



## **Health and Safety Essentials.**

**Duration: 3 hours.**

### **Course overview:**

This training programme has been designed to provide essential knowledge and understanding of health and safety for employees working in any department.

The aim is to provide new employees with health and safety knowledge which will enable them to contribute to any health and safety management system.

### **Course content:**

Upon completion the delegates will have gained knowledge of:

- Introduction to health and safety responsibilities of employees.
- Causes of accidents and ill health.
- Workplace safety principles.
- Working in a safe and healthy manner.
- Identification of hazards in their own workplace including:
  - Manual handling.
  - Fire prevention.
  - Wearing PPE.
- Importance of health and safety rules and procedures.
- Reporting potential health and safety problems, accidents and incidents.

Successful completion will give delegates a clearer understanding of the risks associated with their own workplace.

### **Course booking:**

Please contact one of our team for further details, course prices and booking arrangements on 01384 686039.