



## Online Health & Safety Training Courses

Which Health & Safety course is right for you?

If you are confused about the levels of Health & Safety courses or unsure which course is right for you, please call us on 01482 852292, email [info@unityincommunity.org](mailto:info@unityincommunity.org) or send us a message via social media.

### **Level 1 Health & Safety in the Workplace**

Duration: 2 hours

This Level 1 Health and Safety in the Workplace course provides learners with knowledge of the most common health and safety hazards in their workplace and how they can help to reduce them. It outlines the responsibilities that both employers and employees have under health and safety law and effective methods for reducing the risk of workplace accidents and injuries.

### **Level 2 Health and Safety in the Workplace**

Duration: 3 hours

This Level 2 Health and Safety course explains the most common health and safety risks in workplaces and the control measures that are needed to prevent them. The course covers some essential health and safety topics, including fire safety, electrical safety, manual handling, display screen equipment and workplace stress.

### **Level 3 Health & Safety in the Workplace**

Duration: 8-10 hours

This Level 3 Health and Safety in the Workplace course assists employers, managers and supervisors to understand more about how their workplace can comply with legislation, promote employee safety, and ensure effective control measures and implemented to control health and safety risks.

### **Health & Safety for Homeworkers**

Duration: 2-3 hours

This Health and Safety for Home Workers course teaches learners how to safely work from home. It explains the common health and safety hazards present, as well as how to set up a safe working environment, and the controls needed to reduce the risks to their health and safety.

### **Asbestos Awareness (Category A) Training Course**

Duration: 2-3 hours

This Asbestos Awareness (Category A) course is suitable for anyone who may be exposed to asbestos at work. The course helps learners understand how to work safely, avoid disturbing ACMs, and ensure their work activities are compliant with the Control of Asbestos Regulations 2012.

### **Manual Handling Training**

Duration: 3 hours

This course aims to give you the knowledge needed in order to carry out manual handling in a safe way. The course explains how to assess the risks to health, and how to carry out safe manual handling practices correctly.

### **Work At Height Training**

Duration: 1-2 hours

This course describes the learners responsibilities under the Work at Height Regulations 2005 and teaches them how to work safely and in accordance with the law. It explains how to carry out a risk assessment, how to select and implement control to eliminate or reduce risk and how to use work at height equipment safely.

### **Workplace First Aid Training**

Duration: 2-3 hours

This Workplace First Aid course is designed by a qualified first aider and aims to teach learners the basics of workplace first aid, giving them the confidence to recognise emergency situations and take appropriate action to treat common injuries and conditions.

### **Fire Warden Training**

Duration: 2-3 hours

This Fire Warden Training course educates the learner about what their duties are as a fire warden. It teaches them how to carry out fire risk assessments and good fire safety practices, implement and maintain fire safety arrangements, and carry out evacuations effectively.

### **COSHH - Control of Substances Hazardous to Health Course**

Duration: 2-3 hours

This Control of Substances Hazardous to Health Training Course introduces learners to the risks associated with hazardous substances. It gives workers the necessary skills to identify and control hazardous substances, and how to work with them safely.

### **Paediatric First Aid Training**

Duration: 2-3 hours

An online Children's First Aid course, designed by a qualified first-aider and featuring high-quality videos, to help parents, carers, child-minders, teachers and anyone else who lives or works with children learn the basics of first aid so that they know how to react in an emergency situation, treat minor injuries and look after children and infants should an incident occur.

### **Online Fire Safety Course**

Duration: 2 hours

This course teaches learners about the fire safety measures and procedures that all workplaces should have in place. It explains what everyone's responsibilities are under The Regulatory Reform (Fire Safety) Order 2005, what control measures help to prevent fires, and the requirements of evacuation routes.

### **PPE Training for Healthcare Workers**

Duration: 2 Hours

This PPE for Healthcare Workers course provide learners with a thorough understanding of how to use personal protective equipment (PPE) effectively and safely within a healthcare environment. It teaches learners the correct techniques for using, changing, disposing, storing, and maintaining PPE so that they can protect themselves and their patients and prevent the spread of infections.

### **COVID-19 Essentials: Infection Prevention & PPE**

Duration: 3 hours

This online training course provides learners with the knowledge and skills needed to safely use important PPE provisions as well as the fundamentals of infection prevention. Taking this training will give learners in all workplaces practical steps to help prevent the spread of COVID-19.

### **COVID-19 Essentials: Close Contact Training**

Duration: 3 hours

This course aims to provide close contact workers with the knowledge and skills necessary to reduce the spread of infection and illness in their workplace, and to reopen safely after a period of lockdown. It provides learners with the knowledge needed to reduce the risk of COVID-19 transmission in the workplace so that they can protect themselves, their colleagues and any clients and visitors.

### **COVID-19 Essentials: Working Safely In Hospitality**

Duration: 2 hours

This COVID-19 Essentials: Working Safely in Hospitality course provides all employees with up-to-date knowledge on how to work safely through social distancing, regular cleaning and other measures identified by the business's risk assessment. It will help employees understand how to reduce the risk of COVID-19 transmission in the workplace so that they can protect themselves, their colleagues and their customers.

### **Abrasive Wheels**

Duration: 1-2 hours

This course is designed to help learners work safely with abrasive wheels. The course assists learners to understand the risks and outlines the control measures needed to ensure the health and safety of abrasive wheel users.

### **Legionella and Legionnaires' Disease Awareness Course**

Duration: 2-3 hours

This course aims to help duty holders and people in control of premises understand the health risks created by Legionella bacteria. The course highlights what to include in a risk assessment and explains the control measures that can be chosen to help protect people's health and safety in the workplace.

### **Risk Assessment**

Duration: 2 hours

This course teaches learners how to carry out an effective risk assessment of their workplace and work activities to ensure that any hazards are properly managed. It explains the hierarchy of control and provides information on how to assess the hazards and select appropriate control measures, and includes a section on assessing the risks from COVID-19.

### **Ladder Safety Training**

Duration: 2 hours

This Ladder Safety course teaches learners how to safely carry out tasks using a ladder or stepladder and the potential workplace risks they need to be aware of. It explains how to select, set up and use ladders and stepladders correctly and safely.

### **Working in Confined Spaces**

Duration: 2 hours

This Working in Confined Spaces training course introduces learners to the risks associated with working in confined environments. It gives workers the necessary skills to identify and control hazards, and how to work in confined spaces safely.

### **Fire Extinguisher Training**

Duration: 2 hours

This Fire Extinguisher Training course teaches learners how to use the various types of fire extinguishers safely. It looks at the different classes of fire, how to select the right extinguisher for the class involved, and how to assess the situation to decide whether you should or shouldn't fight a fire.

### **Fire Risk Assessment Training**

Duration: 3 hours

This Fire Risk Assessment course is aimed at owners and employers of offices and shops. It explains how to implement fire safety procedures that ensure the building is up to code and meets legal requirements.

### **Respirable Crystalline Silica Awareness Training**

Duration: 2 hours

This Respirable Crystalline Silica (RCS) Awareness course will help learners understand the hazards associated with respirable crystalline silica (RCS) exposure and teaches them how to effectively manage the risks. It also teaches learners how to carry out an effective risk assessment and to select controls in line with the hierarchy of control.

### **Pest Control Course**

Duration: 2 hours

This Pest Control course aims to help those who work in food manufacturing premises understand the risks that pests pose to food safety, how pests can be identified, and what can be done to control the risks to health.

### **Environmental Awareness Training**

Duration: 2 hours

This course aims to provide learners with an understanding of what environmental awareness is and how they can support and promote workplace initiatives aimed at managing environmental impact.

### **Electrical Safety Training**

Duration: 1-2 hours

This Electrical Safety course teaches learners how to work safely with electrical equipment and installations in the workplace. The course outlines how to complete an electrical risk assessment, ensure the correct control measures are in place, and how to work safely when activities bring employees into close proximity to electrical supply systems, overhead or underground cables, and electrical machinery.

### **CDM Regulations Training Course**

Duration: 1-2 hours

This online course has been designed to help duty holders under their responsibilities under CDM Regulations 2015 and to teach them how to prepare the pre-construction information, the construction phase plan, and the health and safety file.

### **Infection Control and Prevention**

Duration: 1-2 hours

This Infection Control and Prevention course educates the learner about the importance of sufficient infection control at work. It familiarises them with sources of infections, how infections can transmit from host to host, and the effective preventative measures and remedial actions that help stop infections from transmitting.

### **Display Screen Equipment (DSE) Assessor Training**

Duration: 1-2 hours

This course teaches learners how to carry out DSE assessments and ensure all employees are using their equipment correctly. It explains the postures users should adopt to reduce the likelihood of injury and the alternative DSE available.

### **Facilities Management Training**

Duration: 3-4 hours

This Facilities Management training course provides learners with a comprehensive overview of the responsibilities associated with the role. The course looks at all the key areas include premises management, health and safety, environmental issues and cost management.

### **DSEAR**

Duration: 2 hours

This online DSEAR training course provides a complete introduction to the Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR) so that employers and employees understand their responsibilities, know how to carry out a risk assessment and have an awareness of suitable control measures.

### **DSE Training (Display Screen Equipment)**

Duration: 2 hours

This Display Screen Equipment course has been designed to provide learners with an understanding of the different types of DSE, the potential health risks of using DSE, how to conduct a DSE assessment of their workstation, and the correct posture they should adopt.

### **LOLER**

Duration: 2-3 hours

This LOLER Training course teaches duty holders and operators of lifting equipment how to meet the requirements of the Lifting Operations and Lifting Equipment Regulations 1998 (LOLER). It explains how to properly plan and supervise lifting operations and suitably select, maintain, store, and operate lifting equipment.

### **Office Health & Safety Training**

Duration: 2 hours

This Office Safety course aims to help office workers understand the common safety hazards that can be found in their workplace. The course explains how to identify office health and safety risks, how to prevent them from causing harm and how to carry out work tasks with care.

### **PUWER**

Duration: 1-2 hours

This PUWER training course aims to help learners understand their health and safety duties under the Provision and Use of Work Equipment Regulations 1998. The course outlines how to identify the risks in the workplace and looks at the appropriate control measures needed in order to reduce the likelihood of harm when using work equipment.

### **Slips, Trips and Falls**

Duration: 1-2 hours

This Slips, Trips and Falls course aims to help learners understand where slip, trip and fall hazards may exist in their workplace and know how to prevent them from causing harm. The course explains how to assess the risks and how to carry out work activities safely.

### **Health & Safety for Food Handlers**

Duration: 2-3 hours

This Health and Safety for Food Handlers course educates food handlers about the risks they may face in a food premises and at what safety procedures are required to protect their wellbeing. It explains what health and safety practices they should adopt to uphold health and safety at work.

### **Lone Worker Training**

Duration: 1 hour

This Lone Working training course aims to help employers and managers understand the risks to health and safety posed by lone working. The course outlines how to carry out a risk assessment and ensure that appropriate control measures are implemented in order to set up a lone working safe system of work.

### **Managing Contractors Training**

Duration: 2-3 hours

This Managing Contractors course teaches those in charge of health and safety in their workplace how to effectively plan, coordinate, and supervise contractor work. If your business regularly hires contractors, you must know how to manage their health and safety, as you become legally required to do so once they enter and work on your site.

### **Managing Health & Safety Training**

Duration: 2 hours

This Managing Health and Safety training course aids employers, managers and supervisors who have responsibility for managing health and safety procedures in the workplace. The course covers the legal requirements, explains how to undertake a risk assessment and details what should be included in an effective health and safety management system.

### **Spill Management Training**

Duration: 2 hours

This Spill Management course has been designed to help learners understand how to effectively manage hazardous spills. It outlines the importance of spill prevention, details the various methods of spill prevention and control and how to effectively use a Spill Kit.

### **Personal Protective Equipment (PPE)**

Duration: 2-3 hours

This Personal Protective Equipment training course is designed to educate learners about the various types and uses of personal protective equipment that must be used in high-risk industries, i.e. where other control measures cannot sufficiently reduce risks.

### **Permit to Work Training**

Duration: 1-2 hours

This course is aimed at those who are involved in the creation and/or implementation of permits to work. It teaches the learner what a permit should include and what types of work a permit may be necessary for. Learners will understand what they have to do to meet permits' requirements.

### **Portable Appliance Testing (PAT)**

Duration: 1-2 hours

This Portable Appliance Testing course is designed for those who oversee health and safety in their workplace, particularly if they are the designated responsible person for portable electrical equipment. It will help them understand how to control the risks posed by Class I and II equipment in low risk work environments.

### **Moving and Handling of People in Residential Care Training**

Duration: 1-2 hours

This Moving and Handling of People in Residential Care course is designed to help learners understand how to carry out an individual risk assessment and identify the hazards, use moving and handling equipment safely so as to prevent injury, and safely and comfortably move the people in their care.

### **Noise Awareness Training**

Duration: 1-2 hours

This Noise Awareness training course aims to provide learners with a comprehensive overview of the risks posed by noise in workplaces and how they can implement control measures to mitigate them, keep noise exposure at a minimum, and safeguard employees.

### **RIDDOR**

Duration: 2-3 hours

This online RIDDOR course has been designed to help employers, and those in charge of premises, understand the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 so that they understand how to effectively report accidents and injuries at work. The course covers all aspects of the legislation and provides details of why, when and how a report should be made, detailing which specified injuries, diseases and dangerous occurrences require reporting.

### **Anaphylaxis Awareness Training**

Duration: 1 hour

This Anaphylaxis Awareness course aims to help learners understand more about what causes anaphylaxis and allergic reactions, how to identify the common symptoms of an anaphylactic shock and how to provide first aid, including how to administer an auto-injector, in emergency situations.

### **Welding Safety Training Course**

Duration: 1-2 hours

This course helps learners understand how to carry out their welding activities safely. It explains how to carry out a risk assessment to effectively control risks, the different types of control measures that organisations can use, and how to use them safely.

### **Cleaning in Food Premises Training**

Duration: 2 hours

This Cleaning in Food Premises course aims to help learners understand their responsibilities under food safety law so that food premises can be cleaned thoroughly, effectively and with food safety in mind. The course provides details on cleaning schedules, food safety, health and safety, cleaning methods, pest control and waste disposal.

### **HAVS (Hand-Arm Vibration Syndrome) Training**

Duration: 1 hour

This Hand-Arm Vibration (HAVS) training course aims to help learners understand how vibration from power tools can cause ill health, how to carry out a risk assessment in the workplace, and how to implement appropriate control measures to prevent workers from coming to harm as a result of exposure to vibration.

### **COMAH**

Duration: 2 hours

This COMAH training course will aid your compliance with the Control of Major Accident Hazards Regulations and the Seveso III Directive by providing a complete introduction to the legislation and your responsibilities, helping you to control major accident hazards, prepare a MAPP and protect workers and the environment from harm.

### **COSHH for Clinical Environments Training**

Duration: 2 hours

This COSHH for Clinical Environments training course teaches those who work in clinical settings how to control the risks posed by hazardous substances. It will help them comply with the Control of Substances Hazardous to Health Regulations and prevent the ill-health effects that substances can cause.

### **Warehouse Safety Training**

Duration: 4 hours

This Warehouse Safety training course educates learners about health and safety in relation to warehouse settings. It covers common risks posed by warehouse work activities and what safety controls help minimise hazards, which prevents workers from coming to harm.

### **Needles and Sharps Training**

Duration: 2 hours

This Needles and Sharps course educates professionals working with needles and sharps about the 'best practice' guidelines so that they can use and dispose of sharps safely and responsibly. You will learn what bad practices increase your risk of a sharps-related injury, the risks associated with sharps, your legal requirements and the impacts a sharps-related accident can have.

### **Fire Safety For Care Homes**

Duration: 2 hours

This Fire Safety for Care Homes course educates people who work in care settings about suitable fire safety measures. It explains what arrangements are necessary to prevent fires from starting in care homes and to enable residents to evacuate safely.

### **Lead Awareness Training**

Duration: 2 hours

The Lead Awareness course has been designed to provide learners with an understanding of how to work safely with lead. It outlines the dangers of working with lead, where lead can be found when working, how to protect your health, and employer responsibilities.

### **Fire Safety for Schools**

Duration: 2-3 hours

This Fire Safety for Schools course is designed to teach people who work in a school about how to minimise fire risks and follow evacuation procedures.



**For more information on our Health & Safety courses  
please call us on 01482 852292,  
email [info@unityincommunity.org](mailto:info@unityincommunity.org)  
or search for Unity in Community on social media.**



If you are currently unemployed or facing redundancy, applying for our Flying Start programme is the next step to help you find the job you want.

To be eligible, you must be a resident of Hull living in HU1-HU9 postcode areas.