

COURSE CONTENT OVERVIEW

Health & Safety For Home Workers



As the number of individuals working from home continues to rise, it's important that home working employees are able to carry out their work 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, explains what home working is, outlines the legislation that places duties on employers and responsibilities on employees to ensure that hazards are effectively managed, and introduces the hazards to home workers.

- Home working and home workers
- Health and safety at work
- Home working hazards
- Health and safety legislation
- Employer duties
- Employee responsibilities

Module Two - Safe Working Environments

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

- The suitability of the working space
- Safe access to work areas
- Lighting
- Ventilation
- Temperature
- Causes of slips, trips and falls
- Preventing slips, trips and falls

Module Three - DSE, Manual Handling, COSHH and DSEAR

This module explains how to correctly set up, use 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 use them safely.

- Health risks associated with DSE use
- Correct use of DSE
- Health risks associated with manual handling
- Reducing manual handling risks
- 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
- Electrical safety measures
- Fire safety risks
- The fire triangle
- Fire safety measures
- First aid kit
- Recording and reporting incidents

Module Five - Monitoring Procedures and Promoting Well-being

This module details the monitoring, communication and feedback procedures that should be in place when you work from 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 well-being?
- Employer duties for mental health and well-being
- Signs of mental health and well-being risks
- Common causes of stress at work
- Looking after your mental health and well-being

Aims of the training

By the end of this course, learners will:

- Understand the importance of health and safety rules and regulations.
- Know their employer's health and safety duties and their 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 and use display screen equipment (DSE) and their 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.
- Know what first aid provisions home workers should consider.
- Understand how to prevent work-related stress and promote positive mental well-being.