

Overview

It is the responsibility of all individuals, in all working contexts, to operate to certain standards of health, safety and security. This standard covers the key activities that are required to prevent (as far as possible) any accidents, health problems or emergencies from occurring and to promote good health, safety and security practice.

An important aspect of this standard is risk assessment. You will be able to conduct a risk assessment prior to work activities, and to take action to minimise the potential risks to yourself and others within the workplace. Work activities must adhere to health and safety codes of practice and relevant legislation.

Performance criteria

You must be able to:

- P1 carry out a formal risk assessment for work activities as required by legislation
- P2 identify the hazards, evaluate the risks and implement suitable control measures
- P3 where existing control measures are in place ensure that they are adequate and applied
- P4 communicate the findings of the risk assessment to those at risk and promote good health and safety practice
- P5 work in a way which sets a good example, minimises risks to your own health and safety and promotes a positive health and safety culture
- P6 implement safe methods of lifting and handling to reduce risk of injury
- P7 handle, use and store equipment and materials correctly in accordance with guidance
- P8 handle, use and store potentially hazardous substances correctly in accordance with instructions and legal requirements
- P9 manage waste correctly in accordance with instructions and relevant legal requirements
- P10 wear appropriate clothing and Personal Protective Equipment (PPE) for the environment and the work to be undertaken
- P11 take care to protect yourself against injury, disease or other health problems
- P12 adopt a good standard of personal hygiene at all times
- P13 adopt procedures and safe systems of working when working alone or at risk of abuse
- P14 implement appropriate procedures safely, correctly and without delay in an emergency situation
- P15 maintain appropriate records in accordance with organisational and legal requirements
- P16 carry out active and reactive monitoring to ensure that protective measures are effective in the workplace

Knowledge and understanding

You need to know and understand:

- K1 the difference between 'hazard' and 'risk' and how to carry out a risk assessment
- K2 the hierarchy of measures to control risks (including elimination, substitution, relevant engineering controls, safe systems of work, training/instruction and PPE)
- K3 how to communicate the findings of the risk assessment and health and safety precautions to those at risk
- K4 relevant health and safety legislation and the standards of protection to be achieved as set out in the codes of practice
- K5 your legal and organisational responsibility in relation to health, safety and security
- K6 the importance of creating a positive health and safety culture
- K7 the risks of personal injury, contracting disease or other health problems associated with your work and how these can be minimised
- K8 the importance of adopting safe working practices to prevent acute and chronic ill health
- K9 the effects that work-related accidents, incidents and ill health can have on people and businesses and how these can be minimised
- K10 how to recognise where manual handling would be hazardous and measures to take to minimise the risks
- K11 safe methods of using, maintaining and storing equipment and materials in accordance with guidance
- K12 the key elements of the regulations relating to the handling, use and storage of potentially hazardous substances
- K13 how hazardous and non-hazardous waste should be managed
- K14 appropriate clothing and PPE for different work activities
- K15 the importance of personal hygiene as an effective means of safeguarding health
- K16 the risks of working in isolation or in remote locations and the need for safe systems of work and emergency procedures
- K17 procedures for different types of emergencies relevant to the industry in which you are working including accidents, incidents and near misses
- K18 legislative requirements for recording and reporting accidents, incidents and near misses
- K19 where to obtain information, advice and support in relation to health and safety
- K20 the difference between active and reactive monitoring and circumstances in which each type is appropriate

Glossary

Hazard: something with potential to cause harm

Risk: likelihood of the hazard's potential being realised

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Promote, monitor and maintain health, safety and security



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