

### Introduction

**Standard 13: Health and Safety** is one of 15 Care Certificate standards you must successfully complete to be awarded the Care Certificate. These learning resources have been designed to support you with the **theoretical knowledge** that underpins each standard.





In order to achieve the standard, you will need to **demonstrate** to your assessor **the application** of the theory you have studied **in your place of work**.

In **Standard 13: Health and Safety** you will learn about the ways your employer can consult with you on health and safety matters, how to be consistent with legislation, policies and procedures, and definitions of hazard, risk and risk assessment. You will learn how to recognise common workplace hazards, how risks can be managed, how to apply and promote safe working practices and the importance of reporting health and safety concerns.

### Learning Resources

A range of free learning resources are available to support your learning for this standard.

- The learning resources for each Care Certificate standard comprise an introduction, e-learning session and a set of post-session questions. The e-learning sessions may vary in style but they all cover the theoretical learning outcomes of each standard
- The Student Toolkit, Introduction to Standard 13: Health and Safety (this document) and Standard 13: Health and Safety Post-session Questions can be used at a computer, laptop, mobile device, or printed out for you to write on
- The Standard 13: Health and Safety e-learning session can be completed on a computer, laptop or mobile device

Learning Resource	Purpose
Introduction to Standard 13: Health and Safety (this document)	<p>A PDF document that introduces the standard and identifies the core materials to support your learning. It also lists the <b>learning outcomes</b> you will need <b>to demonstrate</b> to your <b>assessor</b> in order to successfully achieve the Care Certificate standard.</p> 
Standard 13: Health and Safety e-Learning	<p>An e-learning session that covers the statutory and mandatory training for health, safety and welfare. The session has been developed to meet the relevant learning outcomes in the UK Core Skills Training Framework.</p> 
Standard 13: Health and Safety Post-session Questions	<p>A Word document that contains questions that will help you to apply the theory from the e-learning session in your workplace.</p> <p>These questions can be downloaded for you to i) print and write on or ii) complete at your computer and then print, or e-mail to your assessor.</p> <p>After completing all three elements of each course on the e-LfH Hub you may print out a certificate of completion for the theoretical component of the standard to add to your learning record and show to your assessor. If you have completed the course on ESR you will not be able to print a certificate; however you will have a transferable record of the e-learning and associated competencies in ESR, throughout your NHS career.</p>  

### Learning Outcomes

Standard 13 – Health and Safety	
Outcome – The learner is able to:	Assessment – The learner must:
<b>13.1 Understand their own responsibilities, and the responsibilities of others, relating to health and safety in the work setting</b>	<p><b>13.1a</b> List legislation relating to general health and safety in a health or social care work setting</p> <p><b>13.1b</b> Describe the main points of the health and safety policies and procedures agreed with the employer</p> <p><b>13.1c</b> Outline the main health and safety responsibilities of:</p> <ul style="list-style-type: none"> <li>• Self</li> <li>• the employer or manager</li> <li>• others in the work setting</li> </ul> <p><b>13.1d</b> List tasks relating to health and safety that should not be carried out without special training</p> <p><b>13.1e</b> Explain how to access additional support and information relating to health and safety</p> <p><b>13.1f</b> Describe different types of accidents and sudden illness that may occur in their own work setting</p>
<b>13.2 Understand Risk Assessment</b>	<p><b>13.2a</b> Explain why it is important to assess the health and safety risks posed by particular work settings, situations or activities</p> <p><b>13.2b</b> Describe how and when to report health and safety risks that they have identified</p>
<b>13.3 Move and assist safely</b>	<p><b>13.3a</b> Identify key pieces of <b>legislation</b> that relate to <b>moving and assisting</b></p> <p><b>13.3b</b> List tasks relating to <b>moving and assisting</b> that they are not allowed to carry out until they are competent</p> <p><b>13.3c</b> Demonstrate how to move and assist people and objects safely, maintaining <b>the individual's</b> dignity, and in line with <b>legislation</b> and <b>agreed ways of working</b></p>

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<p><b>13.4 Understand procedures for responding to accidents and sudden illness</b></p>	<p><b>13.4a</b> List the different types of accidents and sudden illness that may occur in the course of their work</p> <p><b>13.4b</b> Describe the procedures to be followed if an accident or sudden illness should occur</p> <p><b>13.4c</b> List the emergency first aid actions they are and are not allowed to carry out</p>
<p><b>13.5 Understand medication and healthcare tasks</b></p>	<p><b>13.5a</b> Describe the agreed ways of working in relation to medication</p> <p><b>13.5b</b> Describe the agreed ways of working in relation to healthcare tasks</p> <p><b>13.5c</b> List the tasks relating to medication and health care procedures that they are not allowed to carry out until they are competent</p>
<p><b>13.6 Handle hazardous substances</b></p>	<p><b>13.6a</b> Describe the hazardous substances in their workplace</p> <p><b>13.6b</b> Demonstrate safe practices for storing, using and disposing of hazardous substances</p>
<p><b>13.7 Promote fire safety</b></p>	<p><b>13.7a</b> Explain how to prevent fires from starting or spreading</p> <p><b>13.7b</b> Describe what to do in the event of a fire</p>
<p><b>13.8 Work securely</b></p>	<p><b>13.8a</b> Describe the measures that are designed to protect their own security at work, and the security of those they support</p> <p><b>13.8b</b> Explain the agreed ways of working for checking the identity of anyone requesting access to premises or information</p>
<p><b>13.9 Manage stress</b></p>	<p><b>13.9a</b> List common signs and indicators of stress in themselves and others</p> <p><b>13.9b</b> Identify circumstances that tend to trigger stress in themselves and others</p> <p><b>13.9c</b> List ways to manage stress</p>