

The Health and Safety at Work Act 1974, states that suitable training must be provided to ensure that employees are aware of hazards and are competent to undertake their job safely.

This training course is designed to raise general awareness of the typical health and safety issues presented by the workplace, being suitable for experienced employees, but also ideal as a formal general induction for new starters.

Some of the key areas incorporated are as follows...

- Maintaining a safe workplace & the importance of housekeeping
- Hazard identification & risk assessment
- Manual handling
- Slips, trips & falls
- Working at height
- Noise
- Fire prevention & emergency actions
- First aid and the reporting of injuries, diseases & dangerous occurrences
- Electrical hazards
- Work equipment (use of plant, machinery and guarding)
- Personal protective equipment (PPE)
- General health hazards (*COSHH, vibration, asbestos, etc*)
- Confined spaces
- Use of display screen equipment
- Stress management

Training is provided by experienced and qualified health and safety practitioners. All delegates receive handout information and, rather than a formal assessment, delegates will be assessed by the trainer throughout based upon participation and demonstration of understanding. Upon successful completion of the course certificates of training will be issued.



Course Duration
3 Hours (½ Day)



Private Session (12 places)
£420 + vat per course



2 Sessions on 1 Day
£390 + vat per course



Member Pricing discounts available for subscribed clients – please call

Private group courses can, for no additional charge, be held at either our Rochester training centre or at the client's preferred venue (subject to conditions). Weekend training is also available by special arrangement.



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