



## Health and Safety

Our Health and Safety half a day course is aimed towards providing delegates with a working knowledge of health and safety including fire awareness.

Key components include:

- Recognising health and safety signs
- Legislation that impacts health and safety at work
- Risk assessment
- Signs of stress and ways to manage it
- RIDDOR
- Fire prevention
- Types of extinguishers
- Emergency fire procedures
- COSHH

As the session progresses delegates are encouraged to share their existing knowledge of health and safety.

Following completion of the course delegates will have an understanding in the following:

Maintaining personal safety and the safety of others in the workplace.

Information will be delivered in all of the key areas of maintaining safety and delegates will be assessed through various activities in the session including a summative assessment of learning in the session.