

EDUCATION
SCHOOL



LEVEL 1 AWARD IN HEALTH AND SAFETY AT WORK

AWARDING BODY

FOCUS AWARDS



Course Description

The Level 1 Award in Health and Safety at Work offers a thorough introduction to the fundamental principles of workplace health and safety. This course is ideal for individuals starting a new role or seeking to enhance their understanding of health and safety standards. It equips you with essential skills to contribute to a safer working environment. Whether your goal is to become a health and safety officer or to gain basic health and safety awareness, this qualification provides the knowledge needed to make informed decisions and promote a culture of safety in any workplace.

This course is suited for individuals entering the workforce, those requiring foundational workplace safety training, or employees aiming to enhance their health and safety skills. It also serves as an excellent foundation for advancing to the Health and Safety Level 2 course or pursuing a career as a health and safety officer.

By completing the Level 1 Award in Health and Safety at Work, you will:

- Understand the significance of workplace health and safety and its impact on everyone.
- Identify common workplace hazards and risks.
- Follow and promote fundamental health and safety standards.
- Work effectively under the guidance of safety trainers and health and safety officers.
- Apply practical solutions to ensure compliance with workplace health and safety regulations.

Course Structure

Unit 1: Introduction to health and safety for people at work

Assessment

Written assignments

Duration

The course offers a self paced module. It can be completed within a week or over a duration of 1 month based on the learner's own pace. However, the course access expires after a year and a re-enrolment charge is applicable.

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