

COURSE OVERVIEW

Health and Safety Level 1

THIS-106



This foundation course introduces learners to potential non-fire emergencies in the workplace and outlines practical steps to prevent escalation and ensure safety.

Module 1: Dealing with workplace emergencies

Clear communication, swift action, and adherence to established emergency protocols are essential for effectively managing workplace emergencies and minimising harm.

- Definition of the term emergency
- Types of workplace emergencies
- Actions to take in case of gas leaks, explosions, flooding and power failure

Module 2: Bomb threat

Vigilance against bomb threats remains an unfortunate necessity in modern workplaces; every report must be treated seriously to ensure safety and maintain operational resilience.

- Bomb Threat Precautions
- Staying alert
- Dealing with suspicious items
- Suspicious post and what to do

Module 3: Basics of First Aid

Under the Health and Safety (First Aid) Regulations 1981, employers must ensure that anyone who becomes ill or is injured at work receives immediate help—this legal duty applies to all workplaces, regardless of size, and includes the self-employed.

- First Aiders
- Employer's legal duty
- Injury Vs Illness
- Scene assessment

Suitable for:

All employees or Health and Safety advisors.

Skills achieved:

- Health and Safety (Basic)

Related Resources:

- Accident Management System Assessment
- Display screen equipment Assessment
- Eye Protection Risk Assessment
- Fire Safety Site Use Risk Assessment
- Hazard/vulnerability Risk Assessment
- Office Slips and Trips
- Safety Signs
- Young Person's Jobs Risk Assessment
- Accident Management System Audit
- Display screen equipment Audit
- Elevator Safety Audit
- Eye Protection Audit
- Fire Safety Extinguisher Audit
- Fire Safety Door Audit
- Washing Facilities Audit
- Elevator Safety Checklist
- Eye Protection Checklist
- First Aid Kit Checklist
- Fire Extinguisher Checklist
- Fire Safety Checklist
- Directors' Health and Safety Responsibilities Guide

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

40 Minutes

Related Courses:

- Fire Safety for Managers
- Fire Safety for Managers Irish Law
- Fire Safety for Fire Marshalls
- Fire Safety for Fire Marshalls Irish Law
- Manual Handling
- Slips and Trips
- COSHH
- First Aid Awareness
- Bomb Threat Awareness
- Working with Computers