



ST BERNARD'S
SAFETY TRAINING CENTRE

Health and Safety at Work

Suitability: This course is suitable for anyone who would like to increase their awareness about health and safety matters as well as for people whose main role would be that of improving and maintaining Health & Safety issues at the workplace. It clearly provides clear information on what should be done to anticipate and avoid accidents and work related illnesses from occurring. This course is also suitable to renew an already existing qualification

Validity of Certificate: 3 years

Course Duration: 4 hours

Course Assessment: At the end of the Health and Safety at Work course, participants are assessed by a multiple choice assessment sheet to assess understanding of main topics and any weaknesses are addressed to

Certification: Upon successfully completing the Health & Safety at Work course, participants will be awarded with a certificate of competence in the subject

St Bernard's Safety Training Centre is qualified from the Safety Training Awards (STA) of UK, to conduct Health and Safety courses

The Health & Safety at Work course is made up of 5 sections, which are:

Introduction to Health & Safety

1. The Importance of Health & Safety
2. Common Causes of Accidents
3. Costs for Businesses of Poor Health & Safety
4. Costs for Employees of Poor Health & Safety
5. Benefits of Good Health & Safety

Health & Safety Legislation

6. Local Legislation & Regulations
7. EU Legislation & Regulations
8. Employer's Legal Requirements
9. Employee's Legal Requirements

General Workplace Safety

10. Investigating and Analyzing
11. Prevention of Accidents
12. The Accident Book
13. Risk Assessment
14. Hierarchy of Control
15. Electricity
16. Slips, Trips and Falls

Workplace Welfare

17. Occupational Health
18. Health Hazards
19. Health & Safety Factors at the Workplace
20. Health & Safety Signs

Occupational Health & Safety

21. Peer Relations
22. Safe Use of Tools & Equipment
23. The CE Mark
24. Personal Protective Clothing & Equipment
25. Control of Substances Hazardous to Health
26. Safe Use of Ladders
27. Ergonomics