

# Health and Safety Awareness

## Who is this course aimed at?

This course is aimed at all those working in professional settings

## Course Aims

To understand responsibilities and protocol regarding Health and Safety

## 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.

## Course available as

### E-Learning

**Course Length:** 45 Mins

## Contact Us

For more information, or to book any of our courses, please contact us on 01706 375578