



Training Made Easy

NEBOSH Health and Safety At Work Award



**LEARNING
PARTNER**

GOLD

080



NEBOSH Health and Safety At Work Award

Course Overview

The NEBOSH Health and Safety at Work Award Qualification (HSA) provides the perfect introduction to individuals looking for a good understanding of Workplace health & safety or who are looking to start a career in Health and Safety. It covers the principles of health and safety rather than specific laws, focusing on common workplace hazards and how to identify and control them.

The NEBOSH Health and Safety at Work Award consists of one unit which must be successfully completed within six months to achieve the NEBOSH Health and Safety Award qualification.

Unit HSA1: Health and Safety at Work

- Why and how you manage health and safety
- Dealing with common workplace hazards
- Stopping incidents and ill-health before they happen
- Learning from incidents

Book online

How long will it take?

This qualification has a minimum of 18 taught hours, two hours of self-study and a recommendation of three hours for the assessment.

Certification

Units HSA1 of the NEBOSH Health and Safety at Work Award is assessed by a three-hour workplace health and safety review which should be carried out in the learner's workplace.

Exams are on-demand throughout the year.



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Who is the course for?

This qualification is particularly relevant for team leaders, supervisors, facilities managers, and anyone wishing to ensure they work safely.

Learning outcomes

Completion of the NEBOSH Health and Safety At Work Award will allow learners to understand the following:

- Understand why health and safety needs to be managed, ensuring effective processes are in place
- Inspect the workplace, recognising a range of common hazards, evaluating risks (taking account of current controls)
- Recommending further control measures and assigning actions
- Understand why incidents happen and how to investigate them

Our courses can be studied face-to-face or via our eLearning platform to suit your pace and style of learning



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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. Ligtas Virtual Training combines eLearning flexibility with tutor support through online sessions. Access course materials and interactive activities on the Ligtas 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, face-to-face 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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Learner Eligibility

All courses will be presented in English, and so all delegates will need to speak, understand, and write in English. NEBOSH recommends that learners undertaking this qualification should reach a minimum standard of English equivalent to an International English Language Testing System (IELTS) score of 6.0 or higher in IELTS tests.

After reading the course entry requirements do you feel you have a suitable standard of English to complete this course?

If you selected yes we would welcome you to sign up for the course, however, if you answered no or are unsure about anything please use the contact information listed below to contact us.

This course is delivered by our Learning partner RRC, who also are holders of the NEBOSH Gold Learner Partner Status.





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

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