



## Health and Safety in the Workplace

### Introduction

Health and Safety is everyone's responsibility - and you don't have to be working on a building site for hazards to occur! Even in the humble office environment, a little care can make everyone's lives safer, and healthier. Health and Safety isn't about wrapping people in cotton wool - it's about avoiding long-term health problems and entirely avoidable risks. This easy-to-understand course gives everyone the knowledge they need to stay safe at work.



### Audience

Whether in a corporate, charity, club or public sector environment, this course is designed to help everyone stay safe at work and contribute to the wellbeing of colleagues and visitors.

It gives employers enough understanding to stay the right side of the law without being burdened with complexity.

Employees, meanwhile, will get the knowledge to stay safe and spot potential hazards before they become a danger.

### Objectives

In this course, you'll discover:

- What the law demands of employers and employees
- How everyone can contribute to Health & Safety
- How to do ordinary things like sitting and lifting more effectively
- Wellbeing and mental health as a component of Health & Safety
- The signs that you'll encounter in the workplace
- What to do in an emergency
- How to spot hazards
- How to conduct a risk assessment

### Modules

This course contains the following modules:

#### Module name

- Introduction to health and safety
- Staying healthy at work
- Emergencies
- Risk Assessments

### Content

Topics covered in this course include:

Health & Safety law | PPE | hazards | manual handling | accident reporting | RIDDOR | medication and Health & Safety | posture | musculo-skeletal problems | prevention | signs | emergency procedures | evacuations | emergency services | the accident book | risk assessment

