

Health and Safety Essentials

course outline

This is a flexible study course, so you'll have the freedom to study whenever suits you. The interactive e-learning system makes this an extremely accessible and useful health and safety course.

IS THIS FOR YOU?

This course is for anyone who needs to learn basic Health and Safety rules to keep their workplace compliant and safe.

ABOUT THE COURSE

Among the many health and safety training courses, this is the one that tells you all you need to know in just six hours.

Over four modules, our Health & Safety Essentials course begins with an introduction to basic health and safety concepts and how to be aware of hazards to improve safety. It goes on to cover healthy working in the office and continues with the basics of fire safety, fire prevention, and what to do in an emergency. Next, you'll move on to learn correct handling techniques at work.

This is a flexible learning course, so you'll have the freedom to study whenever it fits into your schedule. We use an interactive eLearning system, which makes this an accessible and relevant useful health and safety course.

You will cover four main topical areas in the course:

Health and Safety Essentials – An introduction to basic health and safety concepts, making you aware of hazards to improve safety.

Healthy Working – Learn how to be healthy at work when using a computer. This module covers screen use, correct sitting position, using smartphones, as well as dual monitor use.

Manual Handling for the Office – Learn correct handling techniques to avoid injuries at work.

Fire Safety – Learn the basics of fire safety, fire prevention, and what to do in an emergency.

AIMS AND OBJECTIVES

To learn health and safety essentials, fire safety, manual handling, and healthy working.

PRE-REQUISITES

No pre-requisites are required for this course.

CAREER PATH

Health and Safety is a vital area to know no matter what line of work you're in. If you're aspiring to work as a manager, supervisor, or office manager, this would be useful to have on your CV.

COURSE DURATION: 6 HOURS

(Actual course duration will vary from individual to individual, based on prior skills and application.)



CPD POINTS: 6

Awarded CPD points upon successful completion

To find out more about this or any of our courses, speak to one of our course advisors.



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for 180 years.

