

Focus on Health and Safety

Aimed at front line staff and their supervisors, the Focus on Health and Safety course provides a solid foundation to underpin the safety component of an employee orientation programme. It gives employees an understanding of hazards within their organisation and how to play their part in ensuring that these do not turn into accidents or harm to employees and equipment. The course has the potential to save money and unwanted publicity.



Course Content

Aim and Outcomes

- Introduction to terminology
- Knowledge self assessment

Section A - Legislation

- Purpose of the legislation
- Definitions
- Duties of Employers / Rights of Employees
- Responsibility of Employees

Section B - Keeping safe in the workplace

- Types of hazards in the organisations environment
- Using the Hazard Control Cycle to identify specific hazards in the employees' workplace, assess risk, control hazards, monitor and evaluate the effectiveness of the controls.
- Observing the standard operating procedures and regulations to keep safe
- Wearing protective clothing and equipment
- Using proper lifting techniques
- Obeying safety signs
- Understanding colour codes on pipelines
- Keeping your body alert through - avoiding alcohol and drugs ,good nutrition, sufficient sleep

Section C - Dealing with safety emergency situations

- The purpose and responsibility of the safety and emergency representative
- The emergency procedure in the event of:
 - fire
 - spilt chemicals
 - gas leak
 - live electricity
 - an accident

Outcomes

Trainees will be able to:

DEMONSTRATE AN UNDERSTANDING OF THE REQUIREMENTS OF LEGISLATION WITH REGARDS TO:

- the purpose of health and safety legislation relevant to the workplace environment
- the rights and responsibilities of employees and employers
- safety signs and symbols, their identification and purpose
- the importance of personal protective clothing and safety gear
- colour codes on pipelines, their identification and purpose

DEMONSTRATE AN UNDERSTANDING OF SAFE WORKING PRACTICES

- Identify hazards in their environment and describe the standard operating procedures and regulations, including reporting, employed to maintain personal, workplace and equipment safety.
- Participate in the Company's safety program, from identifying hazards, assessing risk, controlling hazards, to monitoring and evaluating effectiveness.
- Identify and describe the good housekeeping, hygiene and personal safety practices and precautions required when handling chemicals, gas, electricity and machinery.
- Select the correct protective clothing and safety gear to wear when working with specific hazards and explain the purpose of each item.
- Demonstrate the correct lifting and handling techniques of heavy objects.
- Explain the importance of keeping the body alert through avoiding alcohol and drugs, and having sufficient good sleep and nutrition in order to perform work safely.

DEAL WITH SAFETY EMERGENCY SITUATIONS

- Identify possible safety emergency situations.
- Explain the procedure for reporting emergencies.
- Explain the purpose and responsibilities of a safety and emergency representative.
- Identify the appropriate extinguishers to use in putting out fires and explain the emergency procedure in the event of a fire.
- Explain the emergency procedure in the event of a chemical spill, gas leak, exposure to live electricity and an accident.