

Course details

Course title

Personal Development: Health and safety at home

Course code

Q00016770

Course date

Start: 04/06/25

End: 16/07/25

Fee range

Free to £58.80

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

KCU Ltd at Fuller Church (Kettering)

51 Gold Street

Kettering

NN16 8JB

Level of study

Beginners

Course overview

During this 6 week introduction to health and safety within the home, will covering all the main health and safety risks within the home, for example, manual handling, trips and falls, COSHH,

food safety and food allergens.

Course description

- This course is for learners, who have none or some knowledge of health and safety within their home
- Each week a different aspect of health and safety will be covered, these include manual handling, COSSH, trips and falls, basic first aid, food safety and food allergens.
- We will look at proactive ways to deal with our own physical mental health and keep ourselves well.
- The course will be delivered by an experienced tutor with a background in aspects of health and safety and promoting good physical and mental health. During the sessions, there will be plenty of time for discussion, individual and group activities.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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