7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

LEVEL 1

Health & Safety in the Workplace

Build awareness. Understand the risks. Work safely.

This Level 1 qualification provides an introduction to health and safety in the workplace. Learners develop an understanding of common workplace hazards, safe working practices and their responsibilities for maintaining a safe working environment. It is ideal for those new to the workplace or anyone looking to build their basic health and safety awareness.

DURATION
1 Day

DELIVERY
Leominster or suitable locations across the UK

SUITABLE FOR
Employees • New Starters • Workplace Induction

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

About This Course

This Level 1 qualification provides learners with essential knowledge of health and safety in the workplace.

Learners are introduced to common workplace hazards, safe working practices and the importance of taking responsibility for their own health and safety and that of others.

Why Choose 7Y Training?

✓ Experienced, qualified instructors

✓ Practical, engaging training

✓ Accredited qualifications

✓ Training available across the UK

✓ Friendly, personal service

Good health & safety starts with awareness.
Know the hazards. Work safely.

Talk to Paula today

📞 07808 670110
✉️ paula@7ytraining.co.uk

7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

WHAT YOU'LL LEARN

By the end of this course, learners will understand the basic principles of health and safety in the workplace.

✓ The importance of health and safety
✓ Common workplace hazards and risks
✓ The difference between hazards and risks
✓ How workplace accidents can be prevented
✓ Basic health and safety procedures
✓ Personal responsibilities for health and safety
✓ The importance of following workplace procedures
✓ How to contribute to a safer working environment

WHO IS THIS COURSE FOR?

The Level 1 Award is suitable for:

✓ Employees new to the workplace
✓ New starters as part of workplace induction
✓ Employees wanting to improve their health and safety awareness
✓ Anyone needing a basic introduction to workplace health and safety
✓ Learners aged 14 years and over

ASSESSMENT & CERTIFICATION

Assessment
10-question multiple-choice exam
Minimum pass mark: 7/10

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

Course Duration
4 guided learning hours
5 hours total qualification time

PREPARING FOR YOUR COURSE

Health & Safety training is classroom based. Please come prepared to take part in discussions and learning activities.

No special clothing required

Personal medication

Phone/tablet
If needed during breaks

Lunch
Please bring if required

IMPORTANT:
This is a theory-based qualification and does not include practical manual handling training. Please ask Paula if practical training is required.

Talk to Paula today
📞 07808 670110
✉️ paula@7ytraining.co.uk