

Introduction to Health and Safety - Foundation Level Training



For aspiring health and safety professionals

This foundation-level course is ideal for individuals who want to build a career in health and safety. It provides a solid foundation of knowledge and skills.



For new workers

This course is essential for new workers, helping them understand basic health and safety practices to ensure a safe and healthy work environment.



For independent learners

This course is also suitable for independent learners who want to gain a basic understanding of health and safety principles.



Importance of Health and Safety Regulations

Health and safety regulations are crucial for protecting employees and the public. Both employers and employees have legal responsibilities in maintaining a safe working environment. This course will equip trainees with the knowledge and skills necessary to identify health and safety hazards, understand their implications, and implement preventive measures.



Course Benefits



Understanding Workplace Hazards

Learn to identify and mitigate potential risks, ensuring a safer work environment for everyone.

This course provides a comprehensive understanding of health and safety principles, equipping you with the knowledge and skills to create a safer work environment.



Safety Gear and Procedures

Gain familiarity with essential safety equipment like PPE, safety signs, and emergency procedures.



Practical Training and Flexible Learning

Complete the course at your own pace, with the flexibility to retake the assessment if needed.



Who Can Attend

This course is relevant to a variety of individuals:

- Individuals looking to start a career in the health and safety field.
- New employees requiring health and safety training as part of their induction.
- Independent learners seeking to enhance their understanding of health and safety.



Course Outline

The course is divided into four modules, covering a range of health and safety topics.

Module 1 – Introduction to Health and Safety

- Overview of health and safety concepts.
- Understanding hazards and risks.
- Introduction to risk assessments.

Module 2 – Health Hazards

- Exploration of common health hazards in the workplace.
- Discussion on hazardous substances, manual handling, display screen equipment (DSE), and work-related stress.

Module 3 – Safety Hazards

- Identification of safety hazards such as slips, trips, falls, working at height, and fire and electrical risks.

Module 4 – Safe Working Environments

This module delves into the principles of creating and maintaining safe working environments, including workplace inspections, accident investigation, and emergency procedures. Importance of safety signs, PPE, fire extinguishers, and emergency procedures.

Course Completion and Certification



Digital Certificate

Upon completion of the course, you will receive a digital certificate.



Online Quiz

The course is completed online with a final multiple choice quiz requiring a score of 80% or higher to pass.

