

Health and Safety Courses

Prioritising the wellbeing of employees through preventive measures.

Asbestos Awareness

12 minutes

Asbestos is the leading cause of occupational ill health. This course is designed for those who encounter asbestos materials in their roles or work in buildings where asbestos is present.

Fire Safety

15 minutes

The effects of fires or explosions can be devastating in terms of lives lost, injuries and damage to the environment. The Fire Safety Awareness course will cover key information that will help keep you and others safe.

COSHH Essentials

14 minutes

Employers are required to control your exposure to substances under the Control of Substances Hazardous to Health Regulations 2002 (COSHH). This course teaches about hazardous substances and safety.

Fire Warden Essentials

6 minutes

Fire Wardens play a big part in helping us stay safe in our workplace. This course covers general advice on fire safety as well as what a fire warden's role is.

Driver Safety Awareness

17 minutes

Under UK health and safety law, employers must take steps to manage the risks involved in driving for work. This course is designed to help you keep yourself and others safe on the road by providing safety tips and advice.

First Aid Awareness

8 minutes

As someone providing first aid, your aims are to preserve life, prevent deterioration and promote recovery. This course will provide you with the steps to undertake both the Primary and Secondary Surveys.

Display Screen Equipment (DSE)

3 minutes

This course will cover ways to reduce the risk of injury and strain when using Display Screen Equipment while working from home.

Food Allergy Awareness

22 minutes

Eating safely when living with a food allergy is a challenge. This course will help you understand the role you play in keeping people safe in relation to food preparation and service.

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Food Safety and Hygiene Awareness

27 minutes

By law, anyone who handles, prepares, or serves food must understand their legal responsibilities and best practices to help keep people safe. This course will help you understand your roles and responsibilities.

Good Housekeeping

3 minutes

Maintaining a good standard of housekeeping is an essential part of our day-to-day working activities. This course will provide you with simple steps to help maintain a clean and tidy working environment.

Lone Working

9 minutes

If you work by yourself without close or direct supervision, this course will detail your employer's responsibilities toward you and help you consider what you can do to keep yourself safe when working alone.

Manual Handling

11 minutes

Manual handling occurs in almost every organisation. This course will demonstrate easy-to-use best practices, as well as risk assessment methods to help you minimise the risk of injury to yourself and others.

PPE

5 minutes

In this course, you will learn about different types of protection and their functions. This course also covers the benefits and limitations of PPE as well as how to use and store it correctly.

RIDDOR

12 minutes

RIDDOR puts duties on employers, the self-employed and people in control of work premises to report certain serious workplace accidents, diseases and near misses.

Risk Assessment Training

13 minutes

Risk assessments are a legal requirement. This course will cover the five steps of the risk assessment process, which involves identifying hazards that could cause accidents, injuries, or ill-health.

Sharps

5 minutes

Sharps are needles, blades, or other medical instruments that could cause injury by cutting or piercing the skin. This course will cover the steps to follow to keep yourself and others safe when working with sharps.

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Slips and Trips

6 minutes

This course provides an overview of the knowledge needed to prevent slips and trips in the workplace. It covers causes, injuries, flooring types and footwear.

Working Safely

11 minutes

Despite the advances in health and safety over the past few decades, people continue to get hurt. This course will help you understand your role in working safely, as well as the key aspects of the current legislation.

Step Ladder Safety

7 minutes

Working from any height can be dangerous. Around 40% of falls from height involve ladders or stepladders in the UK. This course will help you understand how to use stepladders safely in the workplace.

Workplace Hygiene

3 minutes

This course covers some easy-to-implement tasks to help you play your part in keeping yourself and others healthy in the workplace.

Working at Height

11 minutes

'Work at height' refers to work in any place where, without precautions, a person could fall a distance likely to cause personal injury. This course will help you understand what you need to do to keep yourself and others safe.

Managing Safety

26 minutes

Health and safety aims to create a working environment that is safe, free from the risk of injury or threat to our health and well-being. This course covers the basics and legal requirements for health and safety management.

Fire Safety - Extinguishers

8 minutes

Key information that will help keep you and others safe. Understand the risks associated with different fire types and the type of equipment suitable for use to tackle them.

Abrasive Wheels

14 minutes

This course covers crucial topics, such as selecting the correct abrasive wheel, mounting procedures, operating speeds, guard usage, eye protection, and proper maintenance.

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Accident Reporting

10 minutes

This course will help you understand what and who is covered by the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR) and it'll explain how to report and investigate accidents.