

Level 1 Health and Safety in the Workplace

This qualification will benefit anyone being inducted into a new work environment, as it provides candidates with an introduction of health and safety that will enable them to work safely.



*'Helping you deliver
a duty of care'*

Phone: 01524 220 221

Who Should Attend

This qualification is suitable for young or new employees as part of their induction and gives a basic knowledge of health and safety issues within the general workplace.

Learning Outcomes

By the end of this course delegates should be able to:

- State what is meant by 'health and safety at work'.
- Define the terms 'hazard', 'risk' and 'harm'.
- Identify the main types of accident and ill-health caused by poor standards of health and safety.
- State the main legal responsibilities of employers with respect to the health, safety and welfare of employees.
- State the legal responsibilities of employees with respect to health and safety at work.
- State the importance of following instructions, safety rules and safe procedures at work.
- Understand the scope of hazards and risks in the workplace
- Understand the range of workplace conditions that can affect health and safety
- Understand the requirements relating to reporting, first-aid and personal protection

Course Content

Delegates will receive training in the following subjects:

- Introduction to health and safety
- Workplace hazards and risks
- Workplace conditions
- Workplace procedures

Course Duration

The course is ½ day in duration (3 hours + exam)

Assessment Method & Certification

The assessment will be by the completion of a multiple choice question examination at the end of the course. On successful completion of the course, delegates will receive a certificate of competence, which is valid for 3 years.

Candidates wishing to obtain a Nationally Accredited Certificate would sit the exam for the relevant Awarding Body (for the additional price of the certification and exam fee of the Awarding Body).

For this Qualification we can currently offer certification from the following Awarding Bodies:

CIEH (The Chartered Institute of Environmental Health)