



University of the
Highlands and Islands
Shetland

REHIS Elementary Health and Safety

Accreditation: REHIS

Length of course: 1 day

Who is this course aimed at: Workers in all workplaces and industries are required to take health and safety training to ensure that they keep themselves, and those they work with, safe. This course is designed for workers of all abilities and in all environments, including those who work in construction, education, offices, and hospitality. It covers the common health and safety risks that are present in all of these environments.

Course Outcomes: The course outcomes can be found on the REHIS website

[REHIS Syllabus H & S 2017_0.pdf](#)

Course Outline:

The REHIS Elementary Health & Safety Course is designed to create a better understanding of Health and Safety. The emphasis is on making the employee safe for him/herself, safe for others and capable of identifying potential hazards. 'Health and Safety' takes as its starting point the fact that most accidents are attributable to a lack of knowledge or carelessness and that the key to improvement is increased awareness on everybody's part.

This course is recognised by CSCS as equivalent to the Level One Award Health and Safety in a Construction Environment. The REHIS Elementary Health and Safety certificate can be used to qualify for the CSCS Green Labourers Card