

Level 1 Certificate in Health and Safety at Work

½ Day
Course

'Keeping You and Your Colleagues Safe'

Business Scenario Effective and nationally recognised health and safety training and practice is essential in organisations today. Poor practice can lead to extensive periods of time off work, lost productivity and costly and lengthy legal action against the organisation and its employees. This interactive half day session is designed to enable all parties to comply with their legal and moral duties.

Who will Benefit? Any supervisor, team leaders, department heads and junior managers, providing them with the practical knowledge and understanding necessary to their role in promoting health and safety in the workplace.

Course Objectives By the end of the course you will be able to:

- Describe key responsibilities of all employees for health, safety and wellbeing
- Identify hazards and risks in the workplace and ensure that these are raised, assessed and managed
- Work with managers and specialists to ensure safer working practices in your place of work
- Understand the legal framework for health and safety and your responsibilities within this

Course Content

Health and Safety at Work

- The Legal Position
 - Specific and General Legislation
- The Working Environment
 - Minimum Requirements
- Workplace accidents and Risk Management
- Risk Assessment and Control Measures

Managing Risk and mitigating injury

- Personal Protective Equipment
- Fire and Electrical Safety
- Hazardous Substances, Safety Signs and Signals
- Manual Handling and Work Related Ill Health
- Workstations and Display Screen Equipment
- Workforce Consultation

Post-Course Examination

Course Features Through discussion, exercises you are given the opportunity to recognise and understand the importance that all employees have in promoting and ensuring a safe and healthy work environment.