

# HEALTH AND SAFETY PRINCIPLES IN THE WORKPLACE

## LEVEL 1 (VTQ)

PROTRAININGS  
**E-LEARNING**

### INTRODUCTION TO HEALTH AND SAFETY PRINCIPLES IN THE WORKPLACE LEVEL1(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 CATERGORY SECTION

PROGRESS BAR  
DOWNLOADABLE CERTIFICATE  
DOWNLOAD CERTIFICATE TO APPLE WALLET  
DIGITAL STUDENT MANUAL  
CPD STATEMENT  
SUITE OF OTHER RESOURCES