

Our training courses & workshops

Managing Risk in the Workplace

Does your organisation have employees, premises and/or regular third-party visitors?

Our training courses and workshops cover a comprehensive range of personal injury and health and safety topics to keep your organisation compliant and your people safe.

Designed to be interactive, each session will equip participants with practical, actionable insights that foster a proactive safety culture and ensure your staff are well-prepared in the event of an accident.

Whether delivered online or in person, these sessions are tailored to the unique needs of your organisation. We work closely with you to ensure the content is relevant, impactful, and aligned with your operational goals, to help you build a safer, more informed workforce.



AS Anderson
Strathern



Our sessions

- How to deter and minimise claims
- Health and safety
- Personal injury law: the basics
- In the workplace
- Court procedure
- Fatal Accident Inquiries/Public Inquiries

How to deter and minimise claims

We provide practical tools and strategies to help organisations minimise the likelihood of personal injury claims being made.

By the end of the session, you will have learned:

- Key legal terminology relevant to injury claims
- Time limits for bringing claims (timebar)
- Best practices for document retention
- The importance of near-miss reporting
- How to conduct a thorough accident investigation
- How to gather effective witness statements and compile an accident report
- Recent case law, including examples of what constitutes "reasonable precautions"

Attendees will also gain a clearer understanding of how proactive risk management and robust reporting procedures can reduce exposure to claims and support a safer working environment.





Health and safety

Our health and safety training covers the legal responsibilities of duty holders, including the Health & Safety at Work etc. Act 1974 and its associated regulations.

The topics covered are:

- Legal responsibilities of senior managers/executives
- The Construction (Design and Management) Regulations 2015
- The Corporate Manslaughter and Corporate Homicide Act 2007
- A day in court – what to expect with a focus on civil claims, Fatal Accident Inquiries and prosecutions
- When an HSE inspector calls – what to expect and your rights
- Sentencing guidelines and latest penalties
- Newly emerging duties e.g. Terrorism (Protection of Premises) Act 2025

Attendees will leave this session with a better understanding of health and safety legislation, as well as their legal obligations.

Personal injury law: the basics

Pre-litigation claims

This introductory session provides a clear overview of personal injury claims prior to a court action being raised and outlines the key steps to take when a claim is first intimated.

Participants will leave the training understanding:

- The Compulsory and Voluntary Pre-Action Protocol and its practical application
- Relevant procedures and timelines
- How to carry out accident investigations
- The recoverable expenses associated with a personal injury claim



Personal injury law: the basics

Litigated claims

This session offers a comprehensive guide to the different court options available for personal injury claims in Scotland. It delves into the procedural rules and distinctive features of each court, providing practical insights and tips for effectively managing litigated claims.

Participants will gain a deeper understanding of key aspects of litigation, including document recovery, the use of expert reports, and strategic considerations for progressing a claim through the courts.

By the end of the session, attendees will understand the different courts available in Scotland along with how they run, and they will gain a deeper understanding of key court processes.

Fatal claims

Attendees will learn how to value a Scottish fatal claim and be talked through up-to-date relevant case law.





In the workplace

Workplace stress

This interactive training session delves into the critical issue of workplace stress - what it is, why it matters, and how to recognise the early warning signs before they escalate. We will explore:

- **Key Indicators of Workplace Stress:** Learn to identify behavioural, emotional, and physical signs in yourself and others, from subtle changes in performance to more obvious signs of burnout.
- **Employer Responsibilities and Legal Context:** Understand the duty of care employers owe under health and safety legislation, and how failure to manage stress can lead to liability. We will examine scenarios where unmanaged workplace stress could result in a personal injury claim, including case law examples and practical lessons.
- **Proactive Strategies for Prevention:** Discover practical steps for reducing stress in the workplace, fostering resilience, and creating a supportive environment.

By the end of this session, you will be equipped to spot potential issues early, take appropriate action, and understand the legal implications of failing to address workplace stress.

Court procedure

Expenses

This session looks at expenses for pre-litigation and litigated personal injury claims. This session also explores the implications of Qualified One-Way Costs Shifting and will provide an update on important case law.

Specification of documents

Attendees will leave this session knowing:

- How to respond to a request for documentation
- When and how a specification can be opposed, including the legal grounds for doing so
- The importance of robust record-keeping practices
- Typical categories of documents that may be sought during litigation





Fatal Accident Inquiries/Public Inquiries

This session provides a comprehensive guide to the Fatal Accident Inquiry (FAI) and Public Inquiry processes, whether you are attending as a party to the proceedings or as a represented individual. Participants will gain:

- **An Understanding of the Inquiry Framework:** Learn the purpose and scope of FAIs and Public Inquiries, including the legal basis and when these processes are triggered.
- **Roles and Responsibilities:** Explore what it means to be a party versus a represented individual, and the obligations and expectations associated with each role.
- **Step-by-Step Guidance on Procedure:** Understand the stages of an inquiry, from preliminary hearings to evidence presentation and the final determination.

By the end of this session, you will have a clear understanding of how FAIs and Public Inquiries operate, what your role entails, and how to navigate the process.

Frequently asked questions

How long do your training sessions last?

Each of the individual training sessions listed within this brochure lasts around 1.5 hours. If your organisation would benefit from multiple sessions, we also run half day or full day options. Alternatively, training can be spread out over multiple sessions across several days.

How much do your sessions cost?

The cost of the training starts at £750 + VAT per session.

How many people can attend?

There is no maximum limit on the number of people from your organisation who can attend the training. The price is for the session, so the number of attendees is entirely up to you.

Where does the training take place?

These sessions can take place on your premises, in any of Anderson Strathern's offices, or online.

Get in touch

We have offices in Edinburgh, Glasgow, Haddington & The Nothern Isles.

If you're interested in any of the training courses mentioned in this brochure, we'd be delighted to hear from you.

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