

SECTION 1

CONTENTS



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SECTION 1 - INTRODUCTION

Section 1 - INTRODUCTION.....

1.1 Contents

INTRODUCTION.....

PLEASE NOTE

Preface - Important Notices

If you think health and safety has to be complicated - it isn't.....

1 Introduction.....

1.1 What is this guide about?

1.2 Who is this guide for?

1.3 Why is Health & Safety at Work important?

1.4 What are my obligations?

1.4.1 Employer.....

1.4.3 Self-employed (contractor/ freelance).....

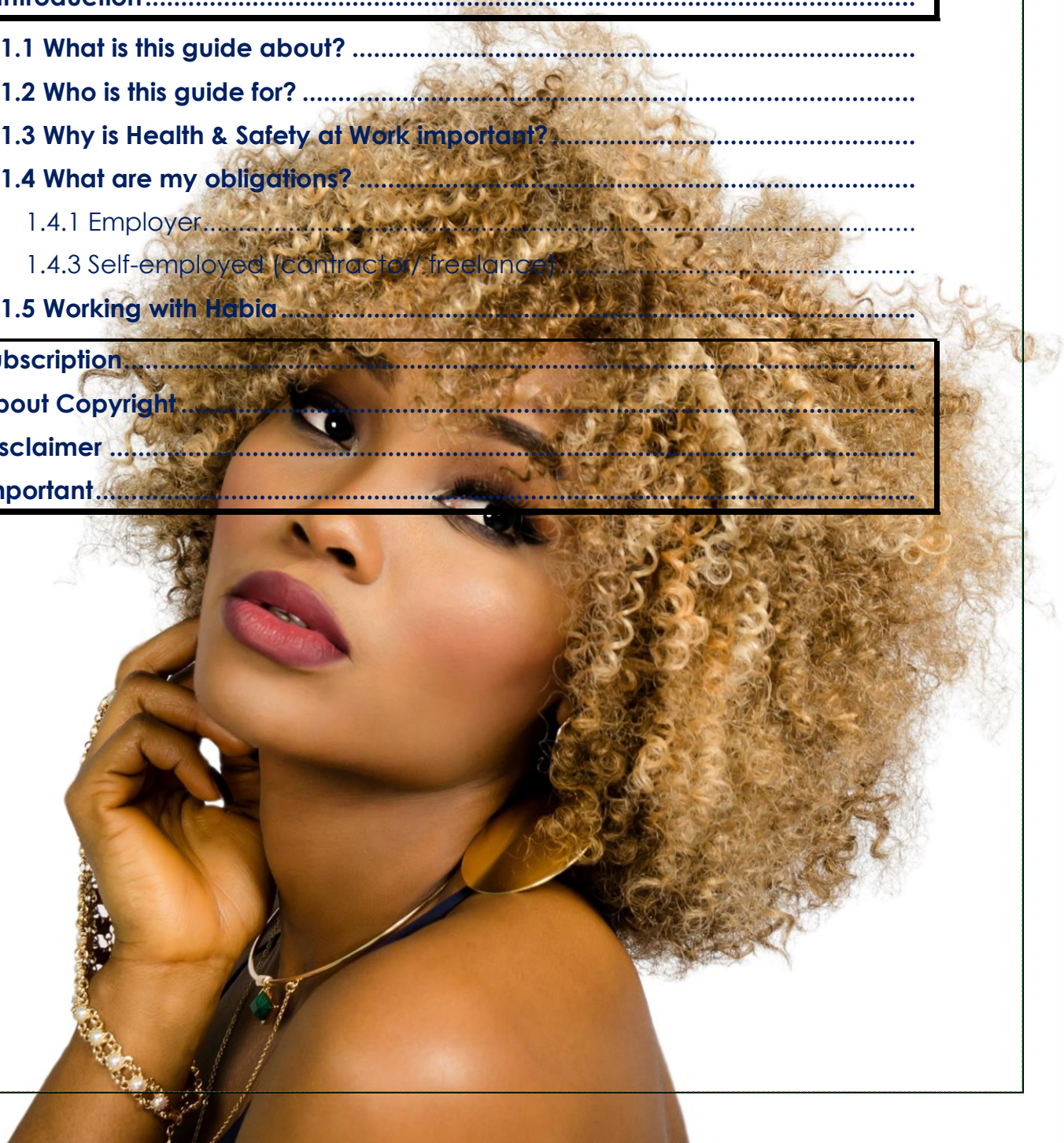
1.5 Working with Habia

Subscription.....

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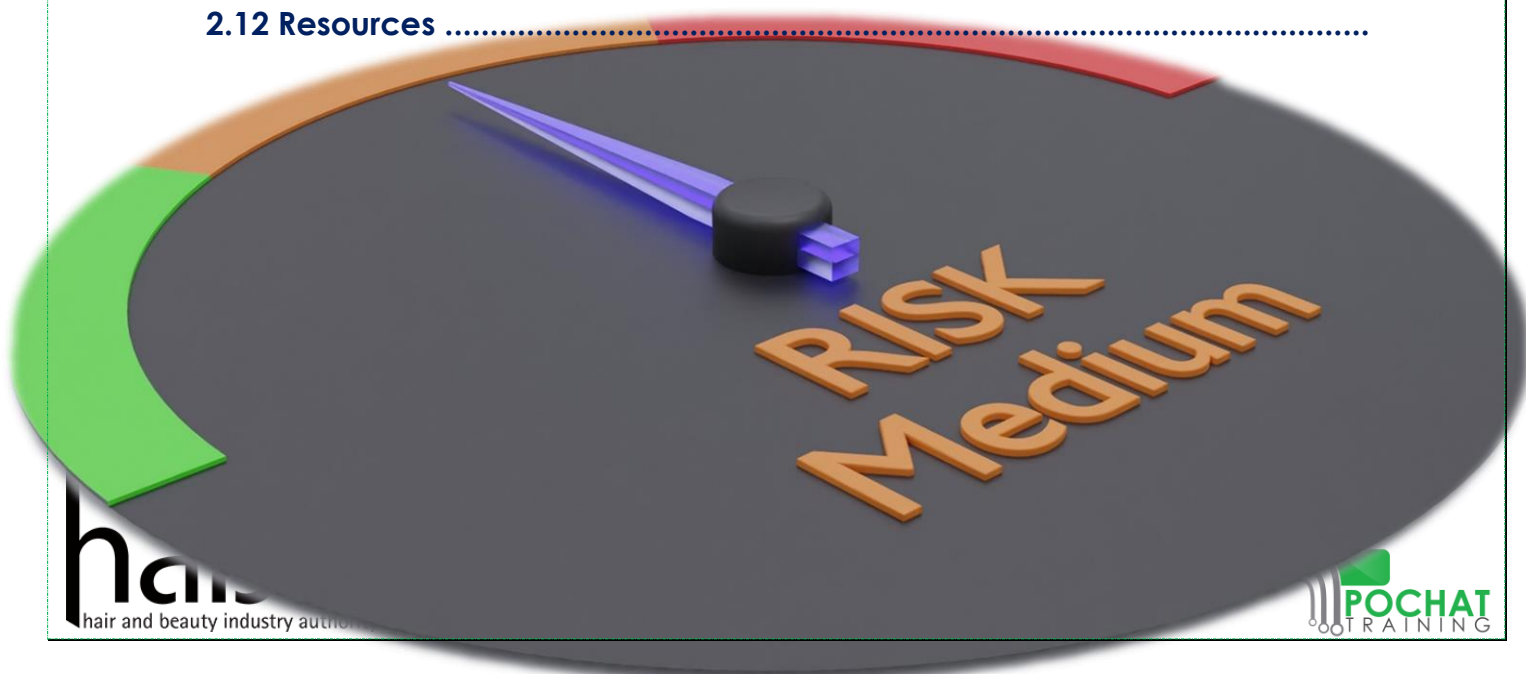
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SECTION 2 - RISK ASSESSMENTS.....

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SECTION 3 - SLIPS, TRIPS AND FALLS

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SECTION 5 – SKIN CARE

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5.2.7 What should I do?

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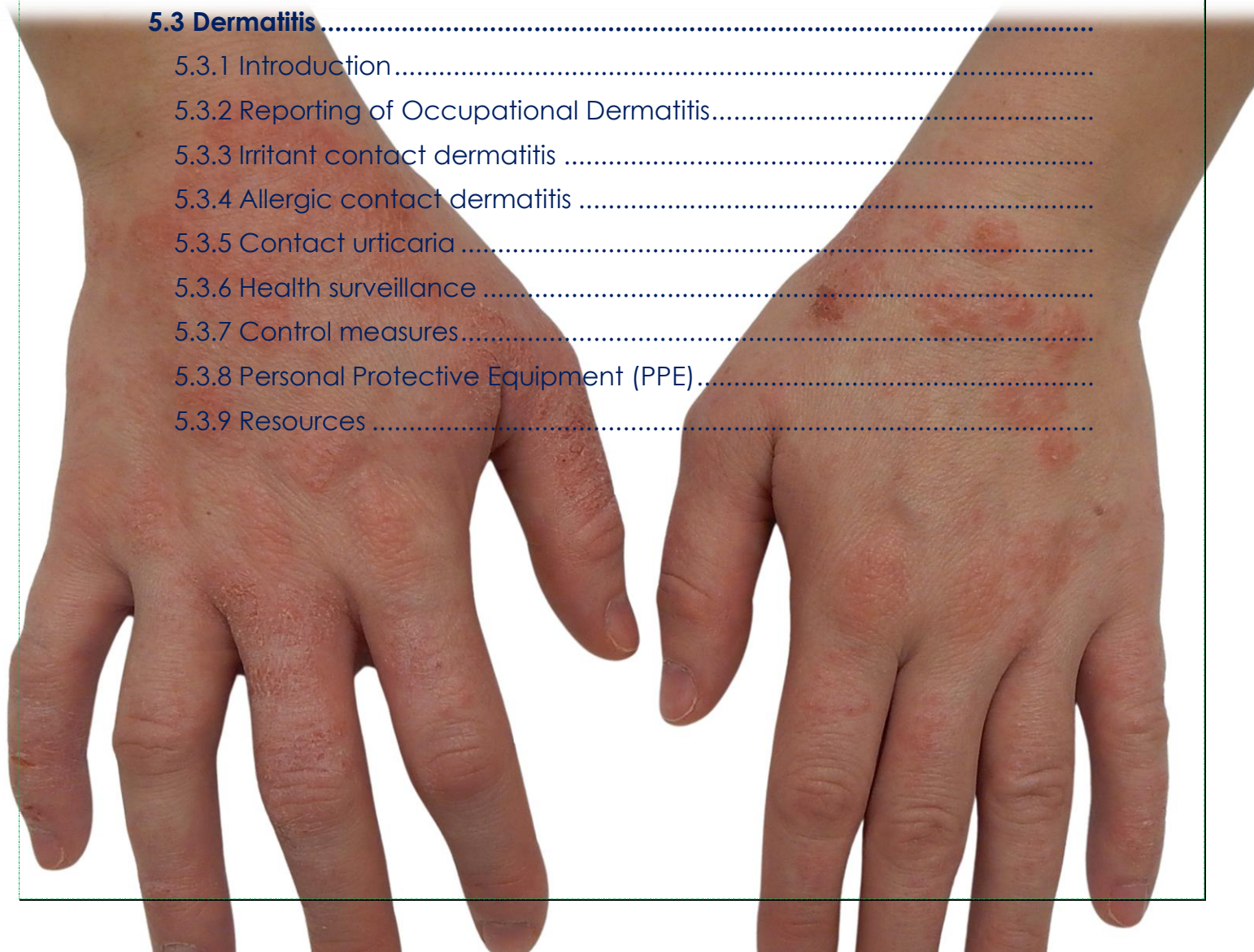
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SECTION 6 - MANUAL HANDLING

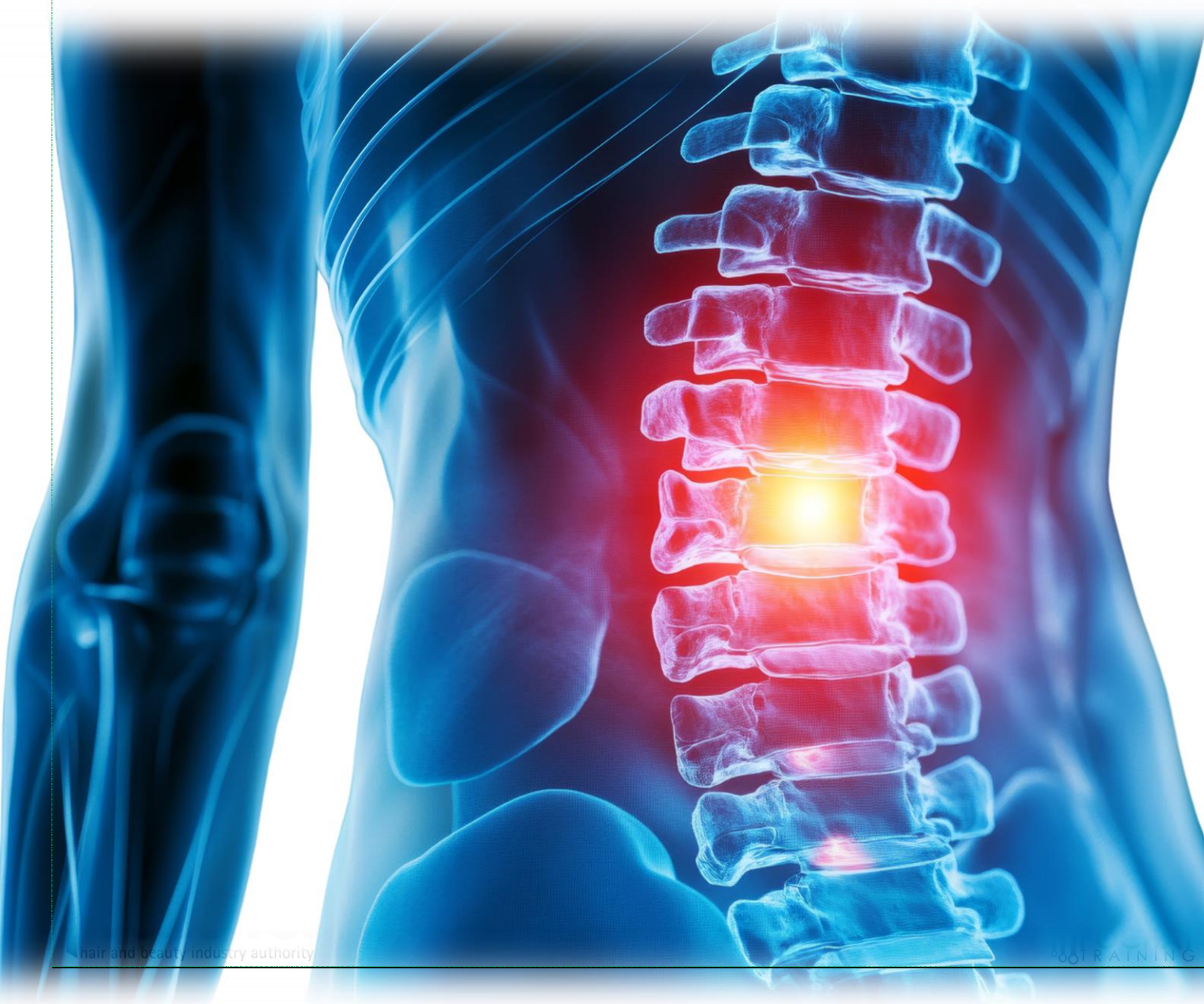
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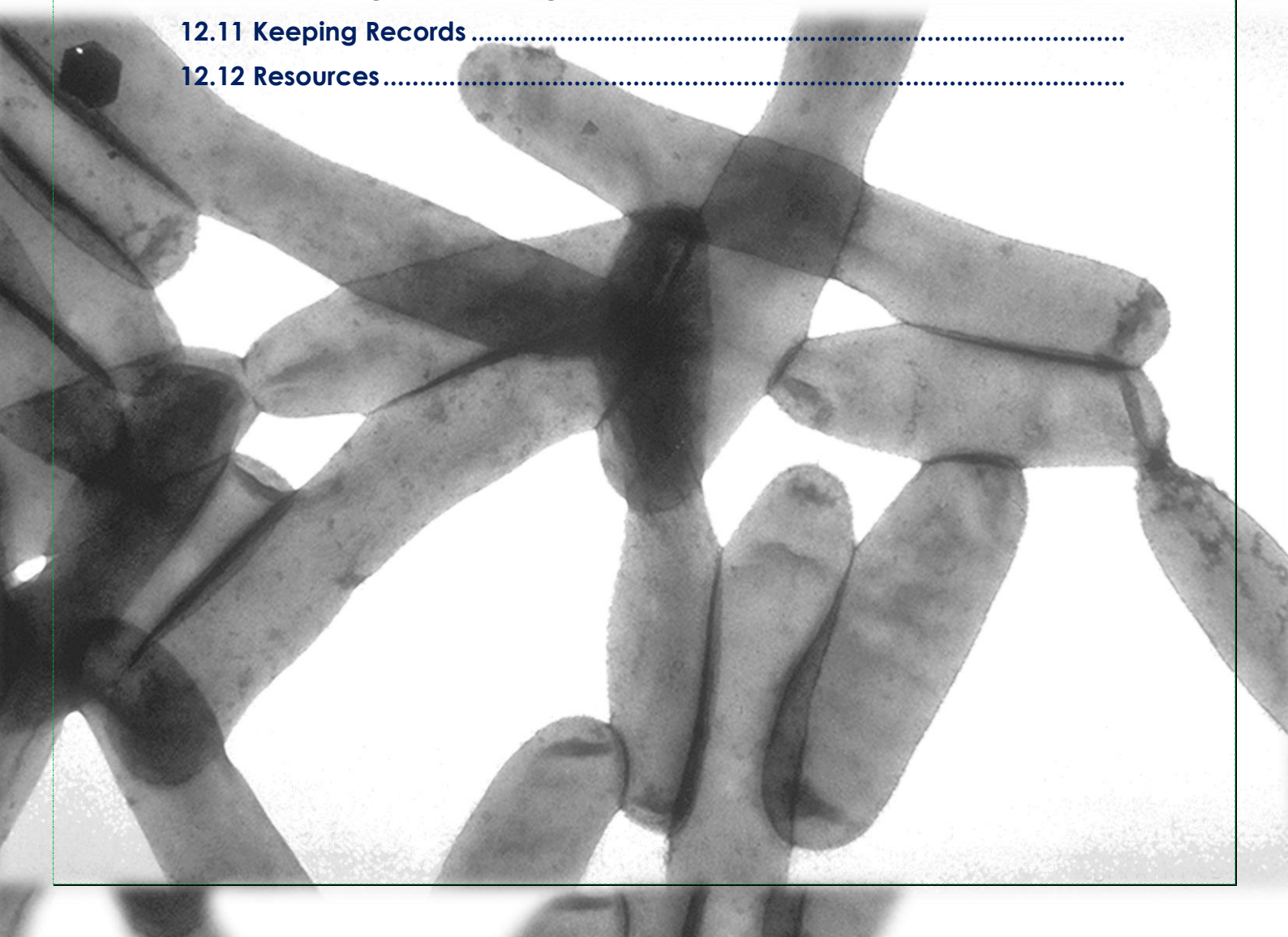
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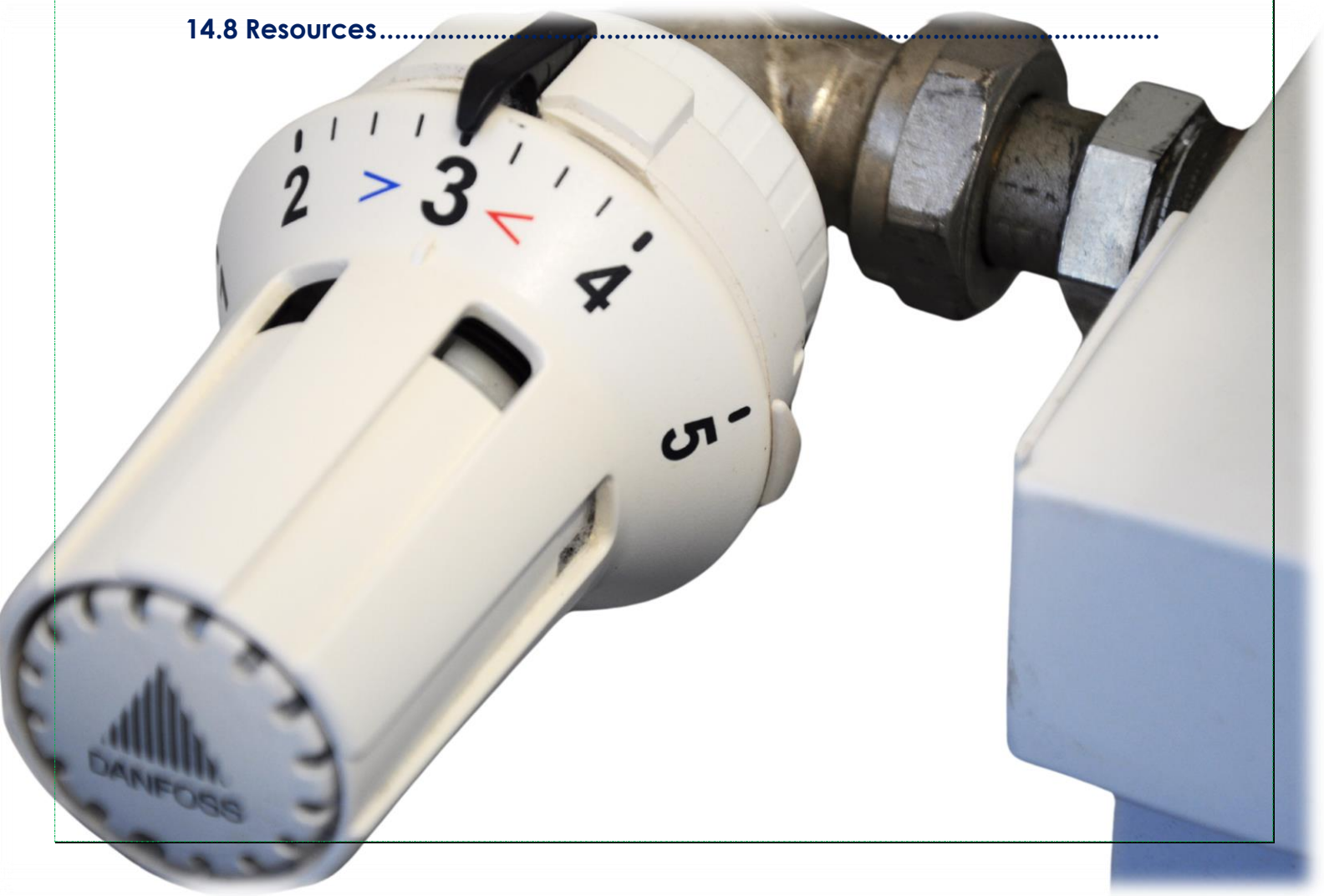
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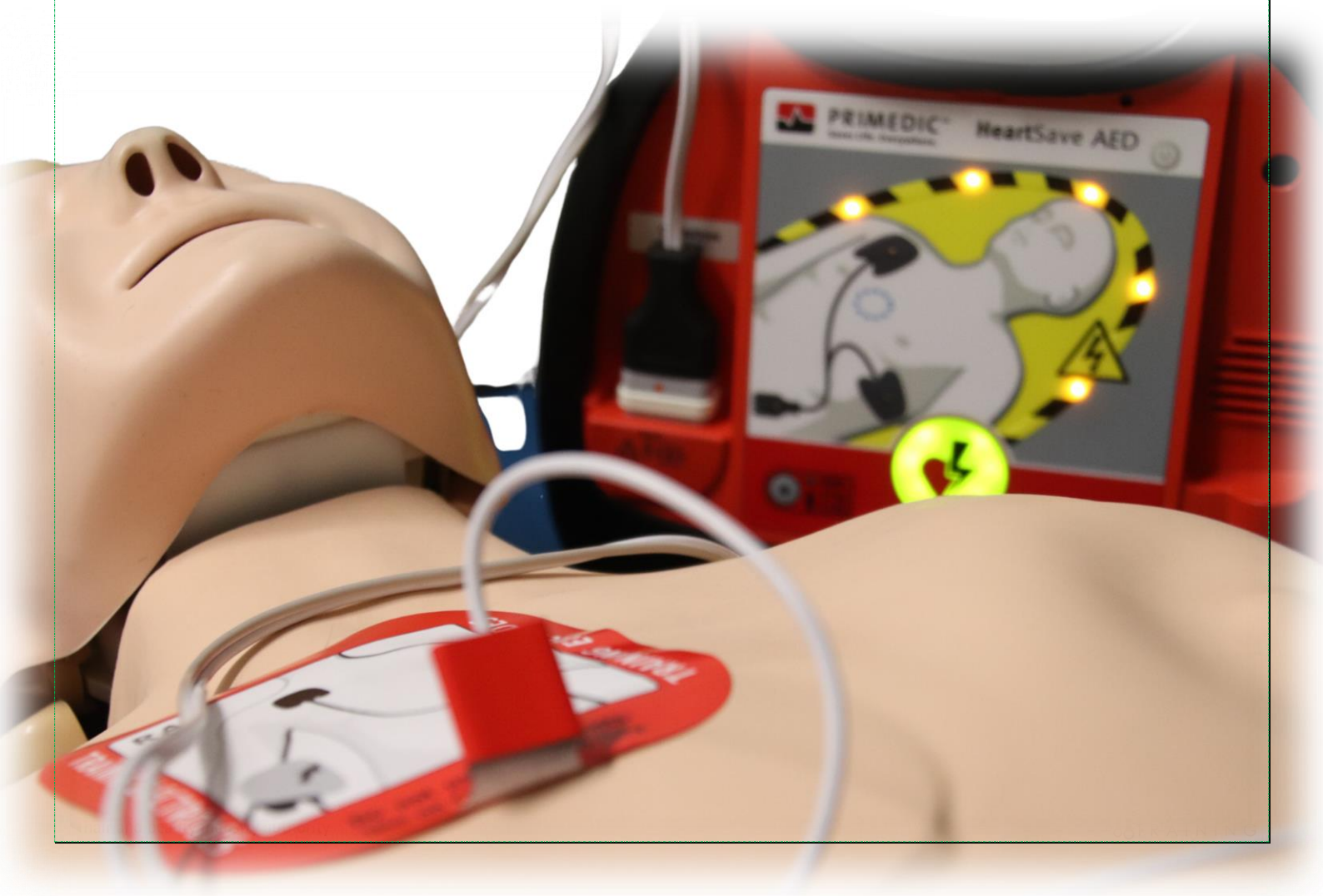
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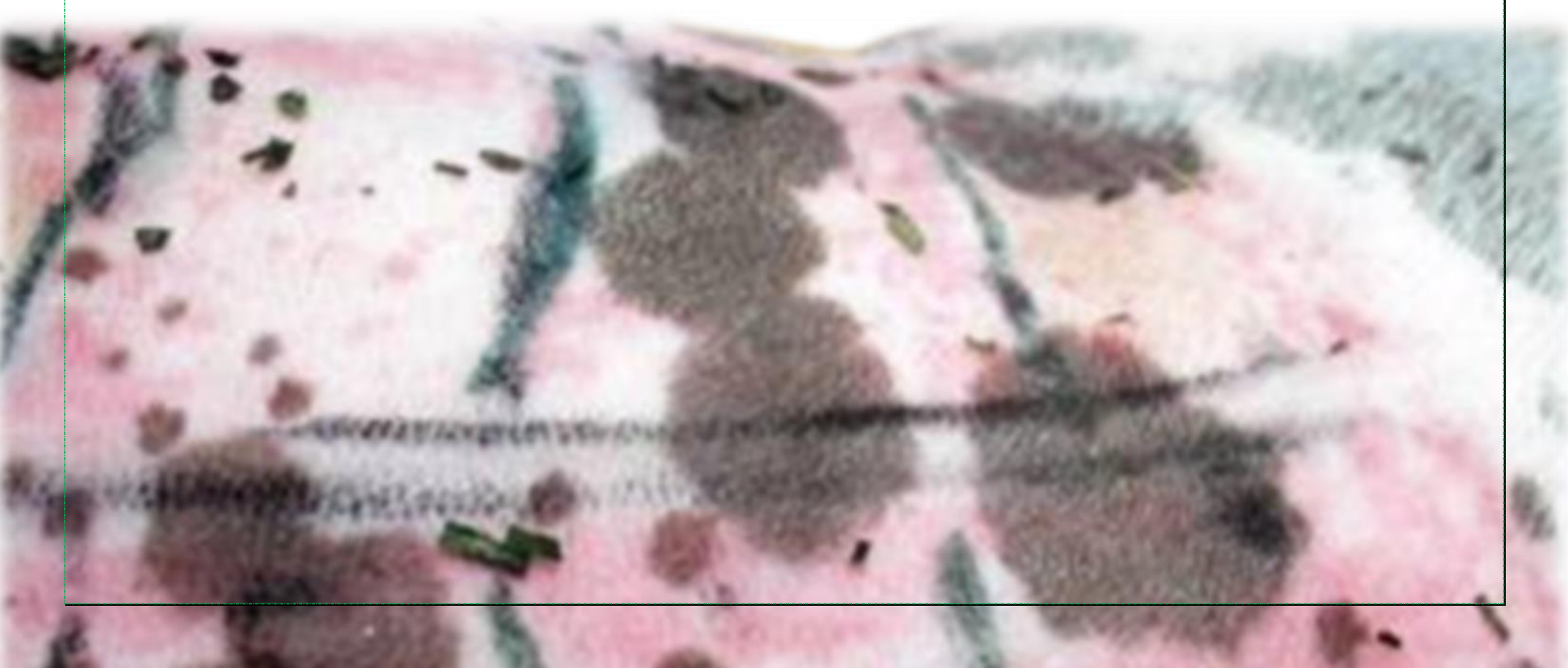
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SECTION 21 – FORMS AND TEMPLATES

SECTION 21 – FORMS AND TEMPLATES

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Risk Assessment Template (docx)

Risk Assessment Template (.odt)

SECTION 3 – SLIPS, TRIPS AND FALLS

Slips, trips and falls – hazards spotting checklist

SECTION 4 – WORKING WITH CHEMICALS

A step by step guide to COSHH assessment

SECTION 6 – MANUAL HANDLING

Manual handling assessment charts (the MAC tool)

SECTION 7 – MUSCULOSKELETAL INJURIES

Assessment of repetitive tasks of the upper limbs (the ART tool)

SECTION 12 – LEGIONNAIRES' DISEASE

Legionella sample recording sheet

SECTION 18 - EMERGENCIES

Sample accident book

Selecting a first-aid training provider.....

SECTION 19 – LUNG CARE.....

Asbestos Register (PDF Template)

Asbestos Register (Word Template)

Example Asbestos Register and Site Plan.....