

course objectives

On completing this qualification candidates should be able to:

- Understand the nature of health and safety in the workplace
- Understand the scope of legislative requirements
- Understand the importance of preventing work-related ill health
- Understand the principles of accident prevention
- Understand the risks associated with poor welfare
- Be aware of the hazards and risks associated with the workplace and work equipment
- Understand that risk assessment is an important technique for accident and ill health prevention
- Understand the risks associated with manual handling
- Understand the nature and risks of hazardous substances
- Understand how workplace equipment and task design affect health and safety
- Understand the hazards and risks associated with working at heights
- Understand the hazards and risks associated with working with vehicles
- Understand the potential long and short-term effects of exposure to noise and vibration

who is the course for?

This qualification is suitable for anyone in a working environment

This course is a natural progression for anyone who has achieved the CIEH Level 1 Health & Safety in the Workplace course.

duration / format / assessment

One day programme, can be delivered over two half-day sessions.

Assessment is by 30 question, multiple-choice examination. Oral examinations, and some foreign language exam papers are available on request.

This course is regulated by Ofqual

instructor / trainee ratio

Min 1: 6 **Max 1:15**

Larger groups can be accommodated dependant on suitable training venue. Larger groups will incur additional costs

awarding body / certification

Chartered Institute of Environmental Health (CIEH)

Candidate's examination papers are submitted to the CIEH by the training centre for marking. Successful candidates will receive the CIEH certification within 4 weeks.

course content

- Health and safety law
- Health
- Safety
- Welfare
- The workplace and work equipment
- Risk assessment
- Manual handling
- Hazardous substances
- Ergonomics and workstation design
- Working at heights
- Transport and vehicles
- Noise and vibration

course requirements / notes

No previous qualifications or experience are required for attendance.

A valid form of photo identification is required. e.g. Passport, driving licence, Work ID, Age Check ID, etc.

Training venues will need to provide suitable seating and tables for delegates to undertake a written examination

further information / contact us

Cognet Limited

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training timetable

Time	Activity	Duration
09:00 – 09:10	Domestics, Review timetable for the training session	10 mins
09:10 – 09:15	State SMART Aims and Objectives for the day	5 mins
09:15 – 10:00	Introduction to Health and Safety and legislation	45 mins
10:00 – 10:45	Accidents and their prevention, reporting and RIDDOR	45 mins
10:45 – 11:00	Break	15 mins
11:00 – 12:30	Health and safety in the workplace, causes of injuries and remedial action. Electrical safety, personal protective equipment and first aid.	90 mins
12:30 – 13:00	Lunch	30 mins
13:00 – 14:45	Ergonomics, manual handling and workplace equipment	45 mins
14:45 – 15:30	Risk assessment and hierarchy of control	45 mins
15:30 – 15:50	Transport, vehicles, working at height and noise	20 mins
15:50 – 16:00	Break	10 mins
16:00 – 16:15	Review Aims and Objectives	15 mins
16:15 – 17:15 Dependant on end of exam	Distribute exams	Up to 60 mins
	Distribute course feedback form for delegates to complete	5 mins

Please note that the above is for guidance only. Actual course timings may differ.

pre-course reading

awarding body contact details

Chartered Institute of Environmental Health (CIEH)
Chadwick Court
15 Hatfields
London SE1 8DJ

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