



Tel: 07455 009253 / 01639 697910 Website: www.cswales.co.uk

HQ Level 1 Principles of Health & Safety in the Workplace

Course Introduction

This Health and Safety - Level 1 course is designed as a basic introduction to health and safety for all workers and staff members. It covers the practical application of health and safety that will help all employees to maintain a safe working environment for themselves and others.

Course Topics

- Workplace Accidents and Injuries
- Prevention of Slips, trips and falls
- Correct selection of PPE
- Fire safety
- Manual Handling
- Working at Heights
- Risk Assessments
- Work Equipment
- Safety Signs
- First Aid in the Workplace
- Electricity in the Workplace
- Display Screen Equipment in the Workplace

Course Benefits

This course is ideal for underpinning a positive health and safety culture within any organisation as all employees are equipped with the knowledge to understand the importance of health and safety within the workplace. This course is an ideal stepping stone to accredited qualifications like IOSH Working Safely.

Qualification Expiry

Lifelong