

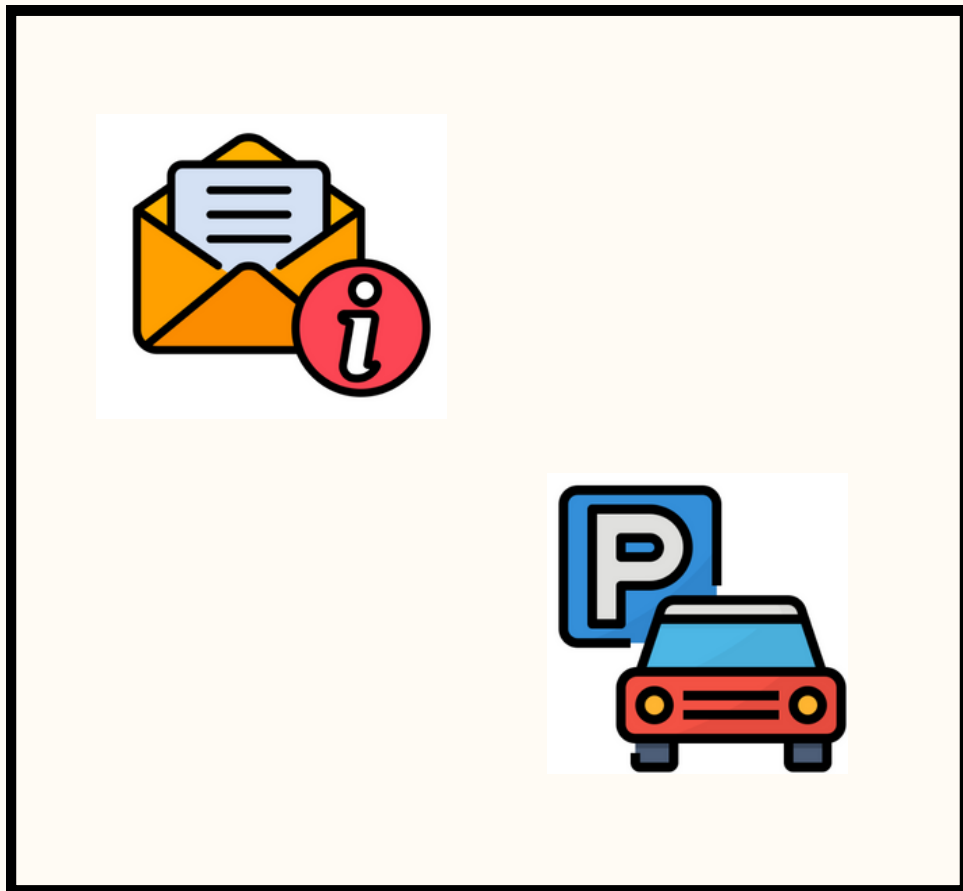


## *JGD Safety Visual Guide*



### JGD Training Session

This guide will help you know what to do and what to expect when you attend your one-to-one health and safety training



Arriving at the training location

When you book a training session, I will source a location for us and ensure it suits your needs.

If needs be this can be in your own home.

Prior to the session you will receive an email with parking details.



## Entering the Training Location

You will go through the doors into the building.  
There will be a sign or instructions on where to  
find your training room.

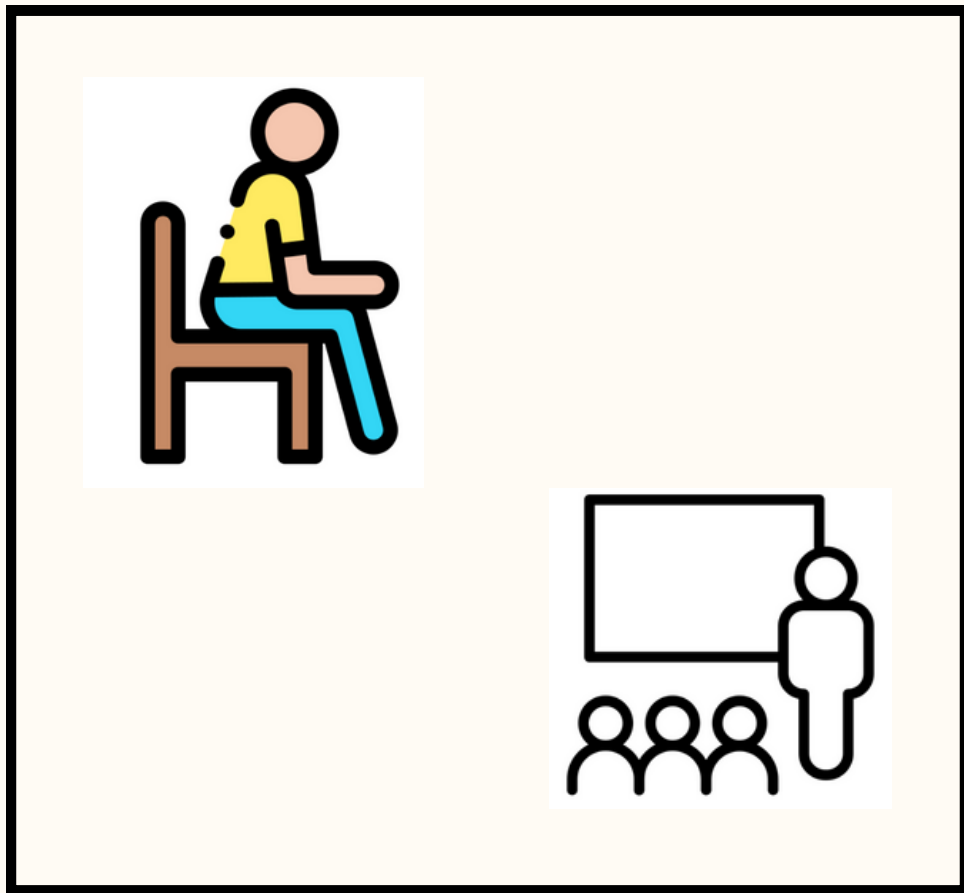
If needed, your trainer can come meet you at  
the entrance.



## Checking In and Meeting Your Trainer

When you get to the training area, you will meet  
your trainer, James Davis

They might ask your name or confirm the  
training session you are here for.



## The training space

You will be in a specific training space where you and your trainer will work together.

You can sit where you are comfortable in the room.

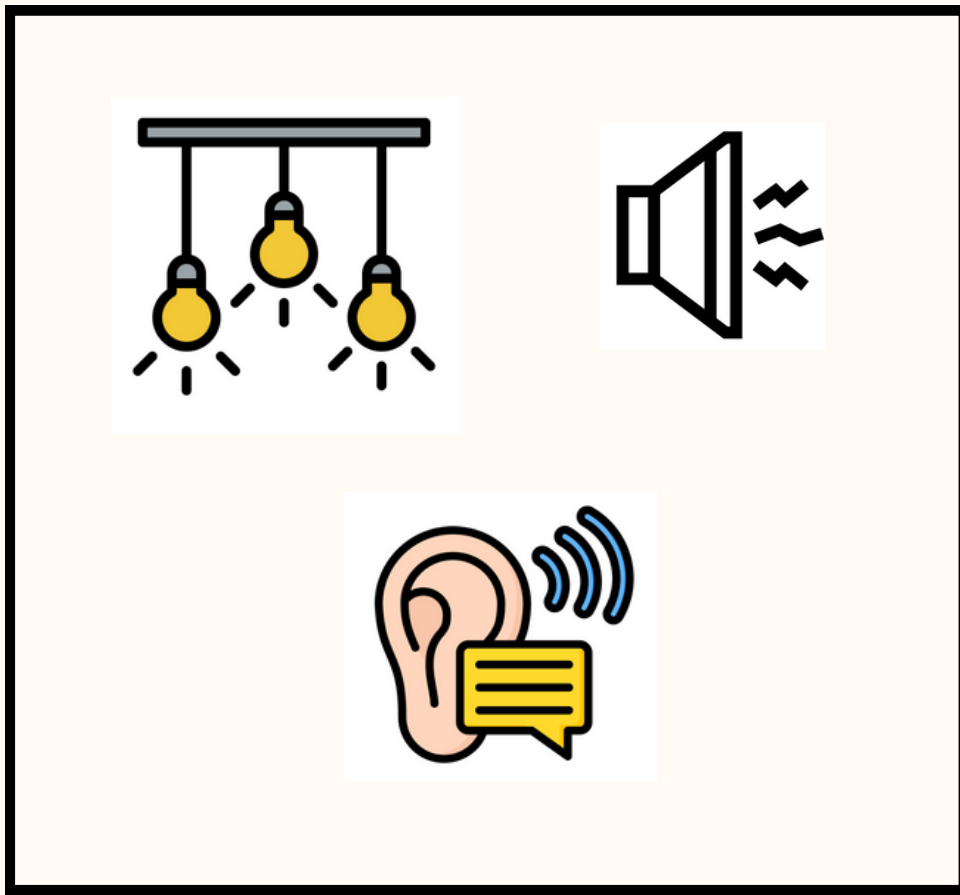


### Materials:

We might use handouts, videos, or demonstration tools to learn about safety. You can take notes.

### Training Focus:

The trainer will focus on the theory and practice relating to your specific training subject (ie. manual handling, safety awareness)



## Sensory Information

The training space is usually quiet but you might hear talking, footsteps, or the sound of an air conditioner.

The room might have bright overhead fluorescent lighting.

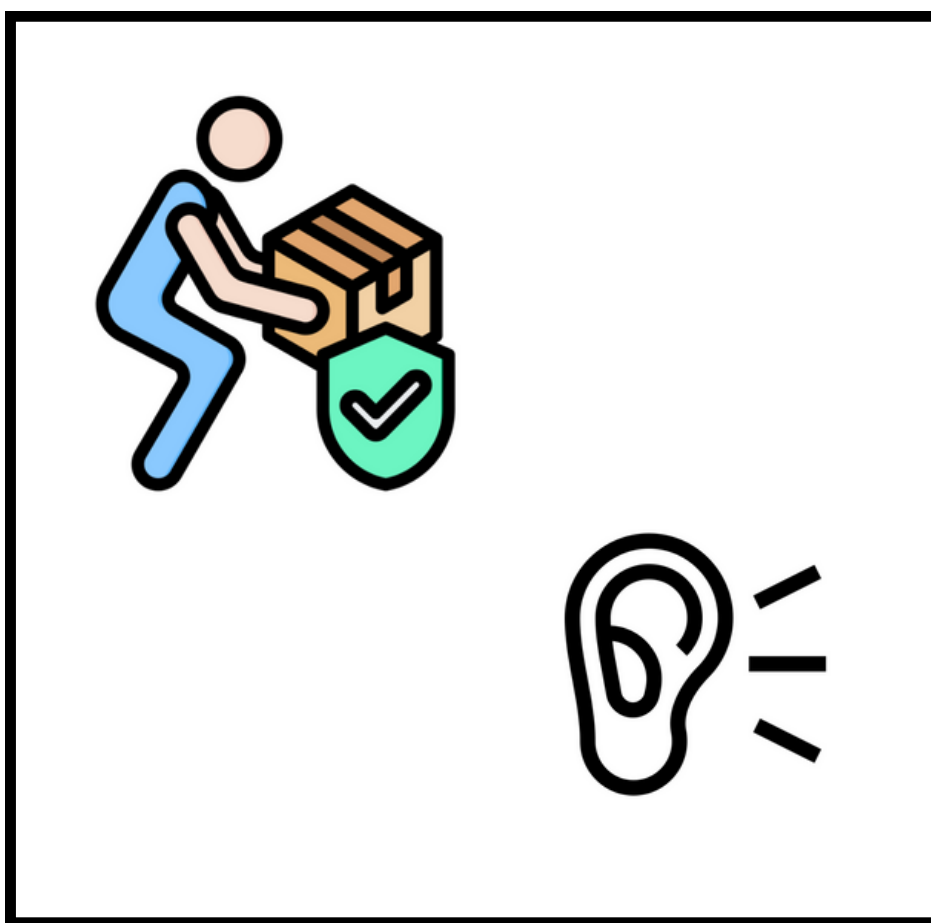


Your trainer will explain the safety topics.

They will:

- Show you what to do (demonstrations).
- Explain why safety is important.
- Ask you questions to ensure you understand.

You can follow along and ask questions at any time. It's okay to ask the trainer to repeat something or explain it differently!

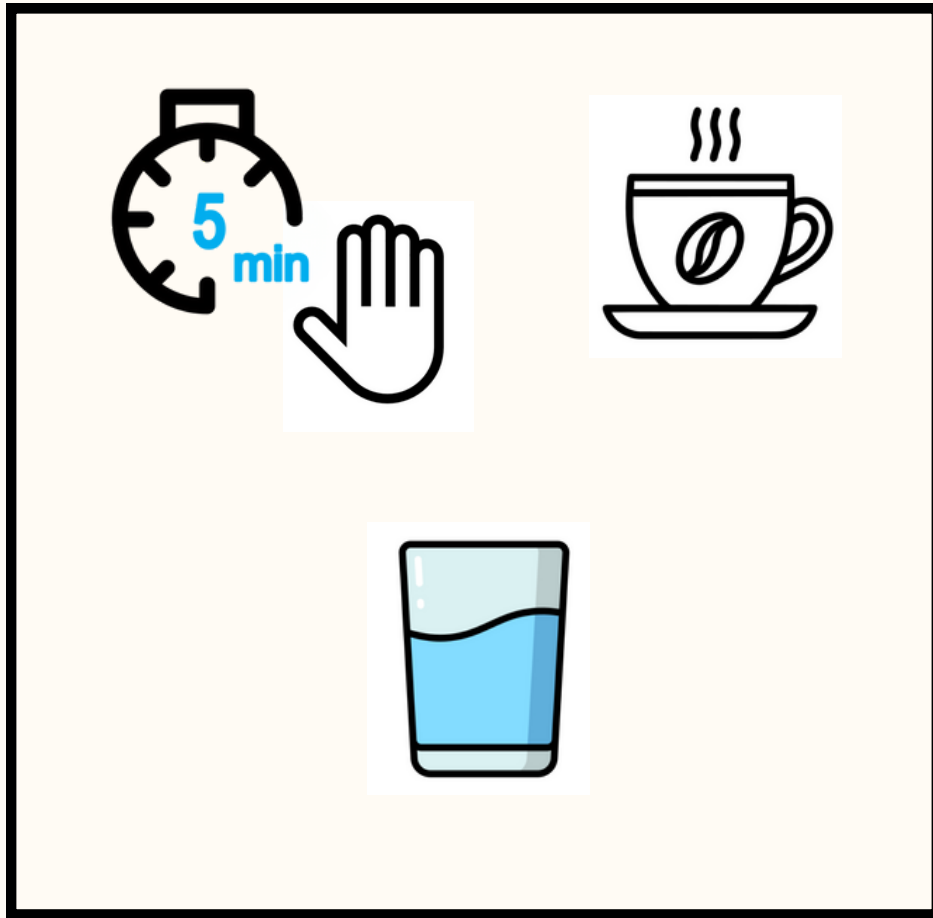


If the training involves hands-on practice, your trainer will show you the safe way first.

When it's your turn, you can follow the trainer's instructions.

They will be right there with you to make sure you are safe and doing it correctly.

Always listen to your trainer during practice.



## Taking a Break and Staying Comfortable

You will know the duration of your training beforehand.

If you feel tired, overwhelmed, or need to move around, you can ask for a short break.  
You can drink water to stay hydrated.



When the training is finished the trainer will tell you. You might receive a certificate or completion paperwork.

You can thank your trainer and then leave the same way you came in. You have successfully completed your Training!

## Additional Information

If you need a special accommodation, such as a private room, extra breaks, or simplified handouts, please let us know before your session! We are happy to help you be comfortable.

You can contact James via email or phone on:

[jgdsafety@outlook.ie](mailto:jgdsafety@outlook.ie)

087 942 1430

We hope that this visual guide was helpful. If you have any feedback or recommendations on how we can improve this visual guide - please email James directly or [autismfriendlyblarney@gmail.com](mailto:autismfriendlyblarney@gmail.com)

Thank you!

