

COURSE TITLE:

HEALTH AND SAFETY

MODULE	MODULE NAME	OBJECTIVE
1	Introduction to Health and Safety	To understand what health and safety means, why it is important, and how safe working practices protect everyone in the workplace.
2	Health and Safety Legislation	To learn about the main health and safety laws that guide workplace practice and define employer and employee responsibilities.
3	Health and Safety Tasks Requiring Specific Training	To identify tasks that require specific training and understand why safe practice depends on competence, knowledge, & correct procedures.
4	Common Health and Safety Hazards	To recognise common workplace hazards, including ergonomic, safety, chemical, and biological risks, and understand how they can cause harm.
5	Accidents and Sudden Illnesses	To understand common workplace accidents and sudden illnesses, & recognise the importance of immediate safety and appropriate response.
6	Incident Management and Reporting	To understand how to respond to workplace incidents safely, including reporting, documentation, emergency action, & preventing future risks.
7	Infection Prevention	To understand infection prevention practices, including hand hygiene, PPE use, infectious waste disposal, & safe handling of contaminated materials.
8	Fire Safety	To understand fire risks, prevention measures, fire safety equipment, and safe evacuation procedures in workplace settings.