSH_NCC_DistanceLearning_RevisionExamsGuide.pdf <b>NEW</b>	Q1 Revision and exam guidance from Astutis	1.53 MB
NEBOSH_NCC1_ExaminersFeedback.pdf <b>NEW</b>	Q1 Unit NCC1 examiners' feedback	0.85 MB
NEBOSH_NCC2_DistanceLearning_PracticalApplicationGuide.pdf <b>NEW</b>	Q1 Unit NCC2 guidance from Astutis	1.88 MB

Download course notes, the revision guide, examiners' feedback, and the mock exam.

Please choose what you would like to do:

- Download files
- View discussion groups
- Change my details/preferences

Discussions for NEBOSH National Certificate in Construction	
Title	
Welcome	
Construction is a hazardous industry	
Workplace equipment with specific hazards	
Hazardous environments	
Emergency evacuation procedures	
Working at height	

Join the discussions.



You can change your password or the email address we contact you with, choose to be informed when new files are added or updated, and subscribe by email to discussion posts.

You can access all of this on your computer or on a mobile device.

# Downloading and using your course materials

NEBOSH National Certificate in Construction Health and Safety (distance learning)

NEBOSH\_NCC1\_(distance learning)\_Element1.pdf **NEW**

0/1 Element 1: Construction law and management

0.60 MB

Click on the file name to download it to your computer or chosen device.

The number of downloads available for each file, the subject of the file and the file size are all detailed here.



**Remember:** You can only download each of the documents from this website once, so **saving the documents as soon as you have downloaded them is very important.**

**Note:** When we update course materials we will let you know and you will be given an additional download.

The digital course notes and the exam question and answer booklets have all been designed to enable you to use and navigate them as easily as possible.

Tools Comment

24 / 41 75%

Environment

- Very cold environments can affect grip and increase the risk of slipping.
- Steep slopes and rough surfaces can increase the amount of force required to push/pull a load.

Other factors – Equipment

The issues in Table 4.7 should be considered when making an assessment of the suitability of equipment that is more suitable for planned preventive maintenance to prevent problems?

- do the wheels run freely?
- is the handle height between the waist and shoulders?
- are the handle grips in good order and comfortable?
- are there any...

Problems to look for when making assessment

- change the wheels, tyres and/or flooring so that equipment moves easily?
- provide better handles and handle grips?

Web links

Making the best use of lifting and handling aids guidance from the HSE  
[www.hse.gov.uk/pubns/indg398.pdf](http://www.hse.gov.uk/pubns/indg398.pdf)

Highlight text and add sticky notes just as you would if you were annotating a printed copy of the notes.

Bookmarks make it easy for you to jump to different parts of the notes quickly.

Hyperlinks to relevant web resources make it easy for you to find out more about a particular topic.



We have created a video to help you get the most out of our digital course notes when opened in Adobe Reader, including searching for keywords and having the text read to you. You can watch *Astutis e-learning: Getting the most out of PDFs* on our YouTube channel at: [youtu.be/f66IS7wdPvo](http://youtu.be/f66IS7wdPvo).

# Joining the discussion


## Discussions for NEBOSH National Certificate in Construction Health and Safety (distance learning)

Title
Welcome
Construction is a hazardous industry
Workplace equipment with specific hazards
Hazardous environments
Emergency evacuation procedures
Working at height


Click on the title of a discussion post to see what everyone is talking about.

[Back](#) [Subscribe](#)


**Subscribing to discussions means you will be emailed when anyone posts a new comment. You can choose how often you are emailed (see the next page about changing your details).**

 Is there anything particular about your workplace that needs to be considered when planning for emergencies (e.g. activities, site layout, visitors) and how do you communicate this to people at risk?

Posted by: Daniel Kerr  
Member of Astutis staff  
05 Dec 2013, 16:16 PM

 My workplace is an operation fire station, so our emergency procedure after people safety is to ensure the fire appliance are moved out of the appliance bay so they can be used to extinguish the fire. The station has an L2 fire alarm system which is linked to our fire control, in the event the fire crews aren't on station. All visitors sign in a visitor book and explained on hearing the alarm leave the building an assembly outside assembly point.

Posted by: Loddler, Hannah  
Astutis learner  
12 Mar 2015, 13:27 PM

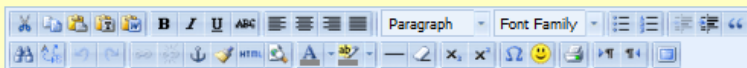
 As an out of town large retail outlet, we often have large quantities of customers in store, add that to the regular contractors, visitors from other stores where the procedure may differ slightly due to the layout and that as the landlords of the building there is another large occupant in the same building, this often adds to the initial "excitement" when the alarm sounds.


Posted by: David Limb  
Astutis learner  
07 Aug 2015, 16:58 PM

**Add your comments or questions to any discussion.**

The alarm is linked throughout the entire building with a "one out, all out" expectation, visitors, except customers, are signed in to the visitors book by the person they are meeting with and who must remain with them at all times. This acts as both a safety control and security too, the same for all contractors who also receive written copies of the procedure along with a verbal description of what to do and where to go. We also have the added welcome complication of a member of the cleaning team who is hearing impaired and could be working remotely in office spaces or wash-rooms and unaware of the alarm sounding, for them the procedure at both the Duty Manager will ring them and all areas are "swept" by personnel to ensure they are clear. Though the ringing may seem pointless, the phone is also set permanently to vibrate, the team member will immediately leave the task they are carrying out and move to the main sales floor to ascertain if there is a potential movement of people thereby indicating that an evacuation is under way.

Add a comment to this discussion:





**Remember: Everyone, including tutors, can read your posts.**

Path: p

## Changing your details

### My Details

Here you can update your details and manage additional features.

What I'd

Email: [

Please no

Password

**Here you can change how your name is displayed in discussion posts and in any automated emails you receive ... you can update your email address if it changes ... or you can reset your password.**

for marketing purposes.

### Astutis Resources area to download your key files

Receive email notifications when new files are available to download

**You can choose to receive an automated email if new files are added to the Astutis Resources area.**

### Discussion subscriptions

Keep up to date with discussion posts.

**Immediately** – Receive an email notification as soon as a new comment is posted. You will be able to post to the discussion by replying to the email.

**Daily** – Receive a summary of the day's posts in one email

**Weekly** – Receive a summary of the week's posts in one email

Activate email notifications

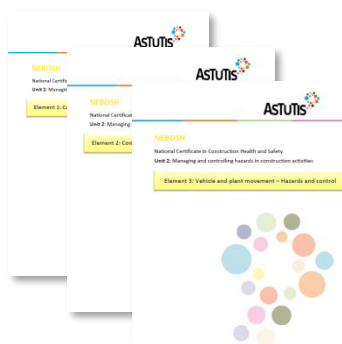
When to receive emails:

**If you have subscribed to a discussion because you want to know when people have commented on posts you are interested in, you can choose how often you receive email notifications here.**

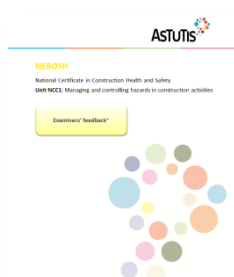
## Getting the most out of your course

As a distance learner you will already be motivated and prepared to use the course materials and support we have provided to ensure you get the most out of the course ... but in case you would like a bit of help getting started, here is what we suggest ...

**Start by downloading all of the course materials from the Astutis Resources area.**



- ◆ Each element has a separate set of course notes (PDF).
- ◆ Each element is split into **sections**, based on the learning outcomes from the syllabus.
- ◆ Each element contains all of the **essential course information**, diagrams, tables, etc. but it also contains **web links** to reference resources and relevant **exam questions** from example papers, which tell you where to find the **answers** in the *Exam questions and answers* booklet.



- ◆ The exam questions and answers in the *Exam questions and answers booklet* have been divided into elements too.
- ◆ As well as referring to this booklet to check the answers as you work through the course notes, it is also a **handy revision tool** in itself, as you practise answering exam questions prior to the exams.

**Make sure you take advantage of all that we offer.**



**Support**  
with using the course  
and on course content.



**The mock exam**  
so you can check your  
progress towards the exams.



**Discussion forums**  
to share your experiences  
with fellow learners.



## About the exam

### When and where can I sit the NCC1 exam?

The NCC1 written exam is run by Astutis at various dates throughout the year and will be held at a range of UK locations, details can be found on our [NCC exam webpage](#).

Additional exam dates and locations may be available, please contact us on 0845 2413684 or email [enquiries@astutis.com](mailto:enquiries@astutis.com) if you need more details.



### What do I have to do to sit the exam with Astutis?

You need to **advise us when you want to sit the exam and in which location**, so we can register this with NEBOSH.

Full details along with deadlines for registration are on our [NCC exam webpage](#).

You will receive confirmation and joining instructions from Astutis approximately 4 weeks before the exam date.



**Remember if you are not registered with NEBOSH by the date specified on our exam webpage, you cannot sit the exam.**

### How much does the exam cost?

If you chose not to include the exam as part of your package there is an exam fee of £150 + VAT to cover the NCC1 written exam and the NCC2 practical.