

Introduction

A happy workforce is an efficient and productive one too. However, there are many people who suffer illnesses believed to be caused or made worse by their work. Ensure that your staff know how to maintain good levels of health and wellbeing in their jobs.

Who will it benefit?

This course will benefit all workers who are subject to any degree of stress and help employers to create a healthy workplace.

Course overview

At the end of the course, trainees will be able to:

- » Understand the benefits of a healthy workplace
- » Recognise the signs and symptoms of work-related stress and musculoskeletal disorders
- » Recognise and prevent the occurrence of work-related stress and musculoskeletal disorders
- » Understand why it's important to comply with your organisation's fitness for work policy
- » Recognise and prevent substance abuse.

Course chapters

1. Wellbeing at work

Discover what makes a healthy workplace, the benefits of healthy workplaces and how to promote them.

2. Common health problems

Understand the causes, signs and symptoms of common physical and mental health problems. Learn how to manage and prevent health problems.

3. Substance abuse

Learn about fitness for work, safe limits and dealing with substance abuse.

Course duration

The average time required to complete the learning is approximately **30 - 35 minutes**, however the course is designed to go at the pace of the learner and can be completed in more time if needed.

How it works?

Health & Wellbeing is delivered online as an interactive course to each trainee on their computers, or portable device at any internet enabled location. The interactive course is engaging, informative and exciting to use. Using up-to-date, modern graphical images, users will be faced with a selection of interactive elements and mini quizzes to test their knowledge. Users will receive informative advice and guidance and will be tested on their understanding of the subject at the end of the course by completing the compulsory self-test. This course also features a risk checklist which asks the user a series of questions relating to their current working environment.

For further information relating to this or any of our online courses, contact:

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