

# 1 DAY HEALTH & SAFETY IN THE WORKPLACE



## COURSE OVERVIEW

This course provides an in-depth introduction to Health & Safety in the workplace and benefits all employees, particularly those who may be taking, or wish to take up a health and safety role.

Successful delegates will be awarded with a nationally recognised Level 2 (Level 5 in Scotland) qualification, that satisfies HSE requirements for employers and also provides the basis to higher level training for the individual.

Duration: This is a 6-hour, classroom based course.

Dependant on the learner's experience, there may well be some pre-course or post-course reading.

### Syllabus

A range of subjects are covered including:

- The roles and responsibilities for health, safety and welfare in the workplace
- The value and importance of risk assessments
- The process of risk assessments and what is required
- The identification of workplace hazards
- Procedures for responding to workplace incidents and accidents

### Certification

- Practical assessment is on-going by the instructor, culminating with a multiple choice test.
- Upon successful completion, learners will receive a nationally recognised Level 2 (UK) or Level 5 (Scotland) qualification.

### Numbers

- A maximum of 16 students per course at a minimum of 14 years of age.
- Note: A learner cannot take up a role of responsibility in the workplace, until the age of 16.

# 1 DAY – LEVEL 2 AWARD IN MANUAL HANDLING PRINCIPLES & PRACTICES



## COURSE OVERVIEW

This 1-day qualification meets the statutory requirements of The Manual Handling Operations Regulations (1992).

Everyone, at some point, is exposed to one form or another of manual handling which includes lifting, carrying, pushing and pulling actions; which can be compounded by simultaneous movements such as pivoting or climbing.

Personal injuries from incorrect manual handling techniques account for more than one million working days lost every year, along with unnecessary pain and suffering.

Correct manual handling techniques dramatically reduce associated risks and, as such, employers must ensure that their employees are adequately trained to protect themselves if they are required, as part of their job, to lift or manoeuvre any objects (The Manual Handling Operations Regulations 1992).

### Duration

This is a 6-hour classroom based course. Dependant on the learner's experience, there may well be some pre-course or post-course reading.

### Syllabus

A range of subjects are covered including:

- Understanding the reasons for safe manual handling.
- Understanding basic anatomy and how injuries occur.
- Understanding how manual handling risk assessments contribute to a companies/ departments health and safety.
- Understanding the various types of manual handling equipment.
- Understanding testing requirements associated with manual handling equipment.
- Being able to apply safe manual handling principles to a variety of scenarios and demonstrate safe handling.

### Certification

Practical assessment is on-going by the instructor, culminating with a written test. Upon successful completion, learners will receive a nationally recognised Level 2 (UK) or Level 5 (Scotland) qualification.

### Numbers

A maximum of 16 students per course at a minimum of 14 years of age.