

Legislative

How To Stay Safe And Healthy At Work



business & management

Course Code	Medium	Level	Duration
100463SM001	Online	Entry	7 hours

Description

The importance of Health and Safety training for all new and existing staff cannot be underestimated. The course is ideal if you are an employee or an employer, as it aims to provide the basic knowledge needed to enable you to comply with Health and Safety Executive (HSE) requirements.

The course lets you choose a working environment most similar to your own – an office, a construction site, a hospital or care home, a factory, a farm, a shop, a restaurant, a warehouse or a leisure centre – and examines the risks and dangers that you are likely to face in each particular workplace. At the end of each section, a “knowledge check” ensures that you have fully understood all the issues raised.

How to Stay Safe and Healthy at Work gives you the basic knowledge you need to protect yourself and others at your place of work.

Learning objectives

On completion of this course you will be able to:

- Find information about your health and safety policies.
- Understand general health and safety precautions.
- Understand how working arrangements affect health and safety.
- Identify the correct procedures in handling objects.
- Use computers safely.
- Identify potential fire safety problems and what to do in an emergency
- Describe basic first aid procedures

Course modules

There are no fixed modules within this course, so you can choose your own path, allowing greater flexibility in your learning. Key areas covered in the course are:

- Health and safety.
- General principles.
- Working arrangements.
- Manual handling.
- Using computers.
- Fire safety.
- First aid.
- Handling chemicals.
- Safety with vehicles.
- Food hygiene.

Previous knowledge required

None

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