





Health / Safety / Environment

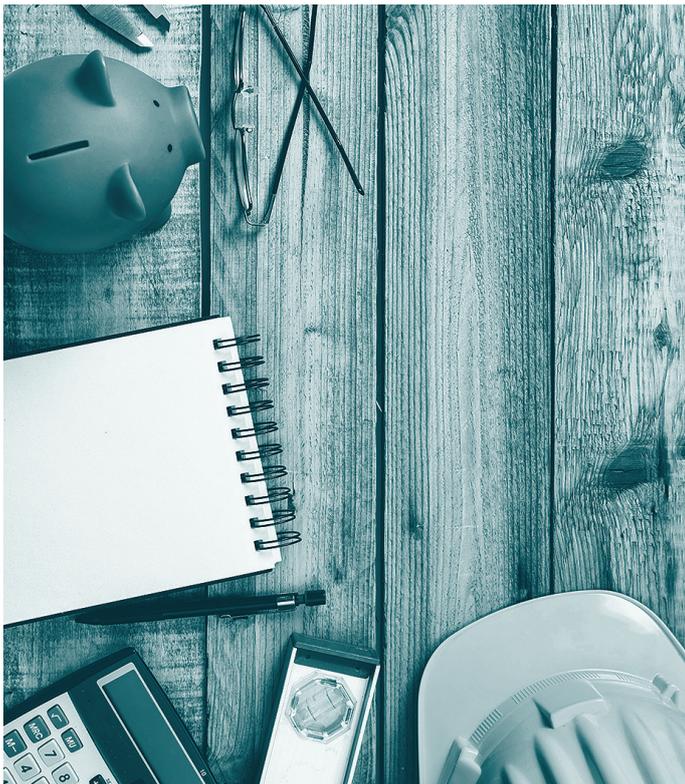
INTRODUCTION

F3L are an Occupational Health, Safety and Environmental Consultancy and training provider.

We offer a broad selection of occupational health and safety consultancy services including specialist technical advice and exposure assessment. We also offer health and safety training, including a broad selection of online e-learning.

“We believe passionately in Occupational Health and Safety and we never compromise on standards and values”

It doesn't need to be complicated. Let us guide you, advise you and assist with your statutory requirements. We will provide pragmatic, practical advice for your occupational health and safety issues and challenges.



F3L IS FOUNDED UPON SOLID EXPERIENCE & PROFESSIONALISM

- Our Partners have over 20 years international experience each in Health, Safety, Environment, Emergency Response and Industrial Hygiene.
- We are on the UK Occupational Safety and Health Consultants Register (OSHCR)
- Chartered Safety and Health Practitioner (CMI-OSH). Members of UK Institution of Occupational Safety and Health (IOSH)
- All Chartered Practitioners have met the high standards required by the Institution of Occupational Safety and Health (IOSH), the world's most prestigious body for health and safety professionals. Our consultants follow the IOSH Code of Conduct.
- Certified Industrial Hygienist (CIH), American Board of Industrial Hygiene
- Each CIH meets the most rigorous standards and follows a code of ethics set by the American Board of Industrial Hygiene.
- Over Level 3 Adult Education Training Qualified
- Proven experience in all aspects of our training services, including extensive work within high-risk security countries.

OSHCR

Registered Consultant
Fraser Lindsay



Chartered Safety and Health Practitioner

CLICK ON ANY OF THE
ICONS TO VISIT THE
APPROPRIATE WEBSITE

OUR CONSULTANT VALUES

- Polite, approachable, and respectful
- Promote good health and safety leadership
- Foster cooperation and collaboration through teamwork with clients
- Comply with professional Code of Ethics
- Continually improve and reinforce knowledge and competency through Continuing Professional Development programs.

INTEGRATED SOLUTIONS

We offer integrated health and safety consultancy, specialist advice and training. There's no need to go to multiple providers. We can offer general and technical occupational health and safety support in one efficient, cost-effective package.

We are flexible and don't limit ourselves to clients with lower risk exposures. We will listen to your challenges and requirements and provide practical, proportionate advice and solutions to ensure the health and safety of your stakeholders and ensure you meet your legal obligations.



OCCUPATIONAL HEALTH AND SAFETY CONSULTING

We offer a range of occupational health and safety consultancy services across a broad range of industries. We will get to know your business and understand your strengths, your challenges, and your needs.

Our general occupational health and safety consultancy services include:

HS&E PROJECT RESOURCING

- We can provide HS&E consultant resources on a short term or fixed term contract basis for your project(s). Either direct or through your preferred staffing agencies.
- Local or International - contact us to discuss.

INCIDENT INVESTIGATION

- Independent assistance with incident investigation, contributing to or leading investigation teams and working to determine root causes of incidents to prevent reoccurrence and ensure lessons learned.

APPOINTED COMPETENT PERSON SERVICE

- We can act as your "Competent" Health and Safety person, to ensure your business complies with the legal requirement defined in the Management of Health and Safety at Work Regulations 1999.

OCCUPATIONAL HEALTH AND SAFETY MANAGEMENT SYSTEM SUPPORT

- Design, development and review of your Occupational Health and Safety Management System, following International Standards (ISO 45001).

WORKPLACE INSPECTIONS, AUDITS AND COMPLIANCE REVIEWS

- Health and Safety Audits and inspections to assess compliance with specific components or all of your Occupational Health and Safety Management System, and general legal compliance.

NEW BUSINESS START UP SUPPORT

- Understanding your duties regarding health and safety,
- Set up of your Occupational Health and Safety Management System, policies and procedures.



OUR AIM IS TO SUPPORT OUR CLIENTS PRO-ACTIVELY, HELPING TO:

- Protect people, environment, company assets and company reputation,
- Provide sensible, proportionate practical advice,
- Support and maintain safe and healthy working environments,
- Promote positive health and safety culture, and
- Enhance productivity and reduce costs associated with health and safety compliance.



TECHNICAL HEALTH AND SAFETY SOLUTIONS

We can provide support in other health, safety, and environmental areas. These include:



**INDUSTRIAL (OCCUPATIONAL)
HYGIENE SUPPORT**



**CHEMICAL RISK ASSESSMENT
AND MANAGEMENT
(COSHH ASSESSMENTS)**



**HAZARD COMMUNICATION
AND PPE ASSESSMENT**



**OCCUPATIONAL NOISE
ASSESSMENTS AND TRAINING**



**LOCAL EXHAUST VENTILATION
(LEV) EXAMINATION
AND TESTING**



**LEGIONELLA RISK
ASSESSMENTS AND SURVEY**



RISK MANAGEMENT STRATEGIES

TRAINING AND LEARNING

We can provide health and safety training services to suit your specific requirements and in various formats:

- **Online** primarily general Health, Safety and Social Care courses
- **Blended** we can mix and match three methods of training; online, classroom and live delivery online
- **Specialist** technical course in specific subject areas and for specific industries (in development)
- **Bespoke** exact training requirements developed to suit your organisation's specific requirements.

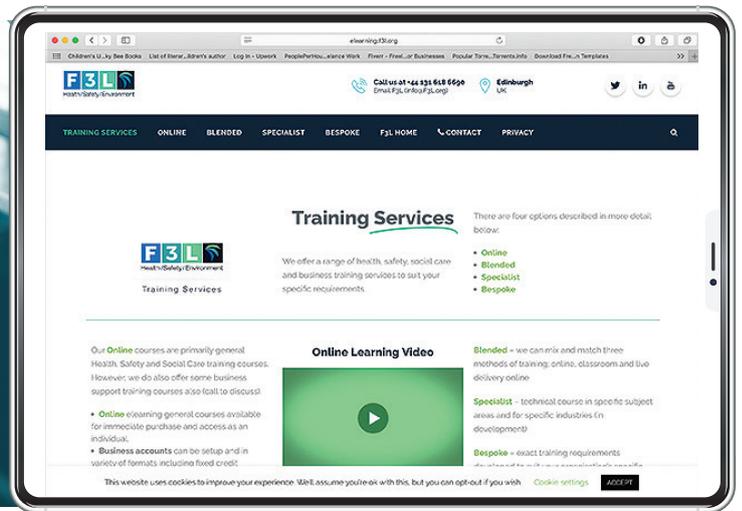
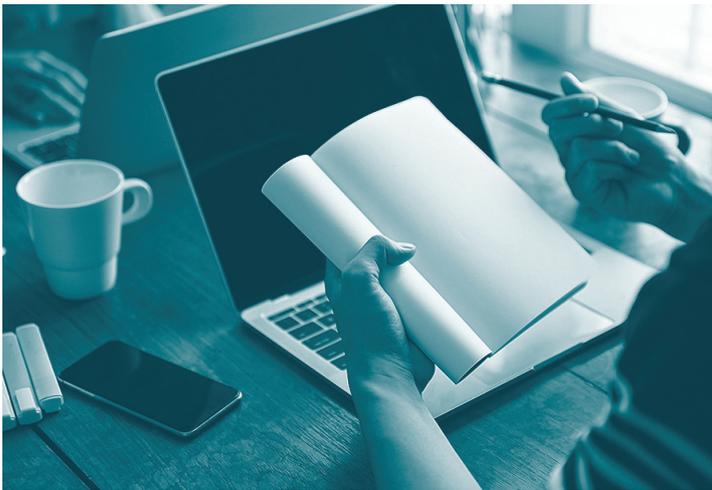
We provide online eLearning for Health, Safety, Food Safety and Social Care that employees actually enjoy.

Our one-on-one tutor led courses are packed with all the information your employees need to keep your business safe and compliant.

They are always up to date.

- Visit our website for more details.
- Click 'Training' on the menu for more information.

CLICK ON THE SCREEN TO VISIT THE TRAINING SECTION OF OUR WEBSITE

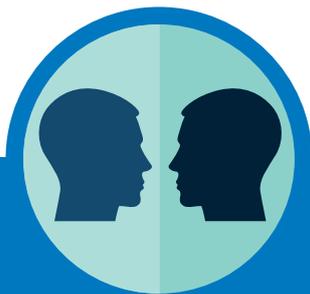


VIRTUAL LEARNING



VIRTUAL LEARNING

Live pictures, animated graphics and the personality of the presenter form part of a very effective virtual learning environment.



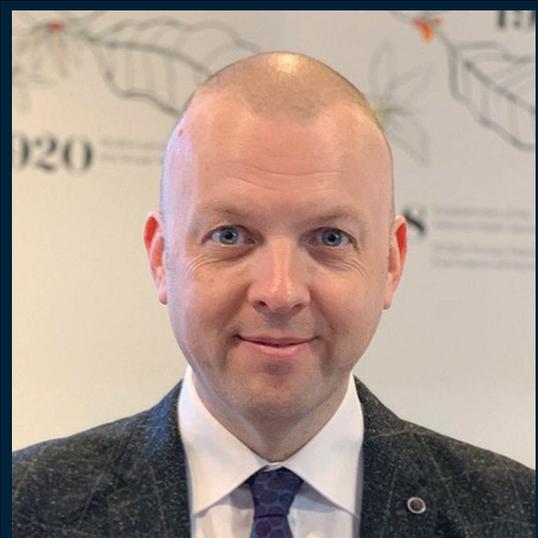
BETTER COMMUNICATION

Video eLearning achieves better communication through the power of face-to-face eye contact that builds trust, triggers emotion and captures a memorable tone and style while communicating the essence of the learning content.



EFFECTIVE

These courses meet all statutory training requirements and are easy to administer using an online control panel. Available at a fraction of the cost to you would expect, this online training has the added bonus of a minimal loss of productivity through being efficient and flexible.



Fraser Lindsay
B.Sc (Hons), M.Sc, M.Phil, CMIOSH, CIH

Managing Partner / Principal Consultant

Chartered Safety and Health Practitioner with over 20 years of broad experience in leadership and management of health, safety, and environmental operations.

Fraser holds a B.Sc in Environmental Health, a M.Phil in Environmental and Occupational Medicine and an M.Sc in Safety Management with Environmental Management.

Fraser is a Chartered Member (CMIOSH) of the UK's Institution of Occupational Safety and Health (IOSH) and a Certified Industrial Hygienist (CIH) through the American Board of Industrial Hygiene (ABIH).



Lee James
M.Sc, DipNEBOSH, GradIOSH

Managing Partner / Principal Consultant

Senior HSE leader with over 20 years international experience managing and deploying health, safety and emergency management strategy and systems.

Lee holds an MSc in Health and Safety Management (with distinction) and an International Diploma in Occupational Health and Safety (NEBOSH).

Lee is also a registered professional of the UK's Institution of Occupational Safety and Health (IOSH).

CONTACT DETAILS - CLICK ON ANY BUTTON TO ACTIVATE THE LINK



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