



St John Rescue Corps Training Branch



training@stjohnrescuecorps.org • www.sjrcmalta.org • +356 9942 5224

HEALTH & SAFETY TRAINING

OVERVIEW

The aim of the training session is to provide participants with the basic awareness and understanding of health & safety, and to help them identify hazards and reduce risks related to the home & workplace environment.

OBJECTIVES

By the end of this training participants will be able to:

- Understand the importance of health and safety
- Understand the main responsibilities in the Occupational Health and Safety Legislation
- Differentiate between risk and hazard and identify human behaviours in accidents and their cause and effect
- Identify hazard control measures
- Describe the main requirements to work safely
- Formulate a philosophy of a health and safety culture for success

SYLLABUS

- What is health & safety?
- Safety violations and health & safety myths
- Basic elements of a health & safety culture
- Hazards and Risks
- Human behaviours and causes of accidents
- Hazard control measures
- Safety signs
- Working safely
- Philosophy for success

PREREQUISITES

There are no formal entry requirements for this course.

INSTRUCTORS

This session is delivered by a qualified Health & Safety Officer/Instructor.

DURATION

4 Hours (preferably on a Saturday)

CERTIFICATE

A certificate of attendance is provided.