

CPD Health & Safety Course Specification

Course Overview

Health and Safety is an essential part of working within the hair, beauty and aesthetics industry. This comprehensive course provides learners with the knowledge and understanding of current health and safety legislation, workplace responsibilities, and best practice procedures required to maintain a safe working environment for both practitioners and clients.

Suitable for complete beginners as well as experienced professionals wishing to refresh their knowledge, this course provides the underpinning theory needed to work safely, professionally and in accordance with current industry standards.

Course Content

During this course, learners will cover:

- Introduction to Health & Safety
- Health and Safety at Work Legislation
- Relevant Laws, Regulations and Industry Standards
- Employer and Employee Responsibilities
- Risk Assessments
- Hazard Identification and Control Measures
- Manual Handling
- Fire Safety Procedures
- Electrical Safety
- Infection Prevention and Control
- Personal Protective Equipment (PPE)
- Safe Working Practices
- Accident Reporting and Record Keeping
- COSHH (Control of Substances Hazardous to Health)
- Maintaining a Safe and Professional Working Environment

Course Structure

This course is delivered through comprehensive theory-based learning followed by a written assessment.

- **Theory:** 100%
- **Assessment:** Written assignment

Learners will first develop a thorough understanding of current health and safety legislation and best practice procedures, enabling them to maintain safe working environments and comply with professional and legal responsibilities.

Entry Requirements

This course is suitable for complete beginners and no previous health and safety qualifications are required.

It is ideal for:

- Individuals starting a career in the hair or beauty industry.
- Hair and beauty professionals looking to meet insurance or professional requirements.
- Therapists wishing to update or refresh their Health & Safety knowledge.
- Anyone wishing to gain a recognised understanding of workplace Health & Safety requirements.

Learning Outcomes

By the end of this course, learners will be able to:

- Understand current Health & Safety legislation and industry regulations.
- Identify workplace hazards and carry out effective risk assessments.
- Apply safe working practices to protect themselves, clients and colleagues.
- Understand infection prevention, hygiene and COSHH requirements.
- Maintain accurate accident records and comply with reporting procedures.
- Work confidently while meeting current legal, professional and industry standards.