



Health and Safety Training

Introduction

This course provides staff with essential health and safety information

What does the course include?

- This course gives valuable information on the University's occupational health and safety arrangements. It also provides information on common occupational hazards, and guidance on spotting and reporting hazards.
- The course includes a session devoted to fire safety which highlights the causes of fire and fire hazards. It also provides information on fire safety measures and evacuation procedures within the University
- This course includes specific information for computer users on workstation layout, and how to adopt a correct posture in front of your computer. Guidance is also given on carrying out a computer user DSE Self Assessment.

How long is the course?

4 hours

Why do I need it?

By the end of the course you will have an understanding of common hazards such as fire, electricity, use of computers, and slips, trips and falls and how to avoid and/or control these types of hazards enabling you to work safely.

What Qualification do I get?

All of our training courses are delivered by our industry experienced instructors all delegates will receive a certificate of training.

What can I do next?

Advanced Health and safety course.

Where can I train?

The training can be delivered on your site if it meets the course requirements or at one of our three training centres situated throughout the UK.