

TITLE

Health and Safety Procedures in the workplace

COURSE OVERVIEW

The following training sessions are designed to inform trainees to recognize hazards in the workplace and how to deal with them. The training sessions have been divided into two categories according to the nature of the work and its hazardousness.

COURSE DURATION

1 Hour

DELIVERY FORMAT

Classroom

LOCATION

Classroom: 188 Syngrou Andrea Avenue, 17671 Kallithea Attica & e-class platform

COURSE OUTCOME

You will receive an Arkias Academy Certificate.

COURSE CONTENT

Office work

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| - Electrical hazards | What are the dangers of electricity - What to watch out for |
| - Working position – Musculoskeletal | Posture (office work - Manual handling of loads |
| - Trips and falls | Safe movement around the site - Room orderliness |
| - Biological and physical factor | Hygiene - Biological factors, Covid
Lighting, workplace conditions |
| - Fire safety - Emergency needs | Fire and prevention, earthquake, attacks |
| - Occupational stress | What to do |