

LEVEL 2 HEALTH & SAFETY IN THE WORKPLACE

COURSE CONTENT OVERVIEW

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This Level 2 Health and Safety in the Workplace course has been designed as an introduction to health and safety in the workplace. The course provides information that helps employees understand the best practices and safety procedures businesses should follow in order to prevent accidents and ill-health as a result of their work activities.

The course aids you in complying with health and safety regulations. It gives a full overview of the key health and safety topics that workers should have knowledge of in order to work safely and comply with the law.

Module One: Introduction to Health and Safety Law

This module looks at why addressing health and safety is important and introduces the aims of the Health and Safety at Work Act. It outlines some of the health hazards you may encounter and what you are required to report under RIDDOR.

- Benefits of health and safety
- Common workplace accidents
- Factors that impact on health and safety
- The Health and Safety at Work Act
- The Health and Safety Executive
- Health hazards
- Personal protective equipment
- RIDDOR

Module Two: Workplace Safety and Welfare

This module looks at some of the most common workplace hazards. It explains what you can do to manage risks and prevent them from causing harm.

- Safe systems of work
- Slips, trips and falls
- Housekeeping
- Electrical safety
- Fire safety
- Welfare facilities
- First aid
- Workplace stress
- Drugs and alcohol
- Workplace conflict and violence

Module Three: Risk Assessment

This module explains what a risk assessment is used for and outlines each of the stages involved in the risk assessment process.

- What is a risk assessment?
- Identifying hazards
- Deciding who may be harmed
- Evaluating risks
- Recording findings
- Reviewing and updating
- Who should carry out risk assessments?

Module Four: Manual Handling and Ergonomics

This module looks at the best practices for manual handling that ensure workers move loads safely. It also looks at the display screen equipment regulations and explains how to set up computer workstations ergonomically.

- The Manual Handling Operations Regulations
- Manual handling injuries
- Manual handling best practice
- Lifting, lowering, pushing and pulling
- Ergonomics
- Display screen equipment
- Workstations
- Housekeeping
- Safe systems of work

Module Five: Hazardous Substances and Working at Height

This module looks at the impact that hazardous substances can have on health, and discusses some control measures for reducing the risks. It also looks at working at height safely – it outlines some of the most common types of access equipment and the safest ways to work when using ladders.

- Hazardous substances
- Routes of entry
- Control measures
- Working at height
- Reducing the risks
- Access equipment
- Ladders

Module Six: Noise, Vibration and Vehicle Safety

This module explains how to reduce the risks from noise and vibration in the workplace so that they don't cause ill-health to anyone working with or near the hazard. It also looks at the importance of safe practice around work vehicles.

- Employer responsibilities
- Noise reduction
- Vibration
- Risk assessment
- Vehicle risks
- Pedestrian-vehicle conflict

Aims of the Training

By the end of this course learners will:

- Have knowledge of basic health and safety procedures.
- Understand the responsibilities of employers and employees under health and safety legislation.
- Understand the importance of undertaking a risk assessment to prevent and control hazards.
- Know how to follow the correct safety procedures in the workplace.
- Understand the hazards and ill-health effects associated with specific work activities and processes.