

Health & Safety workshops

Lancaster & Morecambe College are pleased to offer these short 1-day workshops to support you, your business and employees in working safely. All workshops are available to be delivered in the workplace or at the Employer Hub at LMC. For further information please contact a member of the Employer Engagement Team.

Health & Safety

This short one day workshop aims to provide you with understanding and knowledge of health & safety. This is a college certified course designed to ensure that you are aware of your own safety and the safety of your customers, contractors and the public.

The workshop consists of the following units:

- Understand the responsibilities placed on employers and employees
- Understand the hazards, risks and main causes of harm to workers
- Understand the importance of following systems, procedures and rules
- Understand how individual action can reduce risks to health and safety
- Appreciate how workplace equipment and task design affect health and safety

Risk Assessment

This short one day workshop is designed to help improve workplace culture and occupational health & safety by enabling you to understand the basic principles of risk assessment. This course is suitable for anyone in a work environment as it raises your awareness of risk assessment

The workshop consists of the following units:

- How to maintain a safe work environment
- The process of formal risk assessment
- Legal requirements for risk assessment
- Principles of risk assessment including: Hazards, risks and control measures
- The five steps of risk assessments
- The hierarchy of control
- Risk assessment review and record keeping

Manual Handling

This short half day workshop is designed to raise awareness, help reduce risk and encourage safer lifting techniques.

The workshop consists of the following units:

- The potential hazards of manual handling in the workplace
- Legislation and guidance
- Controlling and reducing the risk of harm
- Manual handling techniques

There will be an opportunity for some light practical exercises but these are optional. The course will run from 0900 to 1300 with a short break. There is a multi-choice question paper assessment at the end.



Interested?

For more information, dates and times of courses please contact us at:

01524 521223

ukspf@lmc.ac.uk

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