

## Health and Safety

**By completing this course, you will be able to:**

- Identify legislation relating to general health and safety in a health or social care work setting.
- Describe the main points of the health and safety policies and procedures agreed with the employer.
- Outline the main health and safety responsibilities of: Self, The employer or managers, others in the work setting List tasks relating to health and safety that should not be carried out without special training.
- Explain how to access additional support and information relating to health and safety.
- Describe different types of accidents and sudden illness that may occur in their own work setting.
- Explain why it is important to assess the health and safety risks posed by particular work settings, situations or activities.
- Describe how and when to report health and safety risks that they have identified.
- List the different types of accidents and sudden illness that may occur in the course of their work.
- Describe the procedures to be followed in an accident or sudden illness should occur.
- List the emergency first aid actions they are and are not allowed to carry out. Describe the hazardous substances in their workplace.
- Demonstrate safe practices for storing, using and disposing of hazardous substances.
- Explain the measures that are designed to protect their own safety at work and the procedures to take to reduce the risk of fire.
- Understand the different fire extinguishers and what fires they need to be used on.
- Understand how to raise the alarm. Recognise common signs and indicators of stress in themselves and others.
- Identify circumstances that tend to trigger stress in themselves and others. List ways to manage stress.

*(We are working in partnership with the Grimsby Institute to support existing staff with development; they offer a wide range of short courses along with Diplomas in Health & Social care.)*

***Certificate awarded upon completion of induction. T&C's Apply.***