

## INTRODUCTION TO HEALTH AND SAFETY LEVEL 3 (VTQ)

This online course is tailored for individuals seeking a thorough understanding of health and safety awareness. It is meticulously crafted to align with Health and Safety regulations and encompasses topics such as regulations compliance, precautionary measures, strategic planning, risk assessment, personal protective equipment (PPE), specific industry sectors, accident causation, roles and responsibilities of both employers and employees, reporting incidents under RIDDOR, handling hazardous substances according to COSHH guidelines, first aid protocols, workstation and VDU safety, working safely at elevated heights, gas safety practices, occupational health considerations, infection control measures, electrical safety standards, regulatory enforcement, and the interconnections between regulations concerning fire safety and manual handling.

All our courses, including this one, have received independent certification confirming their alignment with universally accepted Continuous Professional Development (CPD) guidelines. Upon completion, participants receive a Certified CPD Statement, a ProTrainings Certificate, and for online courses, an Evidence-Based Learning statement.

## QUALIFICATION DELIVERY

**Online Video E-Learning:** Contains pre-recorded video neatly collated into a presentable online course that includes a save and return feature, stop and start button, English subtitles and some additional features.

Our online Health and Safety Level 3 (VTQ) course is taught over **8 hours and 5 minutes** and will include theoretical assessments if you complete the online option and may include practical and theoretical assessments if this is completed in a classroom.

## CERTIFICATION

Upon successful completion of the course, all participants will receive an officially verifiable wall certificate. This digital certificate can be conveniently accessed and downloaded at the course's conclusion. It serves as tangible evidence of your achievement, reflecting your dedication and knowledge acquired throughout the course. Display it with pride to showcase your newfound expertise to peers and potential employers, as a testament to your commitment to continuous learning and personal growth.

## LEARNER ACCESS

ProTrainings offer highly sophisticated and supportive services to successful learners who complete online, classroom and blended training. Our online system offers the learner a uniquely designed portal where there is access to a free student manual, CPD credit statement, evidence-based learning document, optional weekly refresher videos and an area for downloadable content with a cohort of supporting evidence relevant to the qualification the learner completes.

ProTrainings after service adds clarity to teaching, promotes continuous learning and encourages learners to revisit and revise subjects they have been taught.

VIDEO  
**E-LEARNING**

8 HOURS AND 5  
MINUTES  
ONLINE

SAVE & RETURN  
FEATURE

INTERACTIVE  
VIDEOS

# HEALTH AND SAFETY LEVEL 3 (VTQ)

## COURSE SUMMARY

### PRO/HSL3

#### INTRODUCTION AND REGULATION

- Importance of Health and Safety
- What Causes Accidents?
- Health and Safety Statistics
- UK Statistics on Accidents in the Workplace
- Health and Safety Law
- Health and Safety at Work Act 1974
- Reasonably Practicable
- PUWER Regulations 1998
- LOLER Regulations
- Manual Handling Employee and Employer Responsibility
- Electricity and Electricity at Work Regulations
- Supply of Machinery Regulations 2008
- REACH
- The European Six Pack
- Welfare at Work
- PPE at Work Regulations 2022
- First Aid at Work Regulations
- COSHH Regulations
- Worker Types - HSE Definitions
- Musculoskeletal Statistics
- Control of Noise at Work Regulations 2005
- COMAH Regulations

#### PREVENTION OF ACCIDENTS

- The Accident Triangle
- Why Prevention is Important
- The 5 Stages of The Risk Assessment
- Assessing Risks - High and Low Risks
- What is a Hazards
- Children and Young People
- New and Expectant Mothers
- PPE
- Protective Headwear - A Paramedics View
- Control of Major Accidents Hazard Regulations 2025
- Catergories of Chemical
- Employer Duties Under COSHH
- Portable Gas Cylinders
- Safety Signs
- Lighting at Work
- Permit to Work
- Workplace Exposure Limits
- Opening Boxes Safely
- First Aid at Work Practicalities

#### RIDDOR STATISTICS

- RIDDOR Injury Statistics
- HSE Stats on Industries
- Key Facts From HSE Stats
- First Aid in the Workplace Injury Stats
- HSE Work-Related MSDs Stats
- Care Home Statistics
- Fire Statistics in the Workplace in the UK
- Occupational Lung Disease Stats
- Work Related Ill Health Statistics
- HSE Stats Work Related Stress Depression Anxiety
- HSE Stats on Costs to Britain
- Comparisons with European Countries

#### PERSONAL PROTECTIVE EQUIPMENT

- Hearing Protection
- PPE and Noise
- PPE For The Head
- Respirator Masks
- Chemical Splash Suits
- Eye Protection
- Food Area PPE
- CBRN Masks
- Smoke Hoods
- Respirator Overview
- Preparing Your Respirator
- Face Shields and Goggles

#### WHEN AND ACCIDENT HAPPENS

- Health & Safety Training Requirements
- Basic First Aid Advice
- First Aid Provision
- First Aid Room
- Hydrofluoric Acid Burns Kits
- When an Accident Happens
- RIDDOR and Accident Reporting
- Workplace Policies and Procedures
- Equipment in the Workplace
- Emergency Procedures
- Investigating Workplace Accidents

#### THE IMPORTANCE OF FIRE SAFETY

- The Law and Fire Safety
- Fire Regulatory Reform Order
- Fire Safety Act 2021
- The Dangers of Fire
- Intrinsically Safe Radios

#### SPECIFIC AREAS OF HEALTH AND SAFETY

- Fire Risk Assessment
- The Fire Triangle
- Calling the Fire Service
- Evacuating in an Emergency
- Good Housekeeping
- Electrical Hazards
- Electrical Safety
- Slips, Trips and Falls
- Workstation - DSE and VDU Safety
- Working at Heights
- Occupational Health
- Infection Control
- Forklift Safety in the Workplace
- Noise
- Training, Instruction and Information - Noise
- Controlling the Risk of Noise
- Hoists, Crane and Lifts
- Hearing Protection
- Electronic Ear Defenders
- Ventilation
- Dust
- Asbestos and Its Dangers
- Dead Animal Removal and Risks
- Flooring in the Workplace
- Managing Stress
- Confined Space Regulations 1997
- Why Manual Handling is Important
- Parking Safety
- Shelves and Storage
- Restricting Access
- Lorry Banksman
- Gas Safety
- The Dangers of Electric Car Batteries
- Electric Cars and Accidents
- Cable Protectors
- Balcony and Barrier Safety
- Power Cable and Batteries

#### FIRE CAUSES, PREVENTION, TRAINING AND ALARMS

- Sources of Ignition
- Active and Passive
- Arson
- Aerosols
- Hot Works
- Fire Prevention

#### Training and Staff Awareness

- Dangers of Smoke
- Types of Fire Alarm
- Electronic First Alarm Systems
- Activating & Testing Alarm Points

#### EMERGENCY FIRE EQUIPMENT AND RESPONSE ACTIONS

- Fire Equipment
- Fire Extinguishers and Fire Alarm Points
- Breakdown of a Fire Extinguisher
- Fire Hoses
- Fire Doors
- Fire Blankets
- Fire Warden Kit
- Appropriate Clothing
- Smoke Alarms in the Home
- Fire Proofing the Home
- Bonfires and Fireworks
- Evacuation Chairs
- Acid Spill Kit

#### FIRE WARDEN AND FIRE MARSHALS

- Fire Warden and Fire Marshals
- The Fire Logs Book
- Cost to Business
- How Fires Spread
- Personnel Records
- Burns and Burn Kits
- Fire Injuries
- The Fire Briefing
- Care Home Evacuation

#### DISCUSSING HEALTH AND SAFETY

- Transporting Chemicals and Explosives
- Cleaning Up Chemical Spills
- Confined Space Petrochemical Plant
- Hazards of Working at Height
- Importance of Gloves
- Transporting Dangerous Goods
- Why Wear PPE

#### MAJOR INCIDENT PLANNING

- Emergency Planning for Major Accidents

#### HSE INSPECTIONS

- When a Health and Safety Inspector Calls
- Actions a Health and Safety Inspector May Take

## PROTRAININGS VIDEO E-LEARNING CONSISTS OF:

SAVE AND RETURN FEATURE

CLOSED CAPTION BUTTON FOR SUBTITLES

INTERACTIVE VIDEOS

QUESTION BETWEEN MODULES

TRANSCRIPT AT THE BOTTOM TO

FOLLOW COURSE CATERGORY SECTION

PROGRESS BAR

DOWNLOADABLE CERTIFICATE

DOWNLOAD CERTIFICATE TO APPLE WALLET

DIGITAL STUDENT MANUAL

CPD STATEMENT

SUITE OF OTHER RESOURCES