

LEVEL 2 HEALTH & SAFETY INDUCTION

COURSE CONTENT OVERVIEW

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HIGH SPEED™
TRAINING

This Health and Safety Induction (Level 2) course has been designed as an introduction to health and safety in the workplace. The course provides information so that employees understand the best practice and safety procedures 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 and 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 what addressing health and safety is important and introduces the aims of the Health and Safety at Work Act. The module outlines some of the health hazards you may encounter and explains 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 1974
- The Health and Safety Executive
- Health hazards
- Personal protective equipment
- RIDDOR 2013

Module Two: Workplace Safety and Welfare

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

- Slips, trips and falls
- Electrical safety
- Fire safety
- Welfare facilities
- First aid
- Workplace stress
- Drugs and alcohol
- Workplace 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

Module Four: Manual Handling and Ergonomics

This module looks at the best practice for manual handling to prevent the risk of harm and ensure that workers know how to move loads safely. The module also looks at the display

screen equipment regulations, explaining the best set-up for computer workstations so that the ergonomics in the workplace are well-suited for each individual worker.

- 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 provides some control measures for reducing the risks. The module also looks at the best practice for working at height, outlining some of the most common access equipment and providing information on the safest way 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 you can reduce the risks from noise and vibration in the workplace so that they don't cause ill-health to anyone working nearby. The module 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.