



Health and Safety at Work



Syllabus Guide

Astutis.

Health and safety at Work

The NEBOSH Health & Safety at Work Award is a **3 day course** aimed at anyone who needs to understand the principles of health & safety as part of their role.

The course is split into 2 units which are assessed individually - 1 taught module and a work-based assignment to complete which will demonstrate the learners' application of the knowledge they have gained over the course of the previous unit.

Overall learning outcomes

On completion of the course, your learners will be able to:

- Understand why health and safety needs to be managed, ensuring effective processes are in place;
- Inspect the workplace, recognising a range of common hazards, evaluating risks (taking account of current controls), recommending further control measures and assigning actions; and
- Understand why incidents happen and how to investigate them.

Full course syllabus

Unit HSA1: Health and safety at work

Element 1: Why and how you manage health and safety

- 1.1 Moral, legal and financial reasons and benefits for managing health and safety
- 1.2 Managing health and safety consistently well
- 1.3 Auditing

Element 2: Dealing with common workplace hazards

- 2.1 General workplace issues– workplace access, housekeeping, lighting, temperature, slips, trips and falls, welfare, first aid
- 2.2 Violence and aggression
- 2.3 Work-related stress
- 2.4 Hazardous chemicals and substances
- 2.5 Computers
- 2.6 Substance abuse
- 2.7 Electricity
- 2.8 Fire
- 2.9 Manual handling
- 2.10 Noise and vibration
- 2.11 Work equipment
- 2.12 Work at height
- 2.13 Workplace transport

Element 3: Stopping incidents and ill-health before they happen

- 3.1 Inspecting the workplace
- 3.2 Risk assessment theory

Element 4: Learning from incidents

- 4.1 Why investigating incidents makes sense
- 4.2 A simple four-step approach to investigate



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