Health and Safety Essentials

Amongst the many health and safety training courses, this is the one which tells you all you need to know in just six hours.

In five modules, our Health & Safety Essentials course begins with an introduction to basic health and safety concepts and how to be aware of hazards to improve safety. It goes on to cover working safely at your computer and continues with the basics of fire safety, fire prevention and what to do in an emergency. Next you'll move on to learn correct handling techniques at work before taking a final, interactive module giving you the basics of first aid.

This is a flexible learning programme - unlike many other health and safety training courses - so you'll have the freedom to self-study whenever it suits you. That's because we use an interactive e-learning system which makes this an extremely simple and useful health and safety course.

Pitman Training also offers other courses for people with an interest in HR, including Get into HR and a Business IT with HR diploma.

Designed for

Those who need to learn some basic information on health and safety.

Prerequisites

None.

Objectives

To learn health and safety essentials, fire safety, manual handling and workstation safety.

Course Content

Health and Safety Essentials – an introduction to basic health and safety concepts, be aware of hazards to improve safety.

Workstation Safety Plus – Learn how to work safely at your computer.

Fire Safety Plus – Learn the basics of fire safety, fire prevention and what to do in an emergency.

Manual Handling Plus – Learn correct handling techniques at work.

Benefits

- **Learn the basics of health and safety essentials using an interactive e-learning system**
- **Creates an awareness of safety issues in several areas**
- **The flexibility and value of an e-learning course designed to enable you to work at your own pace**
- **The opportunity to gain course completed certificates on 4 modules**

Course duration: 6 hours

Make sure this course is right for you - have a friendly chat with a Course Adviser, arrange to drop in to have a FREE taster or book a place...

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web: www.pitmanlondon.co.uk   email: courses@pitmanlondon.co.uk

pitman® training

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▶ Secretarial & PA ▶ Administration ▶ Personal Development ▶ Shorthand ▶ Bookkeeping & Accounts