

**Health and Safety within the Care Environment**  
 half day short course



This course will provide candidates with an awareness and an appreciation of the fundamentals of best practice in Health and Safety within the Care Sector. It also incorporates a risk assessment module. The course is suitable for employees working in residential and nursing care homes within the private sector. It has reference to the Commission for Social Care Inspection and Skills for Care requirements.

**Course content:**

- Health and Safety Law
- operating a Safe System of Work
- COSHH
- basic principles of Moving & Handling
- application of risk assessment
- precautions when using equipment
- use of protective equipment
- First Aid
- accident reporting (RIDDOR)
- occupational health
- electricity

All courses can be delivered in house up to a maximum of 20 delegates depending on course content

Local training venues can be provided by us where facilities are lacking

Our short course last between 3 and 4 hours

**Awareness Knowledge of Basic Food Hygiene**  
 half day short course



Legislation governing the handling, preparation and cooking of food products for consumption affects all sectors of commerce and industry. All managers working in the care home environment have a duty to their residents and employees to ensure food is prepared and cooked safely. This course is aimed at staff who occasionally prepare hot and cold food or snacks and covers the requirements for Skills for Care Induction Standards.

Candidates will be able to relate to the examples within this course which are care home specific.

**Course content:**

- what are bacteria?
- causes of food poisoning and types of bacteria
- cooking food – the danger zone
- correct fridge and freezer temperature control
- personal hygiene standards
- food storage, handling and delivery
- Legislation - mandatory requirements
- pest control
- cleaning routines and procedures

To book a course call  
**0845 0094 808**

Email: [rebeccayule@cqmlearning.co.uk](mailto:rebeccayule@cqmlearning.co.uk)  
 or log on to [www.cqmlearning.co.uk](http://www.cqmlearning.co.uk)

to complete your training wish list & a bespoke package deal will be compiled for you

CQM Learning can fulfill your fully funded NVQ requirements in H & S Care, Business Admin, Support Services, ITQ and many more.