
Overview

This standard is about taking care of your own health and safety at work and the health and safety of others who may be affected by what you do. This includes being aware of hazards in the work area, wearing appropriate clothing (including protective clothing and equipment when it is required), following training and instructions about the way to do things safely and being aware of the consequences of your actions.

Performance criteria

You must be able to:

- P1 Carry out your work according to the training and instructions you have been given so that the health and safety of yourself and others is not put at risk
- P2 Recognise hazards in the work area and report them to an appropriate person
- P3 Wear suitable clothing for the work which you are undertaking
- P4 Wear personal protective equipment (PPE) where it has been assessed as a requirement for the work you are doing
- P5 Use safe methods of lifting and handling when moving items
- P6 Use and store equipment and materials safely and correctly
- P7 Keep the work area tidy at all times
- P8 Dispose of waste safely and correctly
- P9 Perform your work in a manner which minimises environmental damage
- P10 Report any accidents, incidents or problems without delay to an appropriate person and take necessary immediate action to reduce further danger.

Knowledge and understanding

You need to know and understand:

- K1 The types of hazards which may be present in your area of work
- K2 The risks to health and safety and the measures put in place to control those risks
- K3 Your responsibilities under relevant health and safety legislation and codes of practice
- K4 What personal protective equipment (PPE) and clothing should be worn and how this should be cared for
- K5 Safe lifting and handling techniques
- K6 The correct and safe way to use and store equipment and materials required for your work
- K7 The importance of good housekeeping in the workplace
- K8 Correct methods for the disposal of waste
- K9 Methods of minimising environmental damage during your work
- K10 Why accidents, incidents and problems should be reported and the appropriate action to take
- K11 Procedures to be followed for different types of emergencies relevant to the industry in which you are working e.g. fire, accident.

LANCS1

Maintain safety of self and others in the workplace



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