

# Training Solutions

## Level 3 Health and Safety in the Workplace (RQF)



### Who Is This Course Designed For?

The QA Level 3 Award in Health and Safety in the Workplace (RQF) is a regulated and nationally recognised qualification designed to provide candidates with a more advanced understanding of health and safety.

Ideal for those who work, or intend to work, at a supervisory or management level, this 3 day course covers a range of health and safety topics including; workplace legal requirements, the benefits of using a health and safety system, principles of risk assessment and the risks and control methods for common workplace hazards.

Successful candidates will leave with a greater understanding of health and safety in the workplace, enabling them to help maintain a safer working environment.

### About the Course

- > Duration: 1 day
- > Qualsafe 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 **01777 861861** or email our training department at [sales@pibrm.com](mailto:sales@pibrm.com) to discuss further or book a place on one of our open courses.

### What Is Covered?

- > Health and safety legal requirements
  - > Roles and responsibilities of employers
  - > Demonstrating best practice for health and safety compliance
  - > Communicating health and safety information
  - > Definition of key health and safety terms
  - > Main causes of injuries and ill health at work
- Safety management systems:
- > Costs associated with accidents and ill health
  - > Key elements of safety management systems
- Benefits of using a safety management system
- Principles of risk assessment:
- > Benefits of assessing and controlling risks
  - > Types of risk assessment
  - > Where risk assessments should be used
  - > Steps needed to complete a simple risk assessment
- Risks and control methods for common workplace hazards:
- > Occupational, environmental, human and organisational factors
  - > Injuries, ill health and other damage that can occur
  - > Identifying risk control measures using the hierarchy of control
- > Procedures for responding to accidents and incidents
  - > Investigation techniques for revealing immediate and root causes



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