



Health and Safety

Health and safety is keeping the wellbeing of people safe from injury or disease at work and in public places.

This is important because it keeps members of staff or of the public safe and prevents incidents and accidents from happening in the workplace.

At the end of this session participants will be able to:

- State the legal obligations of themselves and their employers with regard to health and safety
- Recognise a range of hazards in their working environment
- Recognise a range of harms that could be caused by hazards in their working environment
- Explain the importance of following hazard controls that have been put in place.

