

AIM

To understand responsibilities and protocol regarding Health and Safety

DURATION

Half Day Course (3 hours)

LEARNING OUTCOMES

By the end of this course you will:

- Understand what Health and Safety means
- Know your responsibilities and those of your employer
- Understand the relevant Health and Safety legislations
- Be aware of tasks that will require special training
- Be aware of common accidents and sudden illnesses
- Know what to do in an emergency
- Understand how to create a Risk Assessment
- Understand methods of working safely with hazardous materials
- Know methods and procedures to prevent fires
- Recognise the symptoms, causes and treatment for work related stress

LESSONS AND TOPICS

Health and Safety Responsibilities

- What is Health and Safety?
- Statistics
- Responsibilities
- Special/Essential Training

The Aberfan Tragedy

- The Aberfan Tragedy
- Lessons
- Changes in Legislation

Legislations, Regulations

- Health and Safety at Work Act
- RIDDOR
- The Management of Health and Safety at Work Regulations
- The Regulatory Reform Order
- MHOR
- PUWER & LOLER
- COSHH

Risk Assessments

- Risks, Hazards, and Near Misses
- What is a Risk Assessment?
- Steps to Making a Risk Assessment
- Reporting Risks

Accidents and Sudden Illnesses

- Accidents
- Sudden Illness
- Risks and Hazards of Existing Conditions
- Reporting Accidents and Sudden Illness

RIDDOR

- What Must be Reported
- Who Should Report
- How to Report

Fire Prevention

- Preventative Measures
- Evacuation Procedure
- Fire Marshals or Wardens

Stress

- Work Related Stress
- Stress related Statistics
- Signs of stress
- Triggers of Stress
- Strategies for Managing Stress