

# Recipe for Health & Safety



User Guide



[www.supernovalearning.com](http://www.supernovalearning.com)

# Purpose

Health and Safety is something we tend to take for granted – until an accident happens that affects us personally. And then it's too late. Being careful has to become second nature even when we're really busy.

A lot of being safe at work comes down to awareness – knowing what's going on around us, what the risks are. It's about being a team – communicating, telling other people if we see something that looks potentially dangerous.

**Recipe for Health & Safety** demonstrates the core health and safety issues that affect us all. We all have to lift things for example – whatever our job. The pack's powerful key message is that we have to take responsibility for ourselves and others – all the time.

# Audience

The **Recipe for Health & Safety** pack looks at health & safety for everyone in the workplace. The programme uses Rick Stein's Seafood restaurant and hotel business as a case study. It demonstrates how health & safety procedures and principles involve people from different parts of the business – chefs, waiters, admin staff, cleaners, drivers. It shows how health and safety affects all staff, in all organisations, all the time.

# Training content

The pack covers three main areas of health and safety at work:

## **MANUAL HANDLING**

We all have to lift things at one time or another, and strains from manual handling are the injury you're most likely to suffer from. Most of us talk about having put our backs out after picking up something heavy. In fact it's accumulated years of poor lifting technique that damages backs.

## **FIRE**

Fire is potentially the most serious incident that can happen. It causes the most deaths and the most major insurance claims. The main reason fires start is people not following safety procedures. You have to know how to protect yourself, the people you work with and the customers.

## **SLIPS, TRIPS, CUTS, AND BURNS.**

The potential for accidents at work is immense. Every year, several thousand employees suffer major injuries from slips, trips, falls and contact with harmful substances such as hot cooking oil. All accidents are preventable if you're aware of what's going on around you, and stick to the procedures. The module ends with some specific advice for office-based workers.