

# Level 2 Award in Health and Safety in The Workplace

## Syllabus

### Part 1 Introduction to Health and Safety at Work

#### Introduction

Candidates should appreciate the nature of health and safety and be able to:

- i. State the consequences of poor health and safety standards and the benefits of good standards.
- ii. Give common types and causes of work-related accidents and ill health.
- iii. Give examples of occupational, environmental and human factors that can affect health and safety.
- iv. Understand the importance of risk assessment in maintaining a healthy, safe environment.

#### Health and Safety Law

Candidates should understand the scope of legislative requirements and be able to:

- i. Outline the legal responsibilities under the Health and Safety at Work etc. Act, 1974, of employers, employees, and the self-employed.
- ii. Give examples of specific safety issues covered by regulations including risk assessments, competent persons, and employee consultation.
- iii. Briefly describe how the law is enforced, the enforcement agencies and the powers and actions available to their officers.
- iv. State the possible consequences of non-compliance.

#### Health

Candidates should understand the importance of preventing work-related ill health and be able to:

- i. State the types of health hazard with reference to the occupations with which they are commonly associated.
- ii. Understand that health hazards should be risk assessed and give examples of effective control measures.
- iii. Describe the roles of specific occupational health specialist and understand that specialised risk assessments may be required in certain circumstances.
- iv. Appreciate the need to follow procedures and instructions, and report early signs of possible problems.

#### Safety

Candidates should understand the principles of accident prevention and be able to:

- i. Define the term 'accident' and state the reasons why accidents are record and the legal requirements for accident reporting.
- ii. Describe the factors that contribute to slips, trips, and falls in the workplace and methods to prevent them.
- iii. Give examples of methods for improving electrical safety including portable appliance testing and visual inspection.
- iv. State the key aspects of dealing with electric shock.
- v. Describe common causes of fire and give examples of preventative measures.
- vi. State the action to be taken in case of fire, including evacuation procedures and the safe use of extinguishers.

## Welfare

Candidates should understand the risks associated with poor welfare and be able to:

- i. Outline the welfare facilities, drinking water, and rest facilities.
- ii. State how smoking, alcohol, and drugs can affect the health, safety, and welfare of those at work and how risks can be minimised.
- iii. State the main effects of stress and give examples of how it can be reduced.
- iv. State that incidents of violence, harassment and bullying must be reported and give examples of how the likelihood can be reduced.
- v. Explain the requirement for first aid provision including an understanding of the role of an 'appointed person' as a 'first aider'.

## Part 2 Workplace Specific Health and Safety

### The Workplace and Work Equipment

Candidates should be aware of the hazards and risks associated with the workplace and work equipment and be able to:

- i. Describe health and safety aspects of the building structure, design, layout, and services.
- ii. Explain the importance of good storage, stacking, maintenance, and housekeeping.
- iii. State how work equipment can cause injuries and describe suitable control measures including:
  - Correct design and construction.
  - Suitable working environment.
  - Safe working procedures.
  - Training and authorisation.
  - Use of PPE.
  - Maintenance.

### Risk Assessment

Candidates should understand that risk assessment is an important technique for accident and ill health prevention and be able to:

- i. Define what is meant by the terms 'hazard' and 'risk' and give examples.
- ii. Describe the factors that are likely to increase the level of risk.
- iii. Define the term 'control measure' and give examples of their varying degrees of effectiveness.
- iv. Outline the risk assessment process and identify that specialised assessments are required in certain circumstances.

### Manual Handling

Candidates should understand the risks associated with manual handling and be able to:

- i. Outline the responsibilities of the employer and the employee under the Manual Handling Operations Regulations.
- ii. Give examples of manual handling injuries.
- iii. State the need to minimise manual handling where possible and for manual handling activities to be properly assessed.
- iv. Describe methods to reduce the risk of injury from manual handling including correct lifting techniques and the use of mechanical aids.

## Hazardous Substances

Candidates should appreciate the nature and risks of hazardous substances and be able to:

- i. Give examples of the hazardous substances commonly found in the workplace and understand the routes of entry.
- ii. Understand that hazardous substances should be risk assessed.
- iii. Describe suitable control measures to prevent exposure to hazardous substances.
- iv. Explain the need for training and authorisation of personnel.

## Ergonomics and Workstation Design

Candidates should understand how workplace equipment and task design affect health and safety and be able to:

- i. Give examples of the types of injuries that can be caused by poor work station design.
- ii. Explain how musculoskeletal disorders can be caused or aggravated by work activities and workstation design.
- iii. Describe the key features of task and workstation design and adjustment that can reduce the risk of musculoskeletal disorders.
- iv. Appreciate the need for risk assessment and to follow recommendations made as a result, and report early signs of possible problems.

## Working at Heights

Candidates should understand the hazards and risks associated with working at heights and be able to:

- i. Give examples of common tasks that give rise to working at height.
- ii. Describe the factors that contribute to persons and objects falling from height.
- iii. Describe the methods and controls to reduce the risk of falls from height.
- iv. Describe access equipment and safe methods of access, e.g. mobile towers, mobile elevated work platforms, ladder, fixed scaffold.

## Transport and Vehicles

Candidates should understand the hazards and risks associated with working with vehicles and be able to:

- i. Give examples of common accidents associated with vehicles and transport.
- ii. Describe the factors that contribute to transport and vehicle injuries.
- iii. Describe the methods and control to reduce the risk of accidents involving transport/vehicles.
- iv. Understand preventative measures for pedestrian-vehicle conflict.

## Noise and Vibration

Candidates should understand the potential long and short-term effects of exposure to noise and vibration and be able to:

- i. State that noise is an unwanted sound that may cause annoyance, stress, distraction and hearing damage or loss.
- ii. Describe methods of noise reduction and control.
- iii. State that hearing protection is a last resort but, where necessary, its use at all times is essential.
- iv. Understand the need for specialist risk assessments in certain environs.