



Workers Health and Safety Representative

Suitability: This course is suitable for anyone who is tasked with the duties and responsibilities to serve as a Workers Health and Safety Representative at the workplace. It provides clear information on various Health & Safety issues which might arise at the workplace and what should to address such shortcomings whilst also continuing to maintain a high level of Health & Safety measures as per legal requirements. This course is also suitable to renew an existing qualification

Validity of Certificate: 3 years

Duration: 3.5 hours

Course Assessment: At the end of the Workers Health and Safety Representative course, participants are assessed by a multiple choice assessment sheet in order for the tutor to assess understanding of main topics and any weaknesses are addressed to

Certification: Upon successfully completing the Workers Health and Safety Representative 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 Workers Health and Safety Representative course is made up of 5 sections, which are:

Introduction to Workers Health & Safety Representative

1. The Importance of Health & Safety
2. Definition of a Workers Health & Safety Representative
3. Roles & Responsibilities of a Workers Health & Safety Representative
4. Reporting Lines at the Workplace

Health & Safety Legislation

5. Local Legislation & Regulations
6. EU Legislation & Regulations
7. Employer's Legal Requirements
8. Employee's Legal Requirements
9. The Importance of Training

General Workplace Safety

10. Accidents and their Prevention
11. Negligence and Enforcement
12. Anticipation of Health & Safety Problems
13. Investigating & Analyzing
14. The Accident Book
15. Reporting and Recording
16. Conduction of a Risk Assessment
17. Reviews of the Risk Assessment
18. Hierarchy of Control
19. Implementing Appropriate Control Measures
20. Safe Use of Electricity
21. Slips, Trips & Falls

Workplace Welfare

- 22. Workplace Health & Safety Factors
- 23. Health & Safety Signs
- 24. First Aid Boxes & First Aiders
- 25. Fire Extinguishers
- 26. The Emergency Plan
- 27. Evacuation of the Building

Occupational Health & Safety

- 28. Safe Use of Tools & Equipment
- 29. Safe Use of Ladders
- 30. Health & Safety Checklists
- 31. Maintaining of Health & Safety Information
- 32. Organization & Housekeeping
- 33. Manual Handling Techniques
- 34. Correct Seating Posture
- 35. Work desks
- 36. Display Screen Equipment & Laptops