

**Unit Title:** Health, Safety And First Aid At Work  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJH134  
**Ofqual Unit Code:** K/650/1126

This unit has 7 learning outcomes.

| LEARNING OUTCOMES |  | ASSESSMENT CRITERIA |   |
|-------------------|--|---------------------|---|
| The learner will: |  | The learner can:    |   |
| 1.                | Know about the health and safety requirements of own workplace surroundings.       | 1.1                 | State the main health and safety regulations  |
|                   |  | 1.2                 | Identify major hazards in the workplace   |
|                   |  | 1.3                 | Outline safety procedures in the workplace.   |
|                   |  | 1.4                 | Outline safe working practices in the workplace including reducing the risk of cross infection where appropriate.   |
| 2.                | Know about the main elements of Control of Substances Hazardous to Health (COSHH). | 2.1                 | Identify the main COSHH regulations for the workplace.  |
|                   |  | 2.2                 | Identify the consequences of not applying these regulations.  |
| 3.                | Know how to prevent common accidents at work.                                      | 3.1                 | Identify the causes for a range of common accidents at work.  |
|                   |  | 3.2                 | Outline ways of preventing a range of common accidents at work.   |
| 4.                | Be able to respond to first aid incidents.   | 4.1                 | Demonstrate first aid treatments for use in dealing with simple accidents.  |
|                   |  | 4.2                 | State when and how to call for emergency assistance.  |
| 5.                | Be able to recognise respiratory and cardiac arrest.                               | 5.1                 | State how to recognise situations of respiratory and cardiac arrest.  |
| 6.                | Be able to demonstrate resuscitation techniques and the recovery position.         | 6.1                 | Demonstrate resuscitation techniques in accordance with national guidelines.  |
|                   |  | 6.2                 | Demonstrate the recovery position in accordance with national guidelines.   |
| 7.                | Be able to safely handle and move inanimate loads.                                 | 7.1                 | Demonstrate safe practice in the following areas:<br>a) pushing and pulling<br>b) supporting<br>c) carrying a load. |
|                   |  | 7.2                 | Identify when a moving and handling procedure should be stopped and help or guidance should be obtained.            |

**Assessment Guidance:**

Note learners must apply the assessment criteria to the workplace. This can include work experience or voluntary placements.

**Additional Information:**

NA

|                           |   |
|---------------------------|---|
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| <b>Unit Credit Value:</b> | <b>3</b>                                    |
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| <b>LASER Unit Code:</b>   | <b>WJH134</b>                               |
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