



# Health and Safety Training

## Benefits:

This course will enable employees to put into practice health and safety safely. It will also help businesses to meet the requirements of current legislation and good practise.

## Course Objectives:

By the end of the course the delegates will be able to understand the principles of health & safety and to apply that knowledge to reduce the risk of injury to themselves and others.

## Duration

1 day (in-house or arranged public courses)

## Course outline:

- Introduction to health and safety
- Accidents and ill health
- Slips and trips
- Health and safety law
- Understand risk assessment
- Hazardous substances
- Personal protective equipment
- Workplace health, safety and welfare
- Vehicles at work
- Fire
- First aid
- Work equipment
- Electricity
- Occupational health
- Noise and vibration
- Ergonomics and workstation design
- Manual handling
- Working at height

## Training requirements:

Maximum suggested candidates: 12 (more can be arranged)

Venue: Large room

Equipment required: Pennine Training will provide all delegates materials handouts, copy of PowerPoint slides. Laptop and projector.

Cost: £32.00 per delegate. In-house course will be a day rate of £290.00.

Timing: 09.00am to 4.30pm