



**SELECT**  
HEALTH & SAFETY



Chartered  
Institute of  
Environmental  
Health

CIEH Registered Centre

## Training

Knowledge  
useful abilities...  
backbone of co  
quired for a tr  
day

### COURSE DURATION

½ Day

### A COURSE THAT WILL BENEFIT THOSE

Entering workplace for the first time  
On a work experience programme  
As part of a company induction  
On apprentice schemes

# LEVEL 1 HEALTH & SAFETY IN THE WORKPLACE

## COURSE CONTENT

### A Introduction to Health and Safety

Candidates should have an awareness of the importance of health and safety in the workplace and be able to:

- i State what is meant by 'health and safety at work'.
- ii Define the terms 'hazard', 'risk' and 'harm'.
- iii Identify the main types of accident and ill-health caused by poor standards of health and safety.
- iv State the main legal responsibilities of employers with respect to the health, safety and welfare of employees.
- v State the legal responsibilities of employees with respect to health and safety at work.
- vi State the importance of following instructions, safety rules and safe procedures at work.

### B Workplace Hazards and Risks

Candidates should understand the scope of hazards and risks in the workplace with reference to:

- i Slips, trips and falls.
- ii Working at height.
- iii Manual handling.
- iv Hazardous substances.
- v Machinery and vehicles.
- vi Electricity.
- vii Fire.
- viii Stress.



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## C Workplace Conditions

Candidates should understand the range of workplace conditions that can affect health and safety and be able to:

- i Identify the benefits of good housekeeping.
- ii Identify the benefits of keeping traffic routes, means of access, escape routes and emergency exits free from obstructions.
- iii State the importance of maintaining suitable levels of lighting, temperature, noise and general ventilation in the workplace.
- iv Outline the welfare facilities that should be provided in the workplace.
- v Identify the different classes of safety sign used in the workplace and explain, with examples, the meaning of each class.

## D Workplace Procedures

Candidates should understand the requirements relating to reporting, first-aid and personal protection and be able to:

- i Explain the need for workers to report injuries, ill health, dangerous events, near misses and unsafe conditions promptly to the employer.
- ii Identify the purpose of first-aid provision in the workplace.
- iii Identify the types of personal protective equipment that may be provided in the workplace and the hazards against which each type offers protection.
- iv Outline the importance of personal hygiene.



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