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# Health and Safety Training for Homeworkers

For more information, visit our [Health and Safety Training for Homeworkers](#) webpage.

## COURSE CONTENTS

This training course is broken down into 4 sections

- 1 Responsibilities and Legal Requirements
- 2 Hazards and Risks
- 3 Working at Home
- 4 Safety and Emergency Procedures

## LEARNING OUTCOMES

- ✔ Understand both employer and employee responsibilities when it comes to employees working at home
- ✔ Recognise the possible risks when working at home including manual handling, DSE, slips trips and falls and fire hazards
- ✔ Learn how to report an accident when working from home and make an emergency call

## ABOUT THIS COURSE

This Health and Safety Training for Homeworkers programme has been designed to provide a good grounding in general health and safety.

It's for anyone who works at home, whether it's all of the time or some of the time.

It looks at important areas of safety, INCLUDING (and MUCH MORE):

- Avoiding slips, trips and falls
- Fire safety awareness
- Promoting good lifting technique
- Using electrical equipment safely
- Setting up an office area with comfort and good posture in mind to avoid problems such as bad backs

Other areas covered are **home security**, **work confidentiality**, **first aid**, **personal safety** and the importance of maintaining a **good home-work balance**.

Just over **4 million** people in the UK class themselves as homeworkers, that amounts to around **14%** of the total workforce. Our Health and Safety Training for Homeworkers makes sure that both **employees and employers understand their responsibilities**.

This eLearning course only provides awareness education. Face to face training would be needed in addition in order to complete all-round skills and knowledge to be able to carry this forward practically in your organisation.