

A photograph of two workers in safety gear (hard hats and high-visibility jackets) looking at a tablet together. The image is overlaid with a semi-transparent magenta filter.

Health and Safety Principles and Practice

Level 2

CONTENTS

| | | | |
|--|-----------|---|-----------|
| Section 1: Introduction to occupational health and safety | 2 | Section 3: Common workplace hazards and controls | 22 |
| Key terms | 3 | The workplace | 23 |
| Work-related injury and ill health | 4 | Work at height | 27 |
| Management of occupational health and safety | 5 | Workplace transport | 28 |
| Health and safety law | 6 | Work equipment | 30 |
| Roles and responsibilities | 6 | Noise | 32 |
| Welfare at work | 8 | Vibration | 33 |
| Enforcement | 9 | Electricity | 34 |
| Training and competence | 10 | Fire | 35 |
| Information and communication | 12 | Workstation and task design | 38 |
| Test your knowledge 1 | 15 | Manual handling | 40 |
| Section 2: Risk assessment | 16 | Hazardous substances | 42 |
| Risk assessment process | 17 | Work-related stress | 44 |
| Hierarchy of control | 18 | Work-related violence | 45 |
| Recording risk assessments | 20 | Alcohol and drugs | 46 |
| Risk control | 20 | Test your knowledge 3 | 47 |
| Test your knowledge | 21 | Section 4: Incident reporting and emergency procedures | 48 |
| | | Reasons why incidents occur | 49 |
| | | Incident reporting | 50 |
| | | First aid | 51 |
| | | The costs of work-related injury and ill health | 52 |
| | | And so to work . . . | 52 |
| | | Test your knowledge 4 | 53 |
| | | Test your knowledge – answers | 54 |
| | | Glossary | 55 |