

## Qualsafe Level 1 Award in Health and Safety in the Workplace (RQF)



4 hour  
course



Ofqual  
regulated



Refresher training  
recommended  
every 3 years



### Course Overview

The **Qualsafe Level 1 Award in Health and Safety in the Workplace (RQF)** has been specifically designed to provide candidates with a basic introduction to workplace health and safety. It is suitable for all employees working in a range of environments, as well as employees returning to work or entering work for the first time.

With all subjects covered in just 4 hours, this regulated and nationally recognised qualification is ideal for providing employees with a basic understanding of workplace health and safety.

This course also helps employers fulfil their legal duties to provide sufficient information, instruction and training to allow employees to work safely.

### What's Covered?

- ⚠️ The importance of health and safety in the workplace and roles and responsibilities
- ⚠️ Workplace hazards and risks:
  - Slips, trips and falls
  - Working at heights
  - Manual handling
  - Hazardous substances
  - Machinery and vehicles
  - Electricity
  - Fire
  - Stress
- ⚠️ Workplace conditions that can affect health and safety
- ⚠️ Health and safety signage
- ⚠️ Personal Protective Equipment and its uses
- ⚠️ Importance of personal hygiene
- ⚠️ The purpose of first aid provision
- ⚠️ The need for reporting incidents and ill health

Book Now with