

certificate in **safety & health at Work**

Learners who successfully complete this module will understand and recognize the factors that influence safety and health. They will be able to apply the principles and procedures of health and safety, through an understanding of hazard identification and risk assessment.

The main aim is for them to promote safe working practices by being familiar with the Safety, Health and Welfare at Work Act 2005 and subsequent legislation which has had an enormous impact on workplace safety.

Health & Safety Legislation

- Safety, Health & Welfare at Work Act 2005
- General Application Regulations 2007
- Overview of other relevant legislation
- The role of the H.S.A.

The Safety Statement

- Safety Policy
- Arrangements for Health & Safety
- Risk Assessment

Hazard Identification

- Common Workplace Hazards
- Work Environments
- Work Practices
- Effects of Medication, Drink and Drugs

Risk Assessment

- Identifying your Hazards
- Who's at Risk
- Evaluating the Risk
- Developing Control Measures
- Recording and Reviewing

Manual Handling

- Correct Lifting Techniques
- Twisting & Bending
- Mechanical Aids

Good Housekeeping

Fire Safety

- Fire Prevention
- Alerting the Fire Service
- Use of Fire Extinguishers
- P.A.S.S. System
- Evacuation Drills

Workplace Machinery

- Cords, Cables & Electrical Hazards
- Photocopiers & Printer Noise
- Printer Inks & Chemicals
- VDU Eyestrain

Environmental Factors

- Personal Protective Equipment
- MSDS Sheets
- Noise
- Sound
- Fumes
- Dust

Safety Signage

Accident Investigation & Reporting

- Why Investigate an Accident?
- Personal Factors
- Workplace Factors
- Root Causes
- Reporting to the H.S.A.

5 Days Duration, Max 14 Per Course.
or 12 Nights (7pm - 9:30pm)



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