



e-learning

# Occupational Safety and Health in the Workplace

Occupational safety and health, a topic that concerns us all. It does not relate solely to manufacturing companies, but also to workstation and office jobs – dangers lurk everywhere, and the safety and health of all employees at work must be guaranteed. Here you will learn about the risk factors that exist, what preventive measures to use and how you yourself can contribute to protecting yourself and your colleagues.

Booking Number: **31343**

Group of participants:

All employees can be trained on the topic of occupational safety and know how to act correctly in case of an emergency.

Language:  

Unit price:

€ 49,- zzgl. MwSt. | € 58,31 inkl. MwSt.

Package prices from 50 licenses on request

## Learning objectives

- ✓ The rights and obligations related to occupational health and safety.
- ✓ How risks are assessed and how they can be reduced by implementing necessary measures.
- ✓ How you can make your workplace, work environment and working conditions safe and healthy.
- ✓ How to recognize and prevent hazards.
- ✓ How to behave correctly, for example, in case of emergency and fire.

## Contents

Duties concerning occupational safety and health

Occupational health and safety measures

Designing the office workspace correctly: ergonomics, computer workstation

Lifting and carrying load

Ladders, stepladders and handling shelving units or cabinets

Finding the right measure: Work hours

Identifying and preventing risks

Basic guidelines for preventing accidents due to tripping, slipping and falling

Safe use of electrical equipment

Pay attention to the safety and hazardous materials signs

Mental stress in the workplace

Fire safety and emergencies, insurance claims



Information on the web

[www.haufe-akademie.de/31343](http://www.haufe-akademie.de/31343)



Let us advise you

Tel. +49 761 595339-10 • [eLearning@haufe-akademie.de](mailto:eLearning@haufe-akademie.de)