

LEVEL 2 HEALTH & SAFETY IN THE WORKPLACE

COURSE CONTENT OVERVIEW

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HIGH SPEED™
TRAINING

Under health and safety law, everyone in a workplace must be aware of the health and safety risks and know which control measures are in place to prevent them.

This Level 2 Health and Safety training course will provide you with the knowledge you need to keep yourself safe at work. It explains the most common health and safety risks, how to prevent them, and how to make sure that you are working safely. It also explains the key pieces of health and safety legislation and guidance so that you can ensure you are remaining compliant.

Module One: Introduction to Health and Safety Law

This module provides an introduction to health and safety. It covers legal guidance and legislation and explains what can commonly cause workplace accidents.

- The benefits of health and safety
- The main causes of workplace ill-health and accidents
- Factors that impact on health and safety
- The Health and Safety at Work Act
- The Management of Health and Safety at Work Regulations
- The Health and Safety Executive
- Health hazards
- Personal protective equipment
- The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)

Module Two: Risk Assessment

This module explores the necessary requirements of a risk assessment and what should be considered in the process.

- What is a risk assessment
- Who should carry out a risk assessment
- Identify the hazards
- Decide who might be harmed and how
- Evaluate the risks and decide on controls
- Record your findings
- Review and update the risk assessment

Module Three: Workplace Safety

This module covers some of the most basic health and safety requirements that must be considered in every workplace.

- Safe systems of work
- Slips, trips and falls on the same level
- Falls from height
- Housekeeping
- Electrical safety
- Fire safety

Module Four: Workplace Welfare

This module outlines some common welfare considerations that all employers must take into account for their workers.

- Welfare facilities
- First aid
- Workplace stress
- Drugs and alcohol
- Workplace conflict and violence

Module Five: Manual Handling and Display Screen Equipment

This module explains the safe working practices that are needed when performing manual handling and working with display screen equipment.

- Manual handling regulations
- Reducing manual handling risks
- Good manual handling techniques
- Display screen equipment
- Workstations

Module Six: Hazardous Substances and Working at Height

This module describes the steps and control measures that must be taken to prevent harm from hazardous substances and working at height.

- Hazardous substances control measures
- Hazardous substances training
- Hazardous substances safety signs
- Working at height
- Control measures
- Working at height equipment
- Safe use of ladders and stepladders

Module Seven: Noise, Vibration and Vehicle Safety

This module details the risks that arise from noise, vibration and workplace vehicles and explains the control measures to prevent them.

- Noise elimination, reduction, and control
- Hand-Arm Vibration Syndrome (HAVS) and Carpal Tunnel Syndrome (CTS)
- Employer responsibilities
- Safe use of vehicles
- Pedestrian-vehicle conflict

Aims of the Training

By completing this training, you will:

- Have knowledge of key health and safety topics and how to ensure good practice within them.
- Understand the responsibilities of employers and employees under health and safety legislation.
- Understand the importance of, and the key factors in, undertaking a risk assessment to prevent and control hazards.
- Know the hazards and ill health effects associated with specific work activities and processes.