



This certifies that

Krystyna Bartoszewska

has completed the classroom delivered

All in One-day Mandatory Training Course

provided by The Health & Safety Group Ltd

Course Content:

Health and Safety – Regulations, Employees & Employers Duties, Hazards & Risks, Safety Management System, Handling Chemicals Safely and Control of Substances Hazardous to Health, Riddor.

Information Governance – Statutory Legislation, Disclosure to Protect the Public, Patient Consent & Confidentiality, Caldicott Principles, Data Protection, Information Security

Fire Safety – Statistics, Fire Triangle, Types of Fire, Fire Extinguishers, Fire Plan, Local Practice & Policies, Considerations Before Tackling Fire, Actions on Discovering Fire

Equality & Diversity – Attitudes, Values & Beliefs, Legislation, Protected Characteristics, Types of Abuse, Equality Duty, Human Rights, Bullying & Harassment, Whistleblowing

Infection Control – Legislation, Types of Healthcare Acquired Infections, Chain of Infection, COSHH, RIDDOR, Common Infections Including MRSA, & C Diff, Universal Precautions

Food Hygiene – The Law, Personal Hygiene, Food Poisoning, Bacteriology, Prevention of Contamination, Premises & Pest Control, Disinfection, Hand Hygiene, Principles of Safe Cooking and Storage of Food

Basic Life Support (Practical) – Adult and Paediatric (In line with the UK Resuscitation Council guidelines) Choking – The Immediate Interventions, Recovery Position, Cardio-Pulmonary Resuscitation (Chain of Survival, Sequence of CPR, Algorithm, Correct Techniques), AED, Including Practical Session and Assessment

Moving & Handling (Practical) – Legislation, Anatomy & Physiology of Spine, Principles of Biomechanics, Considerations, Controversial Techniques, Safe Techniques – Including Practical Session and Assessment

Safeguarding Vulnerable Children (Level 1 & 2) – Legislation, Types and Signs of Abuse, Determining Risk, Reporting, Responsibilities, Best Practice and Taking Action, Child Trafficking, Radicalisation & Female Genital Mutilation.

Safeguarding Vulnerable Adults (Level 1 & 2) – Legislation, Key Safeguarding Principles, Types/Signs of Abuse, Determining Risk, Contributory Factors, Reporting, Responsibilities, Best Practice and Taking Action, including capacity, consent and confidentiality, Forced Marriage, Honour Based Violence, Radicalisation, Dignity & Respect, The Mental Capacity Act – Purpose, Principles, Assessments

Complaints Handling + Conflict Management – Why People Complain, Types Of Complainers, How People Complain, How to Handle Complaints, Strategies to Manage Complaints, Local Policies And Practice Risk Assessment, Communication Skills, Recognising Aggressive Body Language, Signalling Non-Aggression, Defusing Aggression, Breakaway Techniques

Lone Worker – Awareness of Personal Safety Issues, Strategies to Minimise Risks for Lone Worker, Suzanne Lamplugh Trusts' Model for Lone Worker, Diluting the Risk of Lone Worker

Signed: *Catherine O'Leary*
(on behalf of The Health & Safety Group Ltd.)

Venue: Bristol Haymarket

Date: 21st November 2019

Trainer: Anne Shilston

The Health & Safety Group Ltd.
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Should Continual Professional Development (CPD) apply to your working role, this certificate (that relates to the training you have completed) has been accredited by The CPD Standards Office and amounts to 7 hours CPD.

This certificate should be kept within your CPD record, and can be used as evidence in a CPD audit by a professional institute or regulator.

Now you have completed this CPD activity, please complete the following questions. These will help you reflect on how your learning can be applied to your role, and how to record it for formal CPD purposes in terms of learning outcomes:

Before the activity:

What was the main reason for you deciding to undertake this training course?

During the activity...

Please highlight the key points or ideas from today's training course which you will practice within your workplace?

What was the most relevant part of the training course in relation to your job role?

After the activity:

Going forward, how could you build on the knowledge you have gained during today's training course?

Which key outcomes from the training course would you share with your colleagues?