



# FREE Health & Safety workshops

Lancaster & Morecambe College are pleased to announce that they are working in conjunction with the Upskilling Lancashire project to offer funded Health & Safety, Risk Assessment and Manual Handling workshops to SMEs and the self-employed in Lancashire. This project is part funded by the European Social Fund, and supports Lancashire based SMEs and micro-businesses to increase the skills and capability of their employees, enabling the business to compete regionally, nationally and internationally.

## 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 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 dates and time of the workshops visit:

[lmc.ac.uk/upskilling](http://lmc.ac.uk/upskilling)

For more information, advice and guidance please contact us at:

**01524 521483**

[LMCBusinessAdminTeam@lmc.ac.uk](mailto:LMCBusinessAdminTeam@lmc.ac.uk)