



*Training Made Easy*

# General Health And Safety Awareness



**LEARNING  
PARTNER**

**GOLD**

**080**



# General Health And Safety Awareness

## Course overview

The Ligtas General Health And Safety Awareness course provides a solid foundation in health and safety principles to help mitigate any risks and promote safer working environments.

### Book online

## How long will it take?

This is a one-day course.

## Certification

Delegates are awarded the Ligtas certification in General Health And Safety Awareness.

## Who is the course for?

The Ligtas General Health And Safety Awareness short course is for all employees.

## Learning outcomes

Completion of the General Health And Safety Awareness course will allow learners to:

- Gain a comprehensive grasp of workplace health and safety protocols
- Develop confidence in recognising and interpreting various safety signs commonly found in workplaces
- Acquire the ability to adhere to organisational safety procedures to ensure personal and collective wellbeing
- Familiarise yourself with common workplace hazards and risks to effectively mitigate potential dangers





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## Course options Online eLearning

Online learning offers flexibility for personal development, overcoming barriers like busy work environments. It allows learning anytime, anywhere, accommodating individual schedules and balancing work and family life. With self-paced courses and flexible start times, it's adaptable to various commitments, providing ample time for completion.

**[Book Online](#)**

## Virtual

The live classroom courses on Microsoft Teams offer the advantages of in-person training, allowing learners to engage with content and peers. Ligas Virtual Training combines eLearning flexibility with tutor support through online sessions. Access course materials and interactive activities on the Ligas LMS at your convenience, supplemented by scheduled virtual classroom sessions for a traditional training experience online.

**[Contact us for more information](#)**

## Classroom

Immerse yourself in an interactive learning experience. The classroom option provides the perfect opportunity to engage directly with expert instructors, participate in group discussions, and benefit from hands-on practical exercises. Ideal for those who value real-time feedback and a structured learning environment.

**[Book here](#)**

**We also offer closed courses delivered at clients' premises, contact us for more information.**



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## Booking terms and conditions

For course booking terms and conditions please visit the Ligtas website [here](#).

To discuss this course or any other course, please contact us [here](#).

*With Ligtas, you can choose how and  
when to train your staff*



# Ligtas

ENABLING SAFE ENVIRONMENTS

## Ready to train your staff the Ligtas Way?

Take the next simple steps to unlock the  
power of learning and development by  
contacting Ligtas TODAY

Call - +44 (0)2922 800000

Email - [trainingbuyonline@ligtas.co.uk](mailto:trainingbuyonline@ligtas.co.uk)

Cardiff Head Office  
Axys House, Heol Crochendy, Parc  
Nantgarw, Nantgarw, Cardiff, CF15  
7TW

Web - [www.ligtas.co.uk](http://www.ligtas.co.uk)