



## Focus Awards Level 1 Award in Health and Safety at Work (RQF)

### Overview

The Level 1 Award in Health and Safety at Work (RQF) is a UK OFQUAL accredited 100% online, knowledge-based health and safety qualification. This Level 1 qualification is for those already working within a work environment, or hoping to start a job. This Level 1 Award provides individuals with fundamental knowledge of occupational health and safety, ensuring that they follow strategies to keep themselves and others safe, as well as the ability to recognise potential workplace hazards. You are not required to have any prior qualification or experience to start this course, just an appetite for learning.

### Intended Audience

Level 1 Award in Health and Safety at Work (RQF) qualification is ideal for all employees to raise their awareness of health and safety in the workplace.

### Duration and Delivery

This Level 1 Health and Safety at Work qualification is designed to be completed online at the pace that suits you the best. This Level 1 course can take as little as 6 hours up to 4 months for you to get awareness of health and safety at work. The OFQUAL Regulated Health and Safety at Work Level 1 qualification is delivered through our Virtual Learning Environment. Our online tutor support is there to facilitate you to achieve your success rate accordingly.

### Assessment and Verification

There is only one unit within this OFQUAL Regulated Level 1 qualification which is internally assessed by our qualified assessors and externally verified by the awarding organisation. The assessment takes the form of a written assignment, detailed guidance for which will be provided by the tutor. You will receive dedicated tutor support once you are enrolled on our online portal to assist you in reaching your goals.

### Practical Requirements

There is no practical requirement for this qualification.

### Progression

This is a thorough qualification of Level 1 Award in Health and Safety at Work (RQF), which helps learners enhance their career profile. Successful completion of this 100% accredited online course enables learners to proceed to the following qualifications:

- Focus Awards Level 2 Award in Health & Safety in the Workplace (RQF)
- Focus Awards Level 3 Award in First Aid at work (RQF)

## Apply Now

<b>6</b>	<b>Guided Learning Hours</b>
<b>10</b>	<b>Total Quality Time</b>
<b>1</b>	<b>Units</b>
<b>1</b>	<b>Credits</b>

### Duration

Fast Track	6 Hours
Full Time	Up to 4 Months

### Entry Requirements

There are no specific entry requirements for this qualification. However, the learners must be 14 years or above to get themselves enrolled on this course.

### Unit Structure

**Unit 1:** Introduction to health and safety for people at work