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# Essential Health and Safety Training

For more information, visit our [Essential Health and Safety Training](#) webpage.

## COURSE CONTENTS

This training course is broken down into 2 sections

- 1 The Hazards
- 2 Health and safety responsibilities

## LEARNING OUTCOMES

- ✓ Gain a better understanding of everyone's health and safety responsibilities
- ✓ Be able to identify the different types of safety signs and what they mean
- ✓ Gain a better understanding of the types of risks and hazards in a workplace and learn how you can prevent accidents and injuries

## ABOUT THIS COURSE

Everyone in your workplace is **legally required to have Health and Safety Training**, and this course provides the perfect introduction to Health and Safety - whether as an induction tool, refresher, or for people changing roles within your organisation.

This IOSH Approved Health and Safety Training gives a good grounding in **general Health and Safety at work**, helping employees **recognise** and **avoid risks** at work and explaining what to do to minimise illness and reduce workplace accidents.

It looks at **responsibilities** and **legal requirements**, **hazards** and **risk**, **safety signs** at work, **your working environment** and workplace **emergency procedures** such as fire evacuation and calling the emergency services. Health and Safety Essentials briefly covers fire awareness; slips, trips and falls; manual handling; basic DSE; basic COSHH; and electrical safety.

Our courses can be completed in one go or it can be done in bite size chunks - whatever suits you - the system remembers exactly where you stop, so you can resume where you left off.

Not quite what you were looking for? You may also be interested in:

- [Health and Safety Training for Managers and Supervisors](#)
- [Health and Safety Training for Homeworkers](#)