

Health and Safety at Work

This course will provide participants with sufficient information and understanding to enable them to begin to manage health and safety at their work, in compliance with health and safety law.

No Modules: 10

Duration: 2hrs 30min

Level: Introductory

Module 1: Health & Safety Introduction

What's covered?

Need a quick and comprehensive introduction to health and safety training? Look no further! This video explores health and safety at work, considering effective health and safety management and the responsibility of both the employer and the employee. The difference between a HAZARD and a RISK is explored, as well as some possible causes and consequences of accidents. This video looks at health and safety law, why this is important and helps you to understand how this applies in practice. The Risk Assessment and Hierarchy of Controls are broken down to explain how to effectively measure and eliminate risks.

Module 2: Display Screen Equipment

What's covered?

Take a look at the device you're using right now...we all use display screen equipment. This video will help you to ensure you have a correctly set up DSE workstation. We will explore the risks of a poorly set up workstation and provide you with some tips and techniques to ensure you are using your DSE safely.

Module 3: First Aid

What's covered?

Why bother with first aid at work? Well, our First Aid video explains why! We explore the Law, who can become a first aider, and the primary objectives of First Aid. This video considers how many first aiders your organisation needs and will help you to consider the risks which could cause harm.

Module 4: Fire

What's covered?

Fuel, Oxygen and Ignition...our Fire video takes you through what is necessary for a fire to start, spread and the risks of Fire in your workplace. The video explores the different classes of fire and what extinguishers you need to tackle the fire safely. We cover the things you can do to reduce the risk of fire and the correct procedure to follow if you ever discover a fire in your workplace!

Module 5: Slips and Trips

What's covered?

Slips and Trips are a major cause of injury at work, so this video is designed to help you avoid the risk of slips or trips in your workplace. We will explore the differences between a SLIP and a TRIP, consider the problem areas which could lead to an accident and what to do if you see a spillage or tripping hazard in your workplace.

Module 6: Manual Handling

What's covered?

Manual Handling is the carrying and moving of any object and in the workplace, this can pose a notable risk. This video explores what you can do to reduce the risk of manual handling related injury. We will consider how to minimise the risk and consequence by implementing control measures. The video looks at what is safe when lifting or moving heavy loads and identifies the correct process to ensure you move and lift safely.

Module 7: Dangerous Substances

What's covered?

What are dangerous substances? This video explores the definition of Dangerous Substances and considers different types of substances and the possible short and long term health implications. We will consider the responsibilities of the employee and the organisation to ensure everyone is safe from the hazards and risks of Dangerous Substances in the workplace.

Module 8: Electricity

What's covered?

We all take it for granted that when we switch on a plug socket, our appliance will work. That's because of electricity, but what is it? We will answer this question and consider the ways in which electricity poses a threat in the workplace and how we can reduce the risk of this hazard actually causing harm. This video explores the laws in place to protect you at work and consider the employer's and employee's duties to ensure everyone is safe from the dangers of electricity.

Module 9: Sustainability

What's covered?

This course explores the importance of sustainability and ways in which we can reduce our harmful impact on the environment to make a better world for future generations. It looks at the consequences of inaction, the importance of environmental awareness and looks to individuals, businesses and governments to bring about change.

Module 10: Driving At Work

What's covered?

This course looks at the law in relation to the safety of employees who drive for work. It provides advice and guidance for both employers and employees on managing the risks in the prevention of road traffic accidents and highlights the consequences of non-compliance.