

January 2026 Monday Class
CLASS TIMES 0900-1700HRS

UNIT	DAY	DATE	SYLLABUS TOPIC	WEEK
UNIT NC1: MANAGING CONSTRUCTION SAFELY				
N C 1	Monday	19/1/2026	Element 1: The Foundations of Construction Health and Safety Management - part 1	1
	Monday	26/01/2026	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
	Monday	02/02/2026	Element 2: Improving Health and Safety Culture and Assessing Risk - part 2 Element 3: Managing Change and Procedures - part 1	3
	Monday	09/02/2026	Element 3: Managing Change and Procedures - part 2 Element 4: Excavation Element 5: Demolition	4
	Monday	16/02/2026	Element 6: Mobile Plant and Vehicles Element 7: Working at Height - part 1	5
	Monday	23/02/2026	Element 7: Working at Height - part 2 Element 8: Musculoskeletal Health and Load Handling - part 1	6
	Monday	02/03/2026	Element 8: Musculoskeletal Health and Load Handling - part 2 Element 9: Work Equipment - part 1	7
	Monday	09/03/2026	Element 9: Work Equipment - part 2 Element 10: Electricity Element 11: Fire	8
	Monday	16/03/2026	Element 12: Chemical and Biological Agents	9
	Monday	23/03/2026	Element 13: Physical and Psychological Health	10
	TUESDAY	07/04/2026	NC1 EXAM - Open Book Examination (OBE)	

UNIT NC1:

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