

HEALTH AND SAFETY PRINCIPLES IN THE WORKPLACE LEVEL 1 (VTQ)

PROTRAININGS
E-LEARNING

INTRODUCTION TO HEALTH AND SAFETY PRINCIPLES IN THE WORKPLACE LEVEL 1 (VTQ)

This course is aimed at anyone who requires a course in health and safety awareness. It is designed to meet the Health and Safety regulations and covers regulations, precautions, planning, risk assessing, PPE, individual sectors, what causes accidents, employer/employee responsibilities, RIDDOR, COSHH, first aid, workstation/VDU safety, working at heights, gas safety, occupational health, infection control, electricity, enforcement and the dangers and links in the regulations in fire 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 in the Workplace Level 1 (VTQ) course is taught over **1 hour and 30 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

1 HOUR AND 30
MINS ONLINE

SAVE & RETURN
FEATURE

INTERACTIVE
VIDEOS

HEALTH AND SAFETY PRINCIPLES IN THE WORKPLACE LEVEL 1 (VTQ)

COURSE SUMMARY

PRO/HSL1

INTRODUCTION AND REGULATION

Importance of Health and Safety
What Causes Accidents?
UK Statistics on Accidents in the Workplace
Health and Safety Law
Manual Handling Employee and Employer
Responsibility
Reasonable Practicable

PREVENTION OF ACCIDENTS

The Accident Triangle
Why prevention is important
The 5 stages of the Risk Assessment Assessing
Personal protective equipment
COSHH Regulations
Employee Duties Under COSHH
Safety Signs

WHEN AN ACCIDENT HAPPENS

Basic First Aid Advice
When an Accident Happens
RIDDOR and Accident Reporting
Workplace policies and procedures
Equipment in the Workplace

SPECIFIC AREAS OF HEALTH AND SAFETY

Fire Risk Assessment
The Fire Triangle
Calling the Fire Service
Evacuating in an Emergency
Good Housekeeping
Electrical Hazards
Why Manual Handling is Important
Manual Handling Guidelines
Slips, Trips and Falls
Workstation - DSE and VDU Safety
Occupational Health
Infection Control and Health and Safety

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