



Level 1 Certificate in Health & Safety at Work

Course Content

This qualification is nationally accredited with a syllabus based on the national occupational standards. It has been designed in consultation with employers and covers the basics of health and safety in the workplace.

The learning model is flexible and allows organisations and training providers to prepare learners as they wish using learning materials supplied by The British Safety Council.

In addition, the content of this course will help provide the underpinning knowledge for the health and safety element of a range of sector-specific NVQ's and work-based learning requirements.

On completion of the qualification, candidates should be able to:

- ❖ Outline the duties of employers and employees under the Health and Safety at Work Act 1974 and know the implications of breaching this act at all levels
- ❖ Describe the responsibilities of an employer regarding the provision and maintenance of a safe working environment and know the main methods of preventing accidents in the workplace
- ❖ Define the term 'accident' and also understand what is meant by the term 'near miss'
- ❖ Know why accidents occur and understand the impact an accident can have on an individual or an organisation
- ❖ Follow the procedure for reporting accidents and near misses and understand why it is necessary to do so
- ❖ Outline the main causes of workplace injury and identify ways of reducing the risk of workplace injury
- ❖ Understand the principles of risk management, know the difference between a hazard and a risk and be able to identify basic hazards in the workplace
- ❖ Outline the Health and Safety Executive's Five Steps to Risk Assessment and understand the hierarchy of control measures
- ❖ Identify the main types of personal protective equipment and be aware of the main hazards they offer protection from
- ❖ Describe the principals with regards to the provision, maintenance, storage and replacement of personal protective equipment
- ❖ Understand the most common causes of fire, what can be done to reduce the risk of fire and what actions to take upon discovering a fire, including the types of fire extinguishers that are available and what fires they can be used upon
- ❖ Outline types of hazardous substances, the ways in which they can be identified, the different routes in which they can enter and affect the body and the main duties of employers and employees regarding hazardous substances
- ❖ Describe the duties of employers and employees regarding manual handling, outline the main hazards and most common types of injury associated with manual handling and identify ways of reducing the risk from manual handling



- ❖ Interpret the main safety signs and signals
- ❖ Outline the main risks associated with workstations and display screen equipment (DSE), the duties of employers and employees and various methods of reducing the risk associated with workstations and DSE equipment
- ❖ Identify the main types and causes of work related ill-health and outline the responsibilities of employers and employees with regards to violence and bullying in the workplace
- ❖ Describe the benefits of workforce consultation and understand the role played by safety representatives and safety committees

Course Duration

One day (6-8 hours)

Who Should Attend?

Attendance is open to anyone

Location

The course can be delivered to a maximum of twelve delegates at any one time either on the employer's premises or using QTS' training facility in Colwyn Bay

Entry Requirements

None

Accreditation & Assessment

Accreditation will be awarded to delegates who can answer a minimum of 26/40 multiple choice questions correctly in a written assessment at the end of the training

Booking Information

Contact Adrian Townsend on 0845 389 0017