

WORKPLACE SAFETY



Introduction

It's a fact that we are exposed to a range of risks and hazards during a normal working day. This course will provide the trainee with information about the various hazards within the workplace which they must be aware of.

Course Overview

This course looks at manual handling, computer safety, slips trips and falls, fire safety, electrical safety and security. The aim is to help reduce the number of accidents and injuries in the workplace and to promote good attitudes amongst the staff.

At the end of the course, trainees will be able to:

- » Understand the evacuation procedure regarding fire safety, including the use of fire extinguishers, fire safety signs and good housekeeping
- » Identify the risks regarding manual handling, as well as the manual handling process and its do's and don'ts
- » Recognise the importance of correct posture and the hazards & risks that come with computer safety
- » Understand the importance of trying to avoid Slips, Trips & Falls.

Course chapters

1. Fire safety
2. Manual handling
3. Computer safety
4. Slips, trips and falls
5. Electrical awareness
6. Office security

Who will it benefit?

Everyone who wants to reduce the number of workplace accidents and injuries and promote a good health and safety culture.

