

COURSE CONTENT OVERVIEW

# Health & Safety For Food Handlers



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This e-learning course has been designed to educate people who work in a food premises about health and safety practices. It helps you meet legal requirements and ensure the wellbeing of everyone in the workplace.

The course provides food handlers with all the knowledge required to work in a way that keeps health and safety hazards at a minimum and help uphold the safety measures put in place by their employer.

### **Module One: Introduction to Health and Safety**

This module gives a basic overview of what is meant by health and safety at work. It describes what type of hazards food handlers may face, and the accidents or ill health these risks may cause.

- What is health and safety?
- What is a hazard?
- What is risk?
- What are common accidents?
- What are common illnesses?
- Statistics on injuries and illnesses
- Why is health and safety important?

### **Module Two: Health and Safety Law**

This module discusses the various pieces of legislation relating to health and safety at work, and how this applies to food handlers. It makes the learner aware that their employer has a legal duty to meet health and safety requirements, and that all food handlers must do their best to help with compliance.

- Legislation
- Who enforces the law?
- Employer duties
- Risk assessments
- RIDDOR
- Employee duties

### **Module Three: Welfare and First Aid**

This module explains how various aspects of the work environment can negatively impact on a person's health and safety, and so employers must put in place welfare provisions to combat risks. It also looks at how work-related stress may be caused without due care, and at the importance of first aid and health surveillance.

- Welfare provisions
- Work-related stress
- Causes of stress
- Effects of stress
- Conflict at work
- First aid
- Health surveillance

### **Module Four: Work Equipment**

This module discusses the necessity of safe and well-maintained work equipment in a food premises for preventing risks, such as faults or misuse. It explains what requirements an employer should fulfil when selecting, installing, and inspecting equipment, and familiarises the learner with what a pre-use check entails.

- Risks posed by work equipment
- Examples of hazardous equipment
- What is RIDDOR?
- Selecting equipment
- Training
- Inspecting equipment
- Pre-use checks
- Control measures
- Personal protective equipment
- Employee duties

### **Module Five: Hazardous Substances**

This module looks at where hazardous substances may be present or used in a food premises, and how to identify them. It discusses what an employer must do to reduce exposure and meet workplace exposure limits (as required by law), and how food handlers can help reduce exposure risks.

- What is a hazardous substance?
- Sources of hazardous substances
- Examples of hazardous substances
- Chemical labelling
- Safety Data Sheets
- Risks posed by hazardous substances
- Control measures
- Workplace Exposure Limits
- Employee duties
- Cleaning activities

### **Module Six: Noise**

This module familiarises the learner with the risks posed by repeated exposure to hazardous levels of noise. It explains what duties an employer must fulfil to control exposure and protect people's hearing, as well as what food handlers can do to keep noise levels at a minimum at work.

- Noise at work
- The effects of noise
- Measuring noise
- Employer duties
- Control measures
- Personal protective equipment
- Employee duties

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## **Module Seven: Fire and Electrical Safety**

This module goes into detail about the dangers posed by electricity and fire risks in a food premises. It discusses what three elements are needed for a fire to start – known as the fire triangle – and how to minimise the risks of a fire breaking out. It also lists what fire safety procedures should be in place.

- Electricity
- Dangers of electricity
- Fire
- The fire triangle
- Explosions
- Employer duties
- Fire safety procedures
- Employee duties

## **Module Eight: Manual Handling**

This module highlights the dangers posed by poor manual handling activities, primarily how long-term exposure can cause damage to the body's musculoskeletal system. It emphasises the importance of reducing the risks posed by manual handling through the use of machinery or proper handling techniques.

- What is manual handling?
- Manual handling injuries
- Manual handling risks
- Technical measures
- Organisational measures
- Information and training
- Correct handling techniques

## Aims of the training

By the end of this course learners will:

- Understand what is meant by health and safety at work and what is required by law to uphold it.
- Know which common work-related accidents and ill-health are caused by poor health and safety in the workplace.
- Recognise how the work environment should be organised to promote wellbeing and what first aid arrangements should be in place.
- Know the importance of using work equipment properly and ensuring it undergoes regular maintenance.
- Be aware of the risks of overexposure to hazardous chemicals and noise, and how to reduce these risks.
- Understand what fire safety procedures should be in place and how to adhere to them.
- Have an awareness of the risks posed by manual handling and knowledge of the correct manual handling techniques for minimising strain.