

Occupational Health and Safety Distance Learning Course

Occupational Health is fast becoming a major concern to employers with the potential effects of the working environment causing illness to employees, whether from specific tasks, substances or materials used. Our course provides delegates with an understanding of occupational health and safety so they can identify health hazards and implement control measures to eliminate or reduce the affects on people.



Outcomes

On completion of the course delegates should be able to:

- Understand the areas of responsibilities for both the employer and the employee with regards to occupational health and safety hazards.
- Understand what occupational health means.
- Identify personal responsibilities for working in a safe manner that limits impacts on health.
- Understand health surveillance systems and how to implement them.
- Recognise the importance of occupational rehabilitation.
- Develop safe systems of work to prevent illness from workplace hazards.
- Understand of a wide range of occupational health concerns including:
 - Musculoskeletal disorders
 - Stress
 - Hearing loss
 - Chemicals
 - Skin diseases
 - Lung diseases
 - Occupational Cancer

Benefits

- The course is aimed at all employees within the workplace.
- Suitable for employees in all industry sectors.
- Ensures compliance with the relevant legislation including:
 - The Management of Health and Safety at Work Regulations
 - The Workplace (Health, Safety and Welfare) Regulations
- Covers a wide range of workplace hazards to health and explains how recognise them and more importantly how to control them.
- Regularly reviewed and updated to incorporate new health and safety findings.
- Discounts are available for 10 or more delegates.
- Can be customised to meet your company's procedures and processes (*please contact us to discuss your requirements*).
- Compliments our other courses:
 - IOSH Managing Safely Course
 - Dangerous Goods by Air, Road and Sea
 - COSHH Assessment

Course Basis

- No pre-requisites or prior knowledge required.
- Designed to be completed as a "self development correspondence course", this means that the delegate can decide how, when and where to carry out their studies and can ensure the delegate can prioritise their time, both at home and at work.
- This is a modular course and is provided via an online portal where the module, questionnaire and certificate can be accessed.
- Delegates emailed upon completion.
- Module is completed with a questionnaire.
- Upon completion the questionnaire is returned to ALM for marking.
- Access to qualified tutors via email or phone.

Course Duration

- Approximately 2 hours

Certification

- Successful delegates receive a Certificate of Successful Completion of Occupational Health and Safety Module

Occupational Health and Safety Distance Learning Course

Subjects Covered

- Introduction and Background
- Musculoskeletal Disorders (MSDs)
- Work Related Stress including: Symptoms and Causes
- Noise and Hearing Loss including: How is Noise Measured; Permissible Noise Levels; Action Values & Exposure limits; Controls and Legal Requirements
- Effects of Vibration on the Human Body
- Working at Height
- Effects of Temperature on the Human Body including: Indoor Workspaces, Outdoor Workspaces and Maximum/Minimum Temperatures in the Workplace
- The Effects of Chemicals on the Human Body including: Poisons, Corrosives and Flammables
- Effects on your Skin at Work including: Dermatitis, Urticaria, Skin Cancer and Causes of Skin Diseases and Problems
- Lung Diseases including: Silicosis, Asbestosis, Byssinosis & Allergic Rhinitis, Pneumoconiosis, Chronic Obstructive, Pulmonary Disease (COPD), Asthma and Control Measures to Prevent Lung Diseases
- Occupational Cancer
- Food Hygiene
- Occupational Hygiene
- Health Surveillance
- Occupational Rehabilitation

Additional Learning Options

To further enhance your learning, you can choose from the following additional distance learning courses:

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| • IOSH Managing Safely | • Introduction to Dangerous Goods by Air, Road, Sea and Rail |
| • Fire Safety Awareness | • Introduction to Permit to Work Systems |
| • Effective Supervision of Health and Safety | • Hazard Recognition and Risk Assessment |
| • COSHH Assessment | • Asbestos Awareness |
| • Ergonomics and Manual Handling | |
| • Environmental Awareness | |

£20.00 (plus VAT)
Per person

