

Health and Safety

A comprehensive portfolio of health and safety courses approved by RoSPA

Walkgrove's substantial collection of health and safety courses has been approved by the Royal Society for the Prevention of Accidents. The health and safety portfolio contains vital information relevant to all types of modern workforce including office-based, technical and manual roles. Each course supports your team to maintain physical and mental well-being at work and to keep themselves and others safe. Essential health and safety topics include handling common workplace hazards, guides for managers, risk assessment and safeguarding. All courses are time-effective; the suite includes quick introductions of 10 minutes as well as more detailed modules of one hour or more for topics that require more comprehensive understanding.

75
courses
in total!

Health and safety

Health and safety

- Asbestos management (30 minutes)
- Display screen equipment (35 minutes)
- Display screen equipment challenge (25 minutes)
- Driving at work (25 minutes)
- Driving at work challenge (30 minutes)
- Electrical safety (25 minutes)
- Environmental awareness (30 minutes)
- Fire safety (30 minutes)
- Fire safety challenge (30 minutes)
- Fire safety toolbox talk (15 minutes)
- Food safety: Level 2 (2 hours 15 minutes)
- Food safety: Level 3 (2 hours)
- Hand-arm vibration (15 minutes)
- Hazardous substances (20 minutes)
- Introduction to working safely (2 hours 30 minutes)
- Introduction to working safely: challenge (1 hour 50 minutes)
- Legionella and water safety (25 minutes)
- Legionella: advanced Legionella (20 minutes)
- Managing your personal stress (20 minutes)
- Managing your personal stress challenge (20 minutes)
- Manual handling (30 minutes)
- Manual handling challenge (30 minutes)
- New mothers in the workplace (6 minutes)
- Noise exposure (15 minutes)
- Personal safety (20 minutes)
- Premises management introduction (20 minutes)
- Remote working (35 minutes)
- RIDDOR accident reporting (25 minutes)
- Slips and trips (25 minutes)
- Slips and trips challenge (20 minutes)
- Spinal awareness: toolbox talks (35 minutes)
- Travel safe (35 minutes)
- Violence and aggression (20 minutes)
- Working at height essentials (25 minutes)
- Working at height advanced (30 minutes)
- Working during pregnancy (8 minutes)
- Your health and safety (25 minutes)
- Your health and safety: challenge (10 minutes)

Manager's guides

Manager's guides

- Management of contractors (30 minutes)
- Managing stress in your team (20 minutes)
- Managing stress in your team: challenge (20 minutes)
- Overview of health and safety (30 minutes)
- Slips and trips: toolbox talk (20 minutes)

Risk assessments

Risk assessments

- Data protection risk assessment (10 minutes) *-Only available via our Astute platform*
- Display screen equipment (35 minutes) *-Only available via our Astute platform*
- Driving at work annual risk assessment (10 minutes) *-Only available via our Astute platform*
- Driving at work journey risk assessment (5 minutes) *-Only available via our Astute platform*
- Home working risk assessment (15 minutes)
- Risk assessment (30 minutes)
- Risk assessment challenge (30 minutes)



Safeguarding

Safeguarding

- Safeguarding adults (awareness) (25 minutes)
- Safeguarding adults (introduction) (45 minutes)
- Safeguarding children (awareness) (25 minutes)
- Safeguarding children (introduction) (45 minutes)

Take 5

Take 5 - microlearning courses



Health and Safety

- Can you spot the hazard?
- Checking your vehicle before driving at work
- Don't get burnt
- Do you know your safety signs?
- Display Screen Equipment - working with dual screens
- Fire - can you handle it?
- Identifying stress in your team
- Personal protective equipment
- Preparing for your journey
- Preventing the spread of infection
- Slips and trips
- Spinal awareness

- Spinal awareness: understanding your spine
- Spinal awareness: improving your posture
- Spinal awareness: reducing the risk of spinal injury
- Spinal awareness: stretching exercises

Emergency response

- Active shooter
- Bomb threat
- Civil unrest
- Explosion
- Medical emergency
- Suspicious items

Health and safety

■ Asbestos management (30 minutes)

A compact module that explores the relevant considerations to make when managing asbestos, including safe asbestos identification and compliance with relevant UK legislation.

■ Display screen equipment (35 minutes)

This practical course explains the health and safety risks associated with display screen equipment and shows learners how to safely set up their computer's display to ensure comfortable working. The module includes exercises to maintain good posture and tips to avoid health issues.

■ Display screen equipment challenge (25 minutes)

This challenge-based course covers the risks associated with display screen equipment and what both employees and managers can do to reduce them. Relevant for workers in an office, at home or on the move. Learners help David set up his work environment and must spot the hazards, keeping his risk-o-meter in the green to pass.

■ Driving at work (25 minutes)

A practical course that covers the legislation applicable to driving at work, the relevant considerations for employees and managers and how to assess and reduce driving-related risks.

■ Driving at work challenge (30 minutes)

A gamified course that teaches driving-related risk management by using an interactive challenge. Acting as a character within a fictional company, learners must demonstrate that they can minimise risks and avoid hazards while driving for work.



- **Electrical safety (25 minutes)**

This immersive course helps learners understand how to prevent electrical damage and fire. Learners take on the role of an office worker accompanying an electrical consultant around the workplace. Through the scenario, they focus on how to spot electrical hazards and minimise risks, including taking a risk assessment approach and conducting informal equipment checks.
- **Environmental awareness (30 minutes)**

This awareness-raising course explains the environmental impacts of everyday life and work and promotes the benefits of 'going green'. It covers relevant legislation and demonstrates practical ways that learners can conserve energy and minimise waste.
- **Fire safety (30 minutes)**

This course covers the key information that employees need to know about fire safety. It explores the common causes of workplace fires and what actions learners can take to prevent them, as well as safe practice in case of fire and evacuation procedures.
- **Fire safety challenge (30 minutes)**

This challenge-based module helps learners develop key fire safety skills. In a game-based environment, learners play the role of a team leader in a customer service team who must help employees understand their fire safety duties. The challenge covers identifying fire hazards, essential fire safety precautions and key responsibilities.
- **Fire safety toolbox talk (15 minutes)**

An engaging multimedia facilitation resource for training a small group on three topics: how fires start, fire extinguishers and fire evacuation procedures. Users can download the resources to familiarise themselves before delivering training to their team.
- **Food safety: Level 2 (2 hours 15 minutes)**

A comprehensive course for anyone who works with food to give them a clear understanding of food safety best practice and how to avoid contamination. Focusing on the Hazard Analysis and Critical Control Point (HACCP) process, the Level 2 food safety course include good practice in purchase, delivery and storage, preparation, handling and serving, cooking, cooling and waste disposal. The module uses videos, check point questions and interactivity to maximise engagement.
- **Food safety: Level 3 (2 hours)**

An interactive video-based course that trains individuals to supervisor level (Level 3) in food safety and hygiene, including food safety monitoring and management procedures. Modules instruct learners in how to follow the six stages of the Hazard Analysis and Critical Control Point (HACCP) process from purchase through to service and disposal.
- **Hand-arm vibration (15 minutes)**

A short module teaching learners the essentials about hand-arm vibration and the risks of exposure from using hand-held or hand-guided tools. Learners are challenged to identify the key ways to minimise the health risks and earn badges for answering questions on control measures, risk assessments and health surveillance.
- **Hazardous substances (20 minutes)**

This compact module explains how to deal with hazardous substances at work, including recognising hazards, understanding relevant legislation, assessing risks and using control measures.

- **Introduction to working safely (2 hours 30 minutes)**

This comprehensive introductory course includes six practical modules that help learners follow good health and safety practices in their everyday work. It includes an introduction to the importance of health and safety and explores key legislation and useful signage. The course offers an overview of key fire safety procedures including evacuation, and provides guidance on safe manual handling. Learners will be introduced to the importance of making risk assessments and learn how to take key precautions that prevent slips, trips and falls.
- **Introduction to working safely: challenge (1 hour 50 minutes)**

In a series of five fun game-based challenges learners will develop the practical knowledge and skills for working safely. To pass each module, learners must successfully complete tasks that involve identifying hazards and choosing appropriate preventive measures. Challenge-based modules cover the identification of key health and safety issues and responsibilities, how to complete a risk assessment, safe manual handling procedures, fire safety skills and prevention of slips, trips and falls.
- **Legionella and water safety (25 minutes)**

This short course helps learners understand how to improve water safety, including reducing the risks of Legionella and fulfilling employers' legal responsibilities for controlling Legionella in the water system.
- **Legionella: advanced Legionella (20 minutes)**

This course acts as a companion to the Legionella and water safety course, taking an in-depth look at what Legionella is and the associated risks. It covers who is at high risk, how and why to risk assess, the roles of duty-holders and key control measures.
- **Managing your personal stress (20 minutes)**

An empowering course that helps learners identify the causes and symptoms of stress in the workplace and develop coping strategies to reduce their stress levels.
- **Managing your personal stress challenge (20 minutes)**

A fun challenge-based course that explores work-related stress, its causes and coping strategies. Learners follow people in a variety of job roles as they experience work-related stress and help them to navigate it healthily.
- **Manual handling (30 minutes)**

This practical course explains relevant legislation, demonstrates the uses of manual handling equipment and shows the right way to lift and move loads to minimise the risk of injury.
- **Manual handling challenge (30 minutes)**

This game-based practical challenge asks learners to play the role of a delivery driver and complete a series of manual handling tasks. It offers motivating rewards and badges when learners minimise the risks of manual handling as they collect and deliver goods.
- **New mothers in the workplace (6 minutes)**

This short guide will help new mothers and their employers ensure a happy and successful return to work by developing a clear understanding of rights and responsibilities on both sides. Content includes best practice regarding steps employers must take to assess and remove risks.



- **Noise exposure (15 minutes)**

Prevent noise at work from causing hearing damage with this helpful guide. The engaging scenario-based format places learners in the role of a Health and Safety Consultant specialising in noise, who must help to assess and manage risks of noise exposure. Content covers identification of noise exposure problems, ear protection and noise reduction options, and the rights and responsibilities of managers and employees to protect employee hearing.
- **Personal safety (20 minutes)**

A course packed full of tips to help learners stay safe both in and out of work. The content explains employers' responsibilities for staff members' safety and demonstrates when and where learners are most at risk, giving advice about how to maximise personal safety.

This practical course introduces learners to the role of premises manager, highlighting the importance of good premises management to healthy and safe environments. The course covers the responsibilities of a premises manager, the legislation they need to know about and how to apply this knowledge to their role.
- **Premises management introduction (20 minutes)**
- **Remote working (35 minutes)**

A series of four compact modules that address the particular security and health risks of remote working, using a gamified approach and challenge-based scenarios. The course explores key health considerations for remote workers when using desktop equipment, safe travelling practices and hazard identification when lone working and working in unfamiliar environments.
- **RIDDOR accident reporting (25 minutes)**

In this immersive course, learners explore accident reporting requirements by interacting with a series of characters. The course explains the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) legislation, including the types of reportable incidents, what needs to be reported and how to make a report.
- **Slips and trips (25 minutes)**

This course looks at the most common cause of workplace injuries, explaining the most common causes of slips, trips and falls and how they can be prevented.
- **Slips and trips challenge (20 minutes)**

In this gamified challenge-based module, the learner plays the role of a facilities supervisor who must help to identify slips and trips hazards at different locations. To pass the challenge, learners must successfully report back to their manager about what causes slips, trips and falls and how to prevent them.
- **Spinal awareness: toolbox talks (35 minutes)**

A guide for facilitators to deliver four short spinal awareness sessions to small groups, including the importance and role of the spine in the body, the risk of everyday activities to spinal health, and how to practise good posture and stretching exercises to maintain good spinal health and avoid or reduce neck and back pain.
- **Travel safe (35 minutes)**

Using six miniature employee case studies, this 30-minute course familiarises learners with the potential hazards of international travel and shows them how to mitigate the risks. Travel stories cover country-specific risks and entry requirements, using transport and health services and tips for personal safety.

- **Violence and aggression (20 minutes)**

This course has been designed to help learners protect themselves from work-related violence and aggression and promote a safe and harmonious workplace. It includes trigger factors for violent and aggressive behaviour and explains how learners can help to deal with incidents at work.
- **Working at height essentials (25 minutes)**

This how-to module clearly demonstrates the basics of safe practice for working at height when using a stepladder, kickstool or other workplace equipment.
- **Working at height advanced (30 minutes)**

A practical course that gives learners advanced level information about how to safely work at height and comply with relevant legislation, including planning work and conducting site and equipment inspection.
- **Working during pregnancy (8 minutes)**

A short guide to the importance of a risk assessment in looking after expectant mothers and which risks can affect employees in this position.
- **Your health and safety (25 minutes)**

To support safe working, this course explains the general health and safety legislation that applies to learners and their places of work. It demonstrates how to identify common workplace hazards and the meaning of everyday health and safety signs.
- **Your health and safety: challenge (10 minutes)**

This fun challenge builds learners' practical health and safety skills and their familiarity with workplace hazards. In a game-based environment, learners collect badges for correctly identifying workplace responsibilities for health and safety and spotting poor practice.

Manager's guides

- **Management of contractors (30 minutes)**

This course supports managers in adhering to health and safety legislation by helping them understand the relevant principles to consider when working with contractors in the workplace.
- **Managing stress in your team (20 minutes)**

This short course helps managers to recognise and address work-related stress in their team and includes a guide to conducting individual and team stress risk assessments.
- **Managing stress in your team: challenge (20 minutes)**

This course targets managers and team leaders who play a key role in addressing workplace stress. Using an interactive and animated challenge-based approach, the content covers the impacts of stress, how to achieve wellbeing in teams, and how managers can recognise and tackle stress.
- **Overview of health and safety (30 minutes)**

This helpful guide makes managers aware of their health and safety responsibilities and shows them how to meet the key requirements for a health and safety management system.
- **Slips and trips: toolbox talk (20 minutes)**

This manager's toolbox talk resource is designed as a multimedia facilitation resource for training a small group on how to prevent the biggest cause of workplace accidents. Topics cover how to recognise potential causes of slips and trips, relevant control measures and preventive steps. It includes multiple resources to aid group discussion.



Risk assessments

- **Data protection risk assessment (10 minutes)** -Only available via our Astute platform

A step-by-step risk assessment for managers to help them identify potential risks within their teams with regards to handling data in compliance with the UK Data Protection Act. It asks questions based on employee data handling activities and provides advice and guidance to address compliance risks.
- **Display screen equipment (35 minutes)** -Only available via our Astute platform

This handy step-by-step checklist allows the user to complete a risk assessment for employees using display screen equipment at work, compliant with relevant UK health and safety legislation.
- **Driving at work annual risk assessment (10 minutes)** -Only available via our Astute platform

This simple set of questions is designed as an annual risk assessment tool for anyone who is required to drive as part of their working role. As users progress through the check-list of questions, the assessment sets out clear actions to mitigate any identified risks.
- **Driving at work journey risk assessment (5 minutes)** -Only available via our Astute platform

A helpful risk assessment for anyone who is required to drive as part of their role, designed to be completed on an ad hoc basis prior to driving a vehicle for work purposes. Users answer a simple set of questions and receive guidance if any risks are identified.
- **Home working risk assessment (15 minutes)**

This self-assessment tool protects home workers' health and safety. The questionnaire focuses on three core areas: the home workspace, working design and taking care of ourselves. It provides an overview of the home working experience and includes a section for workers with people management responsibilities.
- **Risk assessment (30 minutes)**

This course is relevant to all employees who could undertake potentially hazardous activities. It explains how completing risk assessments can help to reduce the risk of work-based incidents.
- **Risk assessment challenge (30 minutes)**

This immersive challenge engages learners in the practical process of completing a risk assessment. In a short game-based exercise, learners must carry out a risk assessment following the Health and Safety Executive's guidance on controlling risk. Learners need to keep the 'risk-o-meter' at its lowest level to pass.

Safeguarding

- **Safeguarding adults (awareness) (25 minutes)**

This overview-level course covers the essentials of adult safeguarding. It explains the concept of safeguarding, explores the signs of abuse, and sets out when to report suspected abuse of adults with extra care and support needs. It is particularly useful for people whose role involves interacting with "at risk" adults.
- **Safeguarding adults (introduction) (45 minutes)**

This in-depth course covers the principles and responsibilities of safeguarding adults. It includes the Awareness of safeguarding adults course as an introductory module and also covers key principles and legislation, when and how to report abuse to local authorities, and the responsibilities of local authorities. The practical course presents three scenarios that show safeguarding processes in action. The content is particularly useful for those whose role brings them into contact with "at risk" adults.



- **Safeguarding children (awareness)**
(25 minutes)

This course provides a basic overview of responsibilities and principles related to safeguarding children. It explores what child abuse is, how to recognise the signs, and how to report suspected child abuse. It is particularly useful for people whose activities bring them into contact with children.

- **Safeguarding children (introduction)**
(45 minutes)

This in-depth course explores the key principles, practice and legislation relating to safeguarding children. It includes the Awareness of safeguarding children course as an introductory module. The course also includes principles and legislation, how and when to respond when abuse is suspected, the importance of information-sharing and the role of local authorities in carrying out reviews when things go wrong.



Health and Safety - Take 5 microlearning

Ideal for team members with limited time to learn, or to fulfil urgent training needs, Walkgrove's 'Take 5' microlearning health and safety modules are short and high impact. Delivering bite-sized chunks of engaging content on a single key learning topics, these mini-modules facilitate practical knowledge gains in a matter of minutes. Unless otherwise stated, each Take 5 module is 5 minutes long.

Health and safety

- **Can you spot the hazard?**

A fun and challenge-based five-minute learning experience that helps learners understand how to identify hazards in the workplace.

- **Checking your vehicle before driving at work**

This micro-learning module shows learners how to drive safely by completing a few essential checks before they start their work journey.

- **Don't get burnt**

In this helpful Take 5 challenge, learners are put to the test about how to make safe decisions and escape in case of fire in the workplace.

- **Do you know your safety signs?**

An interactive five-minute challenge that ensures learners are aware of common safety signs that identify everyday risks and hazards.

- **Display screen equipment - working with dual screens**

Learners will be given short, practical tips on how to mitigate the health and safety risks of using multiple computer monitors by setting up their equipment properly, so that they can comfortably work while using dual screens.

- **Fire - can you handle it?**

In this fun animated Take 5 challenge, learners are put to the test about which extinguisher to use in case of a fire in the workplace.

- **Identifying stress in your team**

In this quick animated module ideal for managers and team leaders, learners are challenged to improve their understanding of how to identify, respond to and reduce stress in their teams at work.

- **Personal protective equipment**

A short module for learners who may be exposed to health and safety risks due to their working environment or materials, explaining why, when and how to wear personal protective equipment.



- **Preparing for your journey**

A quick guide to help learners prepare for their journey before driving at work.
- **Preventing the spread of infection**

A gamified short course on the key steps that individuals can take to keep themselves, and the people around them, safe from infection. It explores good hygiene practices and puts them into realistic scenarios, testing learner knowledge to earn Health Points and avoid Germs.
- **Slips and trips**

Learners acquire key knowledge about how to avoid the leading cause of workplace injury.
- **Spinal awareness**

A brief introduction to how the spine works and the risks posed to spinal health by everyday activities. In a few minutes, learners will understand the basic techniques for keeping good spinal health.
- **Spinal awareness: understanding your spine**

A helpful beginner's guide to the spine, its role and importance in the body and the risk that everyday activities that can pose to spinal health.
- **Spinal awareness: improving your posture**

A short guide to good posture for sitting, standing, walking and sleeping that avoids or reduces neck and back pain and maintains spinal health.
- **Spinal awareness: reducing the risk of spinal injury**

A snappy awareness-raising module to help learners identify and avoid the everyday activities that can risk causing spinal injuries.
- **Spinal awareness: stretching exercises**

A series of short tutorials that give learners the tools to practise simple stretching exercises which will support good spinal health and avoid or reduce back and neck pain.

Emergency response

- **Active shooter**

This course prepares learners for an active shooter situation where there are unconfirmed reports of multiple gunshots and possible casualties. Learners will be taught what to do in these stressful circumstances to minimise casualties and keep themselves safe, including when to run, hide, call for help or take direct action.
- **Bomb threat**

What would you do if someone called to say there was a bomb in your building? This emergency response short course teaches all employees what to do to make sure everyone gets out of work safely.
- **Civil unrest**

This short course teaches all employees how to respond when a potentially dangerous situation involving civil unrest breaks out near their place of work. The content covers who to look to for guidance, evacuation and safe exit procedures and how to identify people who may be vulnerable during an emergency.
- **Explosion**

There's been an explosion outside your building. Do you know what to do to keep yourself and others safe? This challenge-style short course teaches learners to make the safest decisions in an emergency situation following an explosion.





- **Medical emergency**

In this scenario-based microlearning course, learners acquire basic skills to respond to a situation of medical emergency in a public place. Learners deal with the scene of an accident with two casualties. They must make the right decisions to keep all of your "red crosses" and pass the course.

- **Suspicious items**

Would your employees know how to deal with a suspicious item at work? This short course teaches all employees what to look out for and the key steps to take after identifying a suspicious package or piece of mail.

