



This 3 ½ hour course includes

- Introduction to the health and safety at work act 1974.
- Civil prosecution if they cause damage or injury to themselves, other people, property or environment.
- The act requests that triviality should be avoided. This will lead to a group discussion on triviality.
- The safe way to move objects. Emphasis on short distances, use of mechanical handling equipment and posture.
- Demonstration on the safe to pick an object up and move it across the classroom
- Muscular-skeletal injuries caused by incorrect lifting and handling

- Risk assessment
- Example of risk assessments for specific activities
- Advice regarding candidates carrying out a mental risk assessment prior to any activity
- Practical exercise: Written exercise; Candidates are asked to write their own risk assessment on a scenario. The scenario to be chosen during the course, ideally an activity on site or one discussed during the course.

The course includes practical exercises and confirmation quiz sheets

