

Health and Safety

It is impossible to put a price on the health and safety of your employees and customers. Last year 35 million working days were lost to work related ill health and injury. That's 1.5 days per worker!* This comprehensive range of online health and safety eCourses cover some of the key areas you and your business need to be aware of, from popular introductory courses like Health and Safety Law and Practice, through to specific courses on workstations and stress.



Food Hygiene

If you or your employees are new to working in the food industry it is essential that you understand the principles of good food hygiene. A case of food poisoning is not just bad for your customers' health – it's bad for business too! Discover the basic skills you need to store, serve and handle food safely, including the rules for chilling and cooking food and the dangers of cross-contamination and poor personal hygiene. Basic Food Hygiene 8 hrs (leads to RIPH accreditation)

Accidents

Adopt a more responsible approach to good housekeeping at work by enrolling on one of these eCourses. You'll learn how to minimise the risks of accident and injury to yourself and your colleagues. Avoiding Slips, Trips & Falls 3 hrs Preventing Accidents 1 hr Slips, Trips & Falls 20 mins

Fire Safety

Every year, fires on business premises claim the lives of hundreds and cost millions of pounds in damage. Enrol on one these eCourses on fire safety and learn how to reduce the risk of fire, how and when to tackle different fires and how to escape safely from your workplace. Electrical Safety 45 mins - Evacuation Essentials 15 mins - Fire Safety 30 mins- Fire Safety & Evacuation 1 hr

Health & Safety – Starting Out

Learn to identify the everyday hazards that occur at work and ensure the health and safety of your business. This selection of eCourses will help you develop a sound knowledge of current legislation and make sure your employees understand the importance of good health and safety practice. Health & Safety – Law & Practice 4 hrs- Induction Essentials 1 hr- Intro To Health & Safety At Work 1 hr- Intro To Managing Health & Safety 1 hr

Manual Handling

More than a third of all injuries leading to absences of more than three days are the result of poor manual handling. Help your staff learn more about how the back works, how to assess the risk before they lift and how to acquire techniques for safer handling of heavy loads by enrolling on one of these eCourses in manual handling. Handling Essentials 45 mins- Manual Handling 30 mins

Other Health & Safety Essentials

Health and safety isn't just about preventing accidents at work and reducing work-related stress. Find out what else you can do to protect your employees and customers with these additional health and safety eCourses.

CPR Essentials 50 mins- Dangerous Substances 45 mins- Environmental Awareness 50 mins- RSI – What It Is & How To Avoid It 1 hr- Security 3 hrs

Stress

Stress can have a devastating effect on the performance of your business. The DTI estimates that every week, stress costs British industry over £7 million. This range of eCourses will help you to manage stress within your business. Whether you're looking for an overview of stress or a more comprehensive guide for managers and staff, learn how to recognise the causes of stress and implement strategies to reduce it. Managing & Handling Stress At Work 1 hr - Stress Essentials 50 mins

Workstations

These workstation eCourses have been designed to get you and your staff thinking about the health risks associated with VDUs and workstations. Ranging from an introduction to workstation essentials, to specialist courses about RSI, each course offers straightforward solutions to help you safeguard the health of your staff.- Computer Safety 30 mins- Workstation Essentials 45 mins