

# INTRODUCTION TO HEALTH & SAFETY



## Introduction

Looking at all of the key areas, this course is ideal for providing your employees with a general understanding of Health & Safety.

## Course Overview

There are several Health & Safety topics that can apply to us all and we will introduce these to you in this video course.

At the end of the video, trainees will:

- » Have an understanding of the Manual Handling procedure.
- » Recognise the importance of good housekeeping and the prevention of Slips, Trips & Falls.
- » Be aware of Electrical Safety and the importance of checking and reporting faults.
- » Develop an insight into COSHH and its affects.
- » Appreciate the importance of PPE, DSE and the correct use of machinery.
- » Recognise and identify safety signs correctly and understand the correct emergency procedures.

## Course chapters

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|---------------------------|-------------------------------|
| 1. Fire safety            | 7. Machinery safety           |
| 2. Manual handling        | 8. DSE                        |
| 3. Slips, trips and falls | 9. Statements and assessments |
| 4. Electrical safety      | 10. Safety signs              |
| 5. COSHH                  | 11. Health and welfare        |
| 6. PPE                    | 12. Emergency procedures      |

## Who will it benefit?

This course is aimed at people who have just started working in a new company or those who want to refresh their memories.

