



Health and Safety Essentials



Unlike many other health and safety training courses this is a flexible study course so you have the freedom to study whenever suits you. The interactive e-learning system makes this an extremely simple and useful health and safety course.

IS THIS FOR YOU?

This course is for anyone who needs to learn basic Health and Safety rules to help keep their workplace compliant and a safe environment.

ABOUT THIS COURSE

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.

You will cover four topic areas in this course: -

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.

AIMS AND OBJECTIVES

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

PRE-REQUISITES

There are no pre-requisites required to start this course.

CAREER PATH

Health & Safety is a vital area to have covered by any business. If you're aspiring to work as a Manager, Supervisor or Office Manager for example, this would be useful to have on your CV.

COURSE DURATION: 6 HOURS

(Actual course duration will vary from individual to individual, based on prior skills and application).



CPD POINTS: 6

(Awarded CPD points upon successful completion).

To find out more about this or any of our courses, speak to one of our course advisors.

The best way to predict the future **is to create it.**

To discuss your current skills and aspirations, or to book your course, call...

020 7256 6668 or email: courses@pitmanlondon.co.uk

www.pitmanlondon.co.uk Salisbury House London Wall London EC2M 5QQ

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