



Health & Safety - Refresher

Who should attend?

The course is designed for people at any level, in any sector, needing a refresher in understanding Health & Safety in the workplace. It focuses on why Health & Safety is important, and how you can make a real difference to the wellbeing of yourself and others through changing your behaviour.

Course Aims & Objectives

The purpose of this course is to enable delegates to develop their Health & Safety awareness. It helps the delegates build an understanding of the roles and responsibilities for health, safety and welfare in the workplace.

By the end of the course delegates will:

- Understand the Health & Safety regulations
- Understand how risk assessments contribute to Health & Safety
- Identify and control the risks from common workplace hazards

Course Outline

- Introduction to Health & Safety
- Health & Safety at Work Act 1974
- Accident prevention and control in a work place
- Risk Assessments
- RIDDOR and accident reporting
- COSHH (Hazardous Substances)
- Safety Signs
- Electrical Safety
- Housekeeping
- Personal Protective Equipment
- First Aid requirements

Certification

Certificates of attendance will be awarded to delegates upon completion of the course.

Duration

½ Day

Location

We can offer courses on company premises for a maximum of 12 delegates or upcoming open courses in your local area.