



# Health & Safety Essentials

We all have a responsibility to help keep the workplace safe by following the precautionary measures and procedures put in place. Doing so reduces the hazards present, ensuring that accidents and incidents that can cause serious harm are kept to a minimum.



This course will provide you with an understanding of the importance of health and safety in the workplace and of the responsibilities employees and employers have under health and safety law. It outlines the hazards that are common in many workplaces and the effective methods to reduce them and the risk they pose to human health. With this knowledge, you will be fully prepared to recognise hazards in your own workplace and know how to uphold health and safety control measures.

## COURSE CONTENTS

The course covers the following five elements:

- Introduction to Health and Safety
- Controlling Workplace Hazards and Risks: Part 1
- Controlling Workplace Hazards and Risks: Part 2
- Workplace Conditions
- Workplace Procedures

SHAPING THE WAY BUSINESSES OPERATE

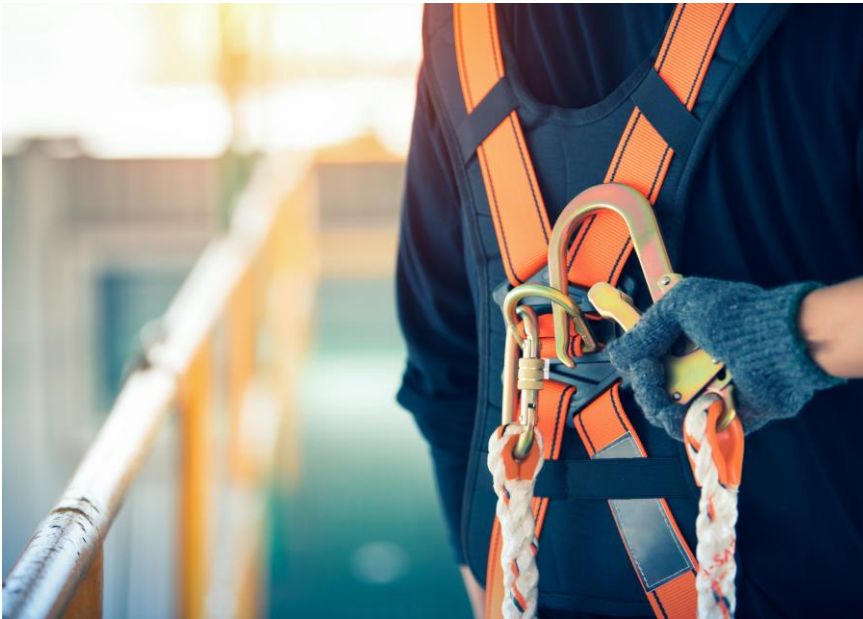


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# WHAT RESULTS CAN I EXPECT?

By the end of this course learners will:

- Know the definition of workplace health and safety and why it's important.
- Understand the common work-related risks that can cause accidents and ill health.
- Recognise the responsibilities for upholding health and safety that employees and employers have.
- Know the welfare facilities employers should provide.
- Understand the health and safety measures and procedures employers will have put in place and the responsibilities employees have to uphold them.



# WHO SHOULD TAKE THIS COURSE?

This course is designed for people in all working environments, including those who work in offices, retail, education, construction, factories, manufacturing and warehouses. It will be particularly useful to new workers who are required to take health and safety induction training at the start of their employment.

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