

LEVEL 1 HEALTH AND SAFETY

Eden Training Academy
Online Training



This course is an ideal introduction to health and safety in the workplace. Ideal as part of an induction process or awareness training for those working in low risk jobs the course covers the 8 key modules of an RQF level 1 health and safety qualification.

The course covers the key content and knowledge required to go on to achieve a recognised level 1 health and safety qualification.

To achieve a regulated qualification the learner must sit an assessment with a recognised training provider.

Areas covered

- Accidents including slips, trips and falls
- Legal responsibilities
- Hazardous substances (COSHH)
- Workplace health, safety and welfare
- Work equipment
- Fire
- First aid
- Manual handling



Who is it aimed at?

Ideal for employee inductions, or anyone working within a low-risk environment. The course can also be used as part of the on-programme element of the new apprenticeship standards, supporting the knowledge, skills and behaviours apprentices need to effectively integrate into the workplace.



Key details at a glance



Duration: 1 - 2 hours



Assessment: Multiple-choice questions



Certificated: Yes – Eden and Highfield Completion Certificate



Support: 01642 807229
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Localisation: EU legislation within a UK context, but suitable for international businesses that trade with EU and will be subject to the legislation

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www.edentrainingacademy.org.uk



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