

HEALTH AND SAFETY LEVEL 3 (VTQ)

PROTRAININGS
E-LEARNING

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
Categories 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 CATEGORY SECTION

PROGRESS BAR

DOWNLOADABLE CERTIFICATE

DOWNLOAD CERTIFICATE TO APPLE WALLET

DIGITAL STUDENT MANUAL

CPD STATEMENT

SUITE OF OTHER RESOURCES