Health and safety awareness

A CIEH introductory level guide to occupational health and safety



CONTENTS

2

Section 1: Introduction to occupational health and safety

occupational nealth and safety	
Some key terms	3
Work-related injury and ill health	4
Occupational health and safety management	5
Risk assessment	6
Health and safety law	7
Test your knowledge 1	8
Section 2: Workplace hazards	9
Work at height	10
Workplace transport	11
Work equipment	12
Manual handing	13
Slips and trips	14
Electricity	15
Fire	16
Hazardous substances	18
Work-related stress	20
Work-related violence	21
Alcohol and drugs	21
Test your knowledge 2	22

Section 3: Workplace conditions	23
The workplace	24
The work environment	26
Welfare	28
Test your knowledge 3	29
Section 4: Workplace procedures	30
Health and safety information	31
The importance of reporting	32
Work-related ill health	33
First aid	34
Personal protective equipment	35
Test your knowledge 4	36
Test your knowledge – answers	37
Glossary	38
Index	39