

# HEALTH AND SAFETY FOR HOME WORKERS

COURSE CONTENT OVERVIEW

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As the number of individuals working from home continues to rise, it's important that home working employees are able to carry out their duties safely. Therefore, it's essential that they understand the health and safety hazards in their homes and know what controls are needed to manage them effectively.

This Health and Safety for Home Workers course will provide you with the knowledge you need to work safely in a home working environment. It explains the key health and safety hazards present in the home, including display screen equipment (DSE), manual handling, fire safety, and electrical safety, and provides you with the knowledge needed to effectively manage them.

### **Module One: Introduction to Health and Safety for Home Workers**

This module introduces the topic of health and safety for home workers, explaining what home working is, and outlining the health and safety legislation that places duties on employers and responsibilities on employees to ensure that hazards are effectively managed.

- What is home working?
- Who are home workers?
- What is health and safety at work?
- Health and safety statistics
- The importance of health and safety
- Health and safety law
- Employer duties
- Employee responsibilities
- Types of home working hazards
- Identifying home working hazards

### **Module Two: Safe Working Environments**

This module explains the key aspects of a safe working environment for home workers. It also sets out the main risks from slips, trips and falls and how to ensure that these can be prevented during home working.

- Safe working environment
- The working space
- Access to work areas
- Lighting
- Ventilation
- Temperature
- Statistics on slips, trips, and falls
- What causes slips, trips, and falls?
- Preventing slips, trips, and falls
- Preventing falls from height

### **Module Three: DSE, Manual Handling, COSHH and DSEAR**

This module explains how to correctly set up and assess display screen equipment (DSE) to ensure that you can work safely. Additionally, it details the hazards posed by manual handling, and how to carry out manual handling operations safely. Finally, it introduces the risks posed by hazardous and dangerous substances and explains the controls required to store and use them safely.

- The Health and Safety (Display Screen Equipment) Regulations 1992
- Health risks associated with DSE work
- Correct use of DSE
- DSE guidance
- Manual handling
- Health risks associated with manual handling
- The Manual Handling Operations Regulations 1992 (MHOR)
- Reducing manual handling risks
- Hazardous and dangerous substances
- Controlling hazardous and dangerous substances

### **Module Four: Electrical Safety, Fire Safety, First Aid, and RIDDOR**

This module looks at the safety measures that must be in place for electrical safety, fire safety, first aid, and the recording and reporting of incidents. It explains what home workers must do to follow these procedures.

- Electrical safety risks
- Who is responsible for electrical safety?
- Electrical safety measures
- Why is fire safety important?
- The fire triangle
- Fire safety measures
- Smoke alarms
- Evacuating during a fire
- First aid kit
- Recording and reporting incidents

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## **Module Five: Monitoring Procedures and Promoting Wellbeing**

This module details the monitoring, communication, and feedback procedures that should be in place when you work at home. It also explains the common signs of stress and anxiety and the techniques that both employers and employees can use to prevent and manage them.

- Monitoring, communication, and feedback
- What is mental health and wellbeing?
- Statistics on mental health and wellbeing at work
- Employer duties for mental health and wellbeing
- Signs of mental health and wellbeing risks
- Common causes of stress at work
- How to look after your mental health and wellbeing

## Aims of the Training

By completing this training, you will:

- Understand why health and safety rules and regulations are important.
- Know your employer's health and safety duties and your own responsibilities.
- Recognise the safety hazards that are commonly present in homes and know how to create a safe working environment.
- Understand how to prevent and manage slips, trips and falls.
- Know how to correctly and safely set up a display screen equipment (DSE) workstation and your work environment, so as to prevent discomfort.
- Understand the importance of carrying out manual handling activities with care.
- Know how to use electrical equipment safely and prevent fires from starting.
- Understand what first aid provisions you should consider.
- Understand how to prevent work-related stress and promote positive mental wellbeing.