

## Course Overview

This course provides a basic understanding of Health & Safety within the workplace, looking at why accidents and incidents happen at work and what can be done to prevent them.

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## Who is the course for?

This course is suitable for anyone requiring a general understanding of Health & Safety in the workplace.

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## Course Objectives

- Recognise responsibilities under health & safety law
  - Identify common causes of accidents and incidents
  - Recognise different types of hazards in the workplace
  - Understand how to apply general control measures to reduce risks
  - Be aware of the risks associated with specific hazards and how to manage them.
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## Benefits

- This first level awareness training will help your Company to meet its duty to provide training and instruction to its employees.
  - Employees who understand basic Health & Safety, and Risk Management principles are more likely to work safely.
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## Duration: 1 Day

### Course Content

- Introduction to Health & Safety at Work
- Roles & Responsibilities for Health & Safety
- Preventing accidents in the workplace
- Understanding Hazards and Risks
- Controlling common workplace hazards
- Using work equipment safely
- Working with hazardous substances
- Lifting and moving safely
- Fire Safety

### Assessment

Exercises and open discussion are used to reinforce classroom learning.

## Contact us

If you should have any questions or wish to discuss this course further, please contact us on:

08450 564 240 or

email: [training@ultraservicesgroup.co.uk](mailto:training@ultraservicesgroup.co.uk)