



Health and Safety Awareness

Our Health and Safety Awareness (Refresher) course is designed to guide participants through the latest regulations and best practices in workplace safety. Through comprehensive training with one of our experienced trainers, learners will gain expertise and skills relating to risk assessment, emergency procedures, and fire safety and will leave the training feeling empowered to identify and prevent accidents before they occur.

By fostering a safety-focused culture and prioritising employee well-being, this refresher will help you to create a safer and healthier workplace environment.

[Learn more >](#)

Learning Outcomes

- To understand your responsibilities, and the responsibilities of others relating to health and safety in the workplace
- To understand the use of risk assessment
- Understand procedures for responding to accidents and sudden illness
- How to promote fire safety in the workplace
- Learn how to implement security measures
- Know how to manage your own stress

Course Content

Module 1: Policies and Procedures:

- Understanding your health and safety policy and the importance of regular refresher training in maintaining a safe work environment

Module 2: Understanding employer and employee responsibilities:

- Learn the responsibilities of employees, employers and others in the workplace in order to maintain a safe working environment

Module 3: Hazard Recognition and Risk Assessment:

- Identify common workplace hazards and their potential risks, understand which activities must not be carried out until you are trained, and learn procedures for reporting and evaluating levels of risk

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Module 4: Emergency Procedures and Response:

- Review of emergency response protocols for various situations (e.g., fire, medical emergencies)

Module 5: Accidents, First Aid and Sudden Illness:

- How to use an individual's care or support plan to identify known conditions so that you are prepared in advance and know how to respond if they become unwell. Learn how to reduce risks with dementia patients.

Module 6: Moving and Assisting:

- Understand which activities require training; specifically using equipment to move people and helping with daily routines such as bathing and using the toilet. As a rule, you should not carry out any actions that are not covered by the patient's care plan.

Module 7: Fire safety, security measures and procedures:

- Learning basic fire safety and understanding the safety procedures of your organisation. Exploring the role of employees in creating a positive safety culture and encouraging open communication and reporting of safety concerns.

Module 8: Health and Well-being:

- An open discussion on the importance of physical and mental health in the workplace, strategies for promoting employee well-being and managing stress and knowing the resources available for employees to support their health needs. Understanding the differences between physical stress, environmental stress, emotional stress and chronic stress and learning how to manage and deal with them.