



# AMILAN

**SAFETY TRAINING CENTRE**

**Know Safety No Pain, No Safety Know Pain**



# What you get

## Contact tutors by telephone, Email & online chat

Your online courses are all supported by CMIOSH Tutors with practical knowledge and hands on experience.

The eLearning classroom environment is easy to use; we have years of experience and feedback from thousands of students which gives us the unique opportunity to provide you with exactly what you need to succeed.



### Hazards

A Hazard is anything that has potential to cause harm to you or others.

### Exposure to Radiation

There are different types of radiation, most of which are completely invisible to us and silent. In particular prolonged exposure to UV radiation from sun can cause skin cancer. This is a problem for people who work outside, such as construction workers.

### What is the best solution?

- Warn everyone about the cable
- Route the cable around the door
- Put a cover over the cable

Correct!

- Quizzes
- Mock exams
- Videos
- Forums
- Diagrams & infographics
- Grading systems
- Downloads
- Audio books







## Online On target

We designed your study material to have everything you need to complete your course with no additional support; we then enhance your learning experience covering all styles of learning including text, diagrams, audio, video, and interactive content, creating a truly flexible package.

And much more!

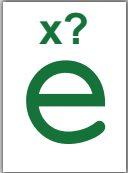
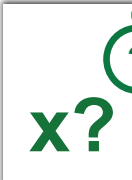

# Reader's Guide

## Quick Look

<p><b>Legislation</b></p>  UK Legislation  International COdes of Best Practice	<p><b>Level</b></p> <p><b>1-7</b></p> <p>According to the UK National Qualification Framework (UK NQF)</p>	<p><b>Employment Level Key</b></p>  <p><b>1 Man</b>- All employes  <b>2 Man</b>- Supervisors  <b>3 Man</b>- Assistant Managers  <b>4 Man</b>- Managers  <b>5 Man</b>- HSE Manager</p>
<p><b>Study Time</b></p>  <p>Total recommended online study time in hours or months</p>	<p><b>Course Access</b></p>  <p>Learner course access time in months</p>	<p><b>Average Completion</b></p>  <p>Average course Completion time In days/months</p>

## Examinations

Online availability or exam dates listed [HERE](#)

<p><b>Online Exams</b></p>  <p>Online exam/ online evidence assessment</p>	<p><b>Sat Exams</b></p>  <p>Exam time (hours) No. of exams</p>	<p><b>Practical</b></p>  <p>Requirement of a workplace assessment</p>
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## Memberships

List of professional memberships made available on completion of the course.

Note that acceptance is at the discretion of the membership body with experince potentially being required in addition to qualifications. Terms & conditions apply.



## Further Development



Equivalent academic qualifications





Advisable course/academic progression

# Course List







## AWARD

Level

-  **IOSH Working Safely** 
-  **IOSH Managing Safely** 











## CERTIFICATE

Level

-  **NVQ Level 3 (Certificate in Occupational Health & Safety)** 
-  **NVQ Level 3 (Award in Environmental Management)** 











## DIPLOMA

Level

-  **NVQ Level 6 (DIPLOMA IN OCCUPATIONAL HEALTH AND SAFETY)** 
-  **NVQ Level 6 (Diploma In Construction Contracting Operations Management)** 
-  **NVQ Level 6 (Diploma in Construction Site Management Construction)** 
-  **PRO Qual Level 7 (Diploma in Strategic Health and Safety Leadership and Management)** 
-  **PRO Qual Level 7 (Diploma in Construction Senior Management)** 

## HIGHFIELD INTERNATIONAL

Level

-  **RISK ASSESSMENT QUALIFICATION (LEVEL 2 )** 
-  **INFECTION CONTROL** 
-  **COSHH** 
-  **INTERNATIONAL FIRE SAFETY QULAIFICATION ( LEVEL 1 TO 2 )** 
-  **HEALTH & SAFETY QULAIFICATION (LEVEL 1 TO 4)** 

# Course List



## HIGHFIELD INTERNATIONAL

Level



MANUAL HANDLING QUALIFICATION ( LEVEL 1 )



## BOARD OF CERTIFIED SAFETY PROFESSIONALS

Level



ASP (ASSOCIATE SAFETY PROFESSIONAL)



CSP (CERTIFIED SAFETY PROFESSIONAL)



## International Organization for Standardization

Level



ISO 9001 (Quality Management Systems)



ISO 14001 (Environmental Management Systems)



ISO 45001 (Occupational Health and Safety Management Systems)





# Working Safely



## Quick Look

<b>NQF Level</b>  <b>1</b>	<b>All employees</b> 	
<b>Study Time</b> 	<b>Course Access</b> 	<b>Average Completion</b> 

### Who is this for?

Anyone, in any sector, at any career level who requires a base understanding and qualification in health & safety. It is also a solid foundation for learners preparing to undertake NEBOSH studies.

### Overview

The IOSH Working Safely award is an accessible entry level qualification that is open to anyone, intended to ensure a base awareness of general health & safety issues around the workplace.



The qualification covers defining and identifying common hazards and risks, improving safety performance and protecting the environment. Evaluation is done through a multi-choice question paper and a multiple choice hazard spotting exercise, both of which can be done online. You can additionally choose to receive an IOSH Working safely certificate and/or the IOSH safety passport as proof of the qualification.

### Did you know?

The IOSH Working Safely course is intended to be completed within a day, typically requiring only six hours of online study to finish.

## Examinations

Available online, anytime

<b>Online Exams</b> 	<b>No Practical</b> 
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## Further Development

	<b>Equivalent Qualifications</b> GCSE (Grade D-G)
	<b>Further Development</b> IOSH Managing Safety/ NEBOSH General Certificate

## Membersip

<b>Affiliate IOSH</b>			
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## Learning Outcomes

- ✓ Explain working safely
- ✓ Defining hazard and risk /
- ✓ Understand responsibilities
- ✓ Workplace precaution hierarchies
- ✓ Introduction into investigating accidents
- ✓ How to protect the environment

# Managing Safely



## Quick Look

<b>NQF Level</b>  <b>2</b>	<b>All employees</b> 	
<b>Study Time</b> 	<b>Course Access</b> 	<b>Average Completion</b> 

## Who is this for?

Ideal for employees beginning a health & safety career, line managers required to review their departmental systems for safety and learners preparing for further NEBOSH studies.

### Overview

**The Managing Safely course is for those required to manage safely and effectively in compliance with both their organisation’s policy and best practice in health and safety, helping to standardise their operations.**



There are no prerequisite entry requirements for this qualification, however students will find it helpful to have already achieved an awareness-level qualification to improve their potential end result. The course aims to ensure that safety requirements are appreciated by line managers, and to enable them to review their own departmental systems for safety, introducing new controls or implementing changes as appropriate to ensure safety in the workplace.

### Did you know?

The IOSH Managing Safely course is the ideal starting point for your Health and Safety career, you will have an underpinning knowledge of the core health and safety subjects making you better prepared for your NEBOSH studies.

## Examinations

Available online, anytime

<b>Online Exams</b> 	<b>x1 Workplace Assessment</b> 
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## Further Development

	<b>Equivalent Qualifications</b> High School Diploma / GCSE (Grade D-G)
	<b>Further Development</b> NEBOSH General Certificate

## Membersip

<b>Affiliate</b> <b>IOSH</b>			
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## Learning Outcomes

- ✓ Get a balanced perspective of safety and health issues
- ✓ Understand the importance of Safety Management Systems
- ✓ You will have an underpinning knowledge of the core health and safety subjects, therefore making you better prepared for your NEBOSH studies to progress further in your career

## NVQ Level 3 Certificate in Occupational Health & Safety Practice



### Who is this for?

This course is typically intended for mid-level Managers and supervisors responsible for developing and applying Health and Safety procedures on a day-to-day basis within the workplace. During the course students can expect to improve basic SHE knowledge and skills.

### Overview

**Undertaken alongside existing daily duties the NVQ Level 3 tasks students with collecting evidence in support of their studies.**

Candidates learn, develop and practice the required skills for progression within the Health and Safety industry, whilst continuing to manage their regular workload.

Evidence collected within the past 2 years can be utilised in support of the qualification. This will be determined by considering relevant industry competencies, assessing said evidence you submit with course units which are signed off as they are completed.

Membership application options for TechIOSH and AIOSH are also open to successful candidates providing their experience levels are adequate.

### Did you know?

There are no written examinations involved with the course being effectively 100% online. The course cannot technically be failed either as assessment is done on a basis of either being competent or not yet competent.

A Level 3 NVQ is also a reliable basis for further career development, including Diploma-level NEBOSH and Level-6 NVQ courses.

### Quick Look

<b>NQF Level</b> <b>3</b>	<b>HSE Managers</b> 	
<b>Study Time</b> <b>310 Hours</b>	<b>Course Access</b> <b>24 Months</b>	<b>Average Completion</b> <b>6-9 Month</b>

### Assessment

Available online, anytime

<b>Evidence Assessment</b> 	<b>No Practical</b> 
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### Further Development

	<b>Equivalent Qualifications</b> A-Level/Certificate of High Education
	<b>Further Development</b> Level 6 Diploma. NEBOSH Diploma

### Membersip

TechIOSH	AIOSH		
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### Learning Outcomes

- ✓ Develop knowledge of safety monitoring and control procedures
- ✓ Learn how to conduct a workplace Health and Safety assessment
- ✓ Effective investigation and evaluation of incidents and complaints
- ✓ Learn how to review workplace SHE procedures
- ✓ Supervision of worker health, safety and welfare



## NVQ Level 6 Certificate in Occupational Health & Safety Practice



### Quick Look

NQF Level	HSE Managers	
<b>6</b>		
Study Time	Course Access	Average Completion
<b>1064 Hours</b>	<b>24 Months</b>	<b>7-12 Month</b>

### Who is this for?

Aspiring managers reporting to or forming a part of senior management staff, responsible for developing day-to-day Health and Safety procedures within their workplace and implementing them effectively. Ideal for learners looking to balance Diploma studies with a demanding existing role.

### Overview

**This higher-level qualification is typically intended for senior level SHE Managers who have specific responsibilities for the Health and Safety both in the workplace and amongst employees.**

Taken entirely online through the Ahlan e-Learning portal, this NVQ Level 6 Diploma is tailored to suit the learner's skills and knowledge. The assessment is completed through collection of evidence during their day-to-day working activities and submitted through the Ahlan e-Learning platform.

As an International qualification, there are no geographical restrictions on who can take the course or its application. Additionally, GradIOSH and CMIOSH membership options are available, though these are entirely at the discretion of the awarding body.

### Did you know?

The entire course is 100% online and has no exams. Instead assessment is based upon the aforementioned evidence collected during the working day. The course cannot technically be failed either, only prolonged.

There are no fixed entry requirements, however a relevant certificate level qualification is recommended.

### Assessment

Available online, anytime

Evidence Assessment	No Practical

### Further Development

	<b>Equivalent Qualifications</b> A-Level/Certificate of High Education
	<b>Further Development</b> Level 6 Diploma. NEBOSH Diploma

### Membersip

GradIOSH	CMIOSH		
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### Learning Outcomes

- ✓ Develop and learn to implement an effective Health and Safety policy along with effective communication systems
- ✓ Learn to identify, assess and control workplace Health and Safety risks and hazards
- ✓ Knowledge of how to run proactive and reactive monitoring systems to optimise the workplace's approach to SHE

## Level 6 NVQ Diploma in Construction Site Management (Construction)



Quick Look		
NQF Level	HSE Managers	
<b>6</b>		
Study Time	Course Access	Average Completion
<b>1720 Hours</b>	<b>24 Months</b>	<b>7-12 Month</b>

### Who is this for?

The ProQual Level 6 NVQ Diploma in Construction Site Management (Construction) qualification provides a nationally recognized qualification appropriate for those working as construction site managers in building and civil engineering, highways maintenance and repair, residential development, conservation, or demolition. The awarding body for this qualification is ProQual Awarding Body and the regulatory body is the Office of Qualifications and Examinations Regulation (Ofqual). Candidates can specialize in several different areas of Construction Site Management:

- Building and Civil Engineering
- Highways and Maintenance Repair
- Residential Development
- Conservation
- Demolition

### Overview

NVQ Level 6 course is brought to you with the association with Shec Solutions (Cognitia UK). The ProQual Level 6 NVQ Diploma in Construction Site Management (Construction) qualification provides a nationally recognized qualification appropriate for those working as construction site managers in building and civil engineering, highways maintenance and repair, residential development, conservation, or demolition.

This is a National Vocational Qualification which means that this qualification has been developed to be achieved in a real work environment. You need to be employed to undertake this qualification. This qualification will enable you to demonstrate and recognize your skills, knowledge, and understanding and to demonstrate your competence in a real workplace environment so you can work as a Construction Site manager within the construction industry.

NVQ Level 6 course is brought to you with the association with Shec Solutions (Cognitia UK). The ProQual Level 6 NVQ Diploma in Construction Site Management (Construction) qualification provides a nationally recognized qualification appropriate for those working as construction site managers in building and civil engineering, highways maintenance and repair, residential development, conservation, or demolition.

### Did you know?

In order to meet the assessment criteria candidates should be working in the role of construction site manager in building and civil engineering, highways maintenance and repair, residential development, conservation or demolition.

Centres should carry out an initial assessment of candidate skills and knowledge to identify any gaps and help plan the assessment.

Assessment	
Available online, anytime	
Evidence Assessment	No Practical

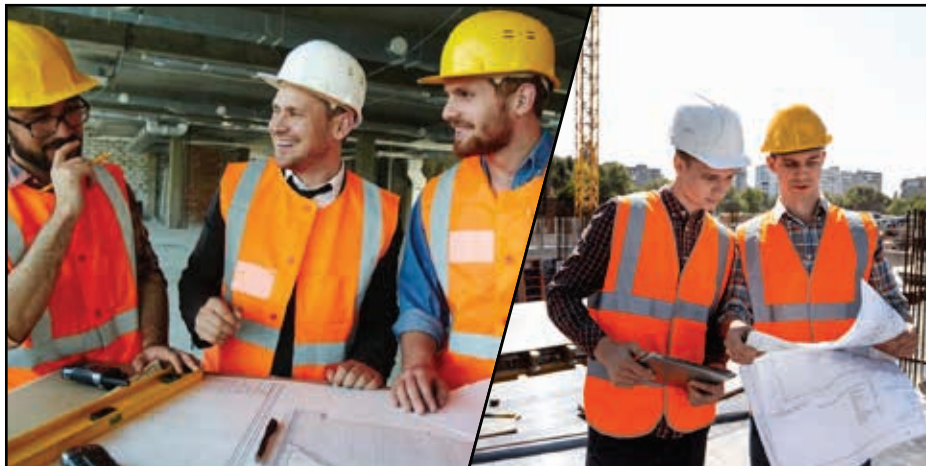
Further Development	
	Equivalent Qualifications A-Level/Certificate of High Education
	Further Development Level 6 Diploma. NEBOSH Diploma

Membersip			
GradIOSH	CMIOSH		

### Learning Outcomes

- ✓ Develop and learn to implement an effective Health and Safety policy along with effective communication systems
- ✓ Learn to identify, assess and control workplace Health and Safety risks and hazards
- ✓ Knowledge of how to run proactive and reactive monitoring systems to optimise the workplace's approach to SHE

## Level 7 (Diploma in Strategic Health and Safety Leadership and Management)



### Who is this for?

Managers working in a senior position that have responsibility for developing and applying strategic health and safety and those that are looking to expand maintain their expertise and skills.

### Overview

This qualification is aimed at higher level managers who sit as part of the senior management team and have a more strategic role within an organisation. Delivered entirely online, this NVQ Level 7 Diploma will build on a learner's experience and knowledge and allow them to demonstrate the senior level skills, required to pass this course. The assessment is completed through a collection of evidence during the learner's day-to-day working activities and submitted through the Learning Assistant e-Learning platform.

As an international qualification, there are no geographical restrictions on who can take the course or its' application. Additionally, CMIOSH membership option is available with completion of the individual professional development (IPD), though this is entirely at the discretion of IOSH.

### Did you know?

The entire course is 100% online and has no exams. Instead assessment is based upon the aforementioned evidence collected during the working day together with written reflections, assessor lead assignments and professional discussions with an assigned assessor.

The course cannot technically be failed either, only prolonged.

There are no fixed entry requirements, however a level 7 NVQ or diploma qualification is recommended.

### Quick Look

<b>Level</b> <b>7</b>	<b>HSE Managers</b> 	
<b>Study Time</b> <b>500 Hours</b>	<b>Course Access</b> <b>24 Months</b>	<b>Average Completion</b> <b>10-12 Month</b>

### Assessment

Avaiabel online, anytime

<b>Evidence Assessment</b> 	<b>No Practical</b> 
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### Further Development

	<b>Equivalent Qualifications</b> Masters Degree
	<b>Further Development</b> Research PHD or Equivalent

### Membersip

<b>GradIOSH</b>	<b>CMIOSH</b>	<b>AaPS</b>	
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### Learning Outcomes

- ✓ Develop and learn to implement an effective Health and Safety policy along with effective communication systems
- ✓ Learn to identify, assess and control workplace Health and Safety risks and hazards
- ✓ Knowledge of how to run proactive and reactive monitoring systems to optimise the workplace's approach to SHE



# ASP (Associate Safety Professional)



## Associate Safety Professional ® (ASP®)

- demonstrates a broad scope of knowledge of SH&E practice
- serves as one of several approved credentials meeting requirements for the CSP

### About :

Learning the Associate Safety Professional (ASP) will lead you towards a functional and practical career. This ASP training and certification will enhance your ability to demonstrate valuable practical knowledge and extend your horizon of performing professional level safety duties. By enrolling yourself for the Associate Safety Professional (ASP) certifications, you are opening doors of gaining excellence and authority over your skills regarding the roles and responsibilities of Associate Safety Professionals. The Associate Safety Professional exam prep for safety practitioners allows them to have a real-time learning experience without bearing any travel expenses. Plus, a viable route of participating in the comprehensive study sessions to resolve the queries and gain control over your future. You can get further details

### Important Information

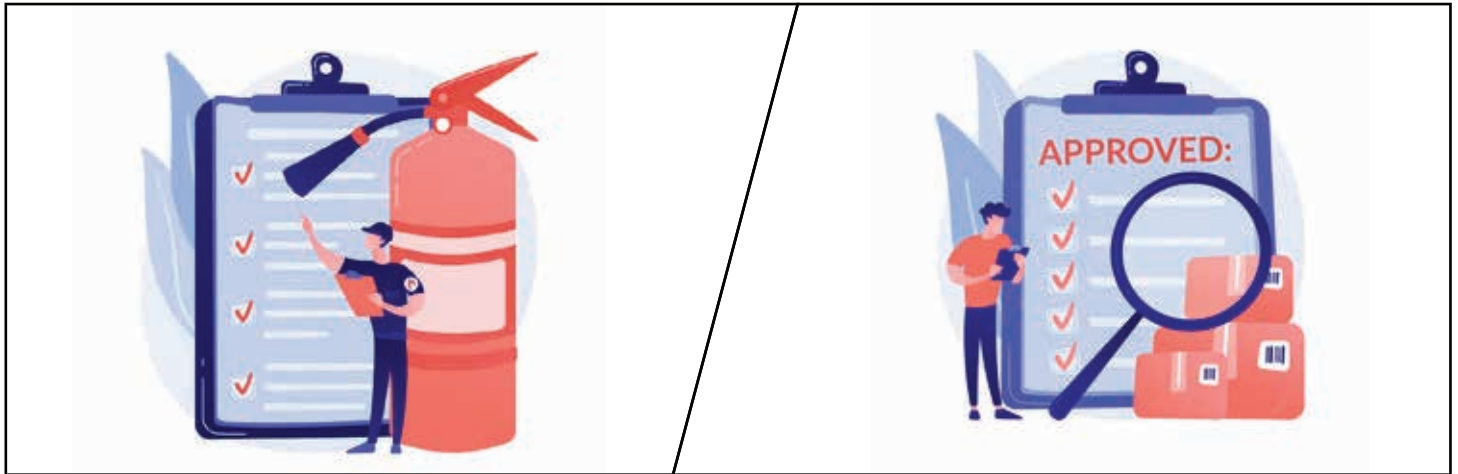
For the most current version of this publication, please visit [bcsp.org/ASP](http://bcsp.org/ASP). As a candidate or certificant you are solely responsible to keep BCSP informed of your current mail and email address. If either address changes, you must notify BCSP. You could lose your credential or eligibility status if you miss important notifications related to your credential.

## Learning Outcomes

- ✓ Develop and learn to implement an effective Health and Safety policy along with effective communication systems
- ✓ Learn to identify, assess and control workplace Health and Safety risks and hazards
- ✓ Knowledge of how to run proactive and reactive monitoring systems to optimise the workplace's approach to SHE



# CSP (Certified Safety Professional)



## Certified Safety Professional® (CSP®)

- has been in operation for more than 40 years with over 40,000 CSPs certified
- is the premier certification in the safety profession
- covers a wide range of safety, health and environmental (SH&E) practice disciplines

### About :

Pursuing the Certified Safety Professional (CSP) course highlights your zeal towards a more knowledgeable and professional future. We always encourage determination and provide the most extensive insights and depth for the Certified Safety Professionals. This CSP training allows you to polish your professional safety practices through the CSP study guide and ensure you as a suitable candidate for renowned health and safety institutions. By having the most appropriate CPS qualifications in the field, you will gain an edge over your peers. You will be able to perform professional level safety duties involving managing safety programs, professional investigations, record keeping, training, emergency response, and much more.

### Our Promise

Ahlan Safety strives for uplifting your excellence and abilities to perform well in the professional safety grounds. For that, we provide the utmost learning for you to pass your CSP exam with flying colors

## Learning Outcomes

- ✓ Develop and learn to implement an effective Health and Safety policy along with effective communication systems
- ✓ Learn to identify, assess and control workplace Health and Safety risks and hazards
- ✓ Knowledge of how to run proactive and reactive monitoring systems to optimise the workplace's approach to SHE

# ISO 9001 (Quality Management Systems)



## About :

ISO 9001:2015 QMS training specifies requirements for a quality management system when an organization:

- needs to demonstrate its ability to consistently provide products and services that meet customer and applicable statutory and regulatory requirements, and
- aims to enhance customer satisfaction through the effective application of the system, including processes for improvement of the system and the assurance of conformity to customer and applicable statutory and regulatory requirements.

All the requirements of ISO 9001:2015 are generic and are intended to be applicable to any organization, regardless of its type or size, or the products and services it provides.

## Learning Outcomes

- ✓ Develop and learn to implement an effective Health and Safety policy along with effective communication systems
- ✓ Learn to identify, assess and control workplace Health and Safety risks and hazards
- ✓ Knowledge of how to run proactive and reactive monitoring systems to optimise the workplace's approach to SHE

# ISO 14001 (Environmental Management Systems)



## About :

ISO 14001:2015 specifies the requirements for an environmental management system that an organization can use to enhance its environmental performance. ISO 14001:2015 is intended for use by an organization seeking to manage its environmental responsibilities in a systematic manner that contributes to the environmental pillar of sustainability.

ISO 14001:2015 helps an organization achieve the intended outcomes of its environmental management system, which provide value for the environment, the organization itself, and interested parties. Consistent with the organization's environmental policy, the intended outcomes of an environmental management system include:

- Enhancement of environmental performance
- Fulfillment of compliance obligations
- Achievement of environmental objectives.

ISO 14001:2015 is applicable to any organization, regardless of size, type, and nature, and applies to the environmental aspects of its activities, products, and services that the organization determines it can either control or influence considering a life cycle perspective. ISO 14001:2015 does not state specific environmental performance criteria.

ISO 14001:2015 can be used in whole or in part to systematically improve environmental management. Claims of conformity to ISO 14001:2015, however, are not acceptable unless all its requirements are incorporated into an organization's environmental management

## Learning Outcomes

- ✓ Develop and learn to implement an effective Health and Safety policy along with effective communication systems
- ✓ Learn to identify, assess and control workplace Health and Safety risks and hazards
- ✓ Knowledge of how to run proactive and reactive monitoring systems to optimise the workplace's approach to SHE



### About :

ISO 45001:2018 specifies requirements for an occupational health and safety (OH&S) management system, and gives guidance for its use, to enable organizations to provide safe and healthy workplaces by preventing work-related injury and ill health, as well as by proactively improving its OH&S performance.

ISO 45001:2018 is applicable to any organization that wishes to establish, implement and maintain an OH&S management system to improve occupational health and safety, eliminate hazards and minimize OH&S risks (including system deficiencies), take advantage of OH&S opportunities, and address OH&S management system nonconformities associated with its activities.

ISO 45001:2018 helps an organization to achieve the intended outcomes of its OH&S management system. Consistent with the organization's OH&S policy, the intended outcomes of an OH&S management system include:

- Continual improvement of OH&S performance
- Fulfillment of legal requirements and other requirements
- Achievement of OH&S objectives

ISO 45001:2018 is applicable to any organization regardless of its size, type, and activities. It is applicable to the OH&S risks under the organization's control, taking into account factors such as the context in which the organization operates and the needs and expectations of its workers and other interested parties.

ISO 45001:2018 does not state specific criteria for OH&S performance, nor is it prescriptive about the design of an OH&S management system.

ISO 45001:2018 enables an organization, through its OH&S management system, to integrate other aspects of health and safety, such as worker wellness/wellbeing.

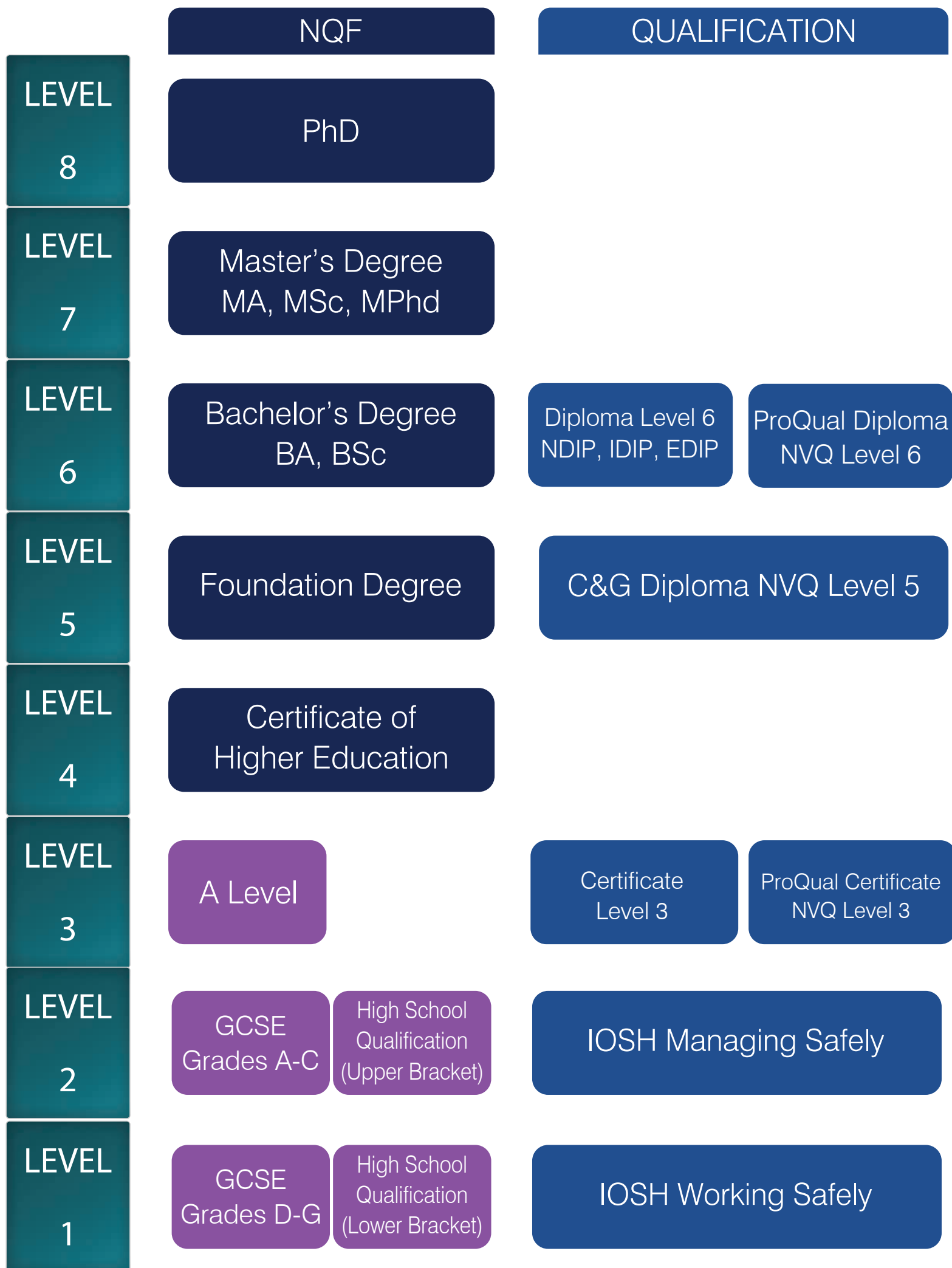
ISO 45001:2018 does not address issues such as product safety, property damage or environmental impacts, beyond the risks to workers and other relevant interested parties.

ISO 45001:2018 can be used in whole or in part to systematically improve occupational health and safety management. However, claims of conformity to this document are not acceptable unless all its requirements are incorporated into an organization's OH&S manage-

### Learning Outcomes

- ✓ Develop and learn to implement an effective Health and Safety policy along with effective communication systems
- ✓ Learn to identify, assess and control workplace Health and Safety risks and hazards
- ✓ Knowledge of how to run proactive and reactive monitoring systems to optimise the workplace's approach to SHE





# Benefits of Ahlan eLearning qualifications

## For the individual



Being able to show that you are competent in your work and able to demonstrate the knowledge and skill required to perform at the recognised occupational standard.

Further your professional development and increase your career prospects by developing transferable skills recognised and valued by employers universally.



Improve your job satisfaction, confidence and drive to succeed in your occupation.

A flexible way of gaining a recognised and respected qualification, with no requirement to have already completed other formal qualifications.



Recognised route to professional memberships with globally recognised professional institutes.

Examinations are available globally. Due to the flexibility of AHLAN e-Learning students are not fixed to a specific examination date, examination dates can be selected when a student feels confident.



Globally recognised qualifications can give you an advantage in the workplace for promotion and job security.

## For the employer



Value for money - access to the courses is unlimited during the study period, allowing students to study 24 hours a day 7 days a week, giving students maximum opportunity to absorb the course material.

The course is accessible from any PC with internet access allowing study in the workplace or from home, minimising disruption and downtime to business.



Increased staff productivity, efficiency and performance.

Increased motivation and job satisfaction for employees.



Students can start the qualification at their capability level, and no prior qualifications are required.

Ensuring staff are working to up-to-date standards and best practices within their field enables employees to gain well recognised and respected qualifications, with no requirement to have already completed other formal qualifications.



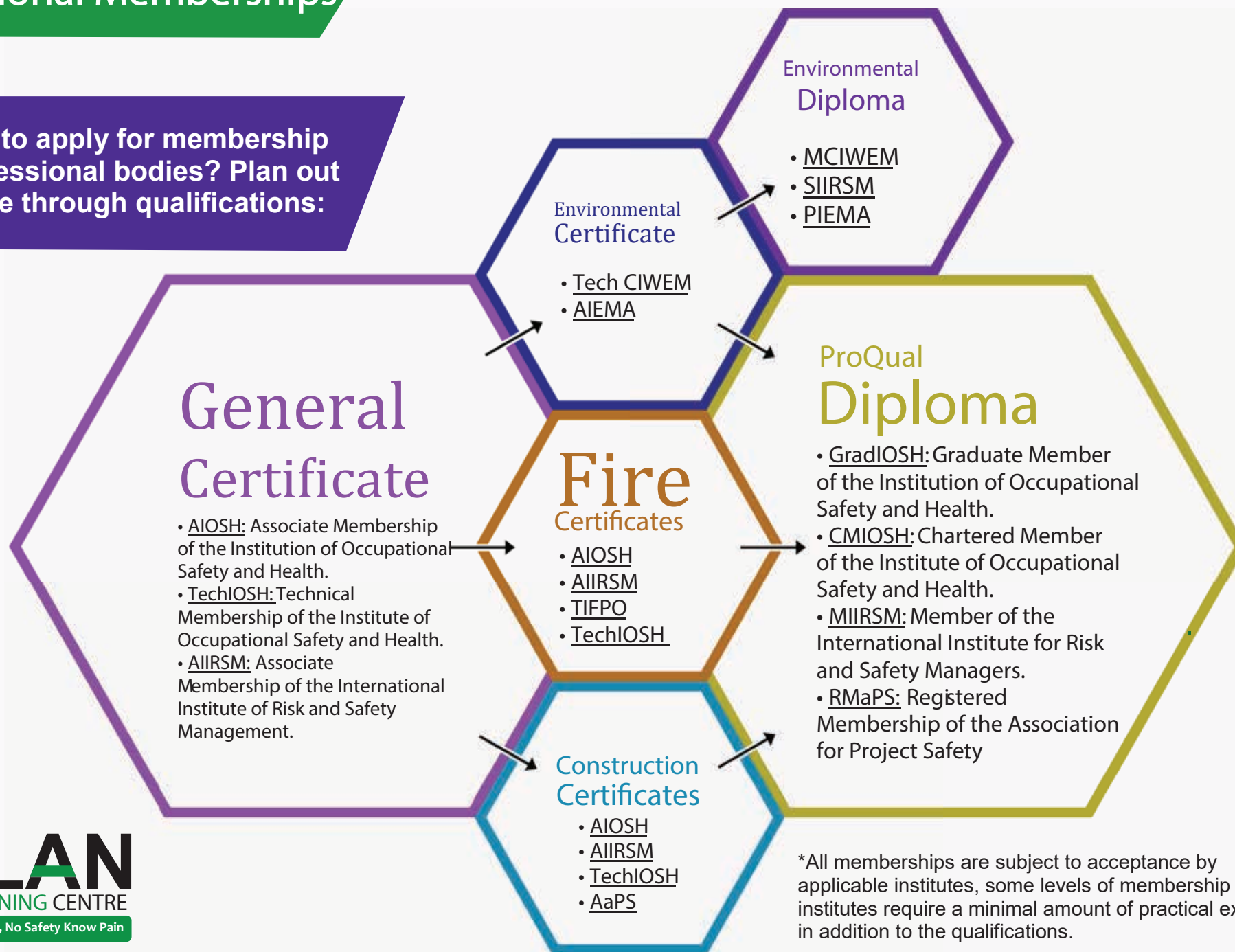
Demonstrates a commitment to quality and continuous improvement.

When employees have globally recognised qualifications, this can help when tendering for contracts with some organisations, and help towards quality standards.

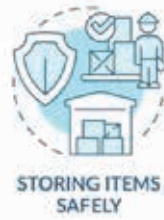


# Professional Memberships

Planning to apply for membership with professional bodies? Plan out your route through qualifications:



\*All memberships are subject to acceptance by applicable institutes, some levels of membership with the institutes require a minimal amount of practical experience in addition to the qualifications.



# Flexibility Accessibility Success

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