

Training Solutions

Level 1 Award in Health and Safety the Workplace (RQF)



Who Is This Course Designed For?

The QA Level 1 Award in Health and Safety in the Workplace (RQF) has been specifically designed to provide candidates with a basic introduction to workplace health and safety. It is suitable for all employees working in a range of environments, as well as employees returning to work or entering work for the first time.

With all subjects covered in just 4 hours, this regulated and nationally recognised qualification is ideal for providing employees with a basic understanding of workplace health and safety whilst helping employers to fulfil their legal duties.

About the Course

- > Duration: 2 Day
- > Quasafe regulated
- > Refresher training recommended every 3 years

What Do I Do Next?

If you would like a course exclusively run for your employees, at your business premises, we would be happy to arrange this for you. Prices for a closed course are available on application.

Please call **01522 690 237** or email Elizabeth Turner at elizabeth.turner@pibrm.com to discuss further or book a place on one of our open courses.

What Is Covered?

- > Health and Safety roles and responsibilities of employers and employees
- > The importance of health and safety in the workplace

Workplace hazards and risks:

- > Slips, trips and falls
- > Working at heights
- > Manual handling
- > Hazardous substances
- > Machinery and vehicles
- > Electricity
- > Fire
- > Stress

- > Workplace conditions that can affect health and safety
- > Health and safety signage

- > Personal Protective Equipment and its uses

- > Importance of personal hygiene

- > The purpose of first aid provision

- > The need for reporting incidents and ill health



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