

ONLINE PHYSICAL AND MENTAL HEALTH AT WORKPLACE TRAINING

Join our online training course to learn how to safeguard your physical and mental health in the workplace. We'll cover essential topics like noise, vibration, radiation, mental health challenges, workplace violence, and substance abuse, all in easy-to-understand language.

Course Benefits

- It helps you to better understand the common safety risks and hazards of working at any industry or workplace.
- You'll learn how to use equipment safely and follow best practices to reduce the risk of being injured.
- This training helps you stay compliant with regulations and guidelines for safe workplace culture.
- This is more cost-effective than in-person training as it eliminates the need for travel and lose work hours.
- Paves a way to start career in health and safety sector.
- You'll get course completion certificate to prove your competency of work at heights activities.

Who can take this course?

Irrespective of the organization and sector, whether you're an employee, a manager, or a freelancer, if you're looking to improve your physical and mental well-being while working, this course is for you. Including:



- Workers
- Supervisors
- Team leaders
- Managers
- Owners who cares about their employees' health and safety.

Career Opportunities

- Occupational Health and Safety Officer
- Human Resources Specialist
- Employee Assistance Program (EAP) Coordinator
- Health and Wellness Coach
- Training and Development Specialist

Course Syllabus

Noise

- The physical and psychological effects of exposure to noise
- The meaning of commonly used terms: sound pressure, intensity, frequency, the decibel scale, dB(A) and dB(C)
- When exposure should be assessed; comparison of measurements to exposure limits established by recognised standards
- Basic noise control measures, including: isolation, absorption, insulation, damping and silencing; the purpose, use and limitations of personal hearing protection (types, selection, use, maintenance and attenuation factors)
- Role of health surveillance.

Vibration

- The effects on the body of exposure to hand–arm vibration and whole-body vibration

Training Methodology

Online / e-Learning

Training Duration

8 Learning Hours

Final Assessment

Multiple choice questions

Course Completion Certificate

Yes, after successful completion of Final Assessment

Course registration link

<https://www.oetrade.com/Physical-and-mental-health-at-workplace.php>

- When exposure should be assessed; comparison of measurements to exposure limits established by recognised standards
- Basic vibration control measures, including: alternative methods of working (mechanisation where possible); low-vibration emission tools; selection of suitable equipment; maintenance programmes; limiting the time workers are exposed to vibration (use of rotas, planning work to avoid long periods of exposure); suitable PPE
- Role of health surveillance.

Radiation

- The types of, and differences between, non-ionising and ionising radiation (including radon) and their health effects
- Typical occupational sources of non-ionising and ionising radiation
- The basic ways of controlling exposures to non-ionising and ionising radiation
- Basic radiation protection strategies, including the role of the competent person in the workplace
- The role of monitoring and health surveillance.

Mental ill-health

- The frequency and extent of mental ill-health at work
- Common symptoms of workers with mental ill-health: depression, anxiety/panic attacks, post-traumatic stress disorder (PTSD)
- The causes of, and controls for, work-related mental ill-health (see the HSE's Management Standards): demands, control, support, relationships, role, change
- Home-work interface: commuting, childcare issues, relocation, care of frail (vulnerable) relatives

- Recognition that most people with mental ill-health can continue to work effectively.

Violence at work

- Types of violence at work including: physical, psychological, verbal, bullying
- Jobs and activities which increase the risk of violence, including: police, fire, medical, social workers, those in customer services, lone workers, those working with people under the influence of drugs and alcohol, those who handle money or valuables
- Control measures to reduce risks from violence at work.

Substance abuse at work

- Risks to health and safety from substance abuse at work (alcohol, legal/illegal drugs and solvents)
- Control measures to reduce risks from substance abuse at work.

Further Progression

[Online Working at Heights Safety Training](#)

Prerequisites

None

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