



# Course Prospectus

# Welcome!



Hi there,

Welcome to the Navitas Safety Academy.

The Academy is where you can be sure that your people can gain the skills and knowledge they need to keep themselves, you and your customers safe.

Our courses are written by Health and Safety professionals including HSOs and EHPs. They are regularly updated to keep up with the current laws and regulations.

Every course has been designed to include modern training methodologies including, tests, games and quizzes to check knowledge at regular intervals. When a course is completed, you will receive your new shiny digital certificate.

This prospectus lists a cross section of the courses we offer, with new ones being added all the time. Recent examples are the Noisy Kitchens and Waste Management Regs 2025 courses that have been added this year alongside a few others.

We have also listed our twelve Safety Bites for 2025. Many of our clients love these as they are not only short courses in their own right, but also serve as a refresher of knowledge previously learned. As well as the standard twelve monthly Sound Bites, we have also included an extra Safety Bite for Dysphagia which can be swapped out for another of the courses if this would be useful for you. As a wonderful addition we have also thrown into the mix a few of our Navi-Insights - quick courses with a purpose.

While we do of course offer all our courses as generic Navitas Safety Academy courses, our courses can also be offered fully branded and written to a spec set by yourselves. As a middle ground we also now have vanilla versions of our courses to which we can add a generic intro and outro that has light branding for you, set up and installed.

We are really looking forward to the next few months as we are expecting a lot of exciting new innovations to be brought into our courses. As well as a fresh new look, our amazing design team are hard at work adding multilingual capabilities and new, updated games to help your people's knowledge retention as well.

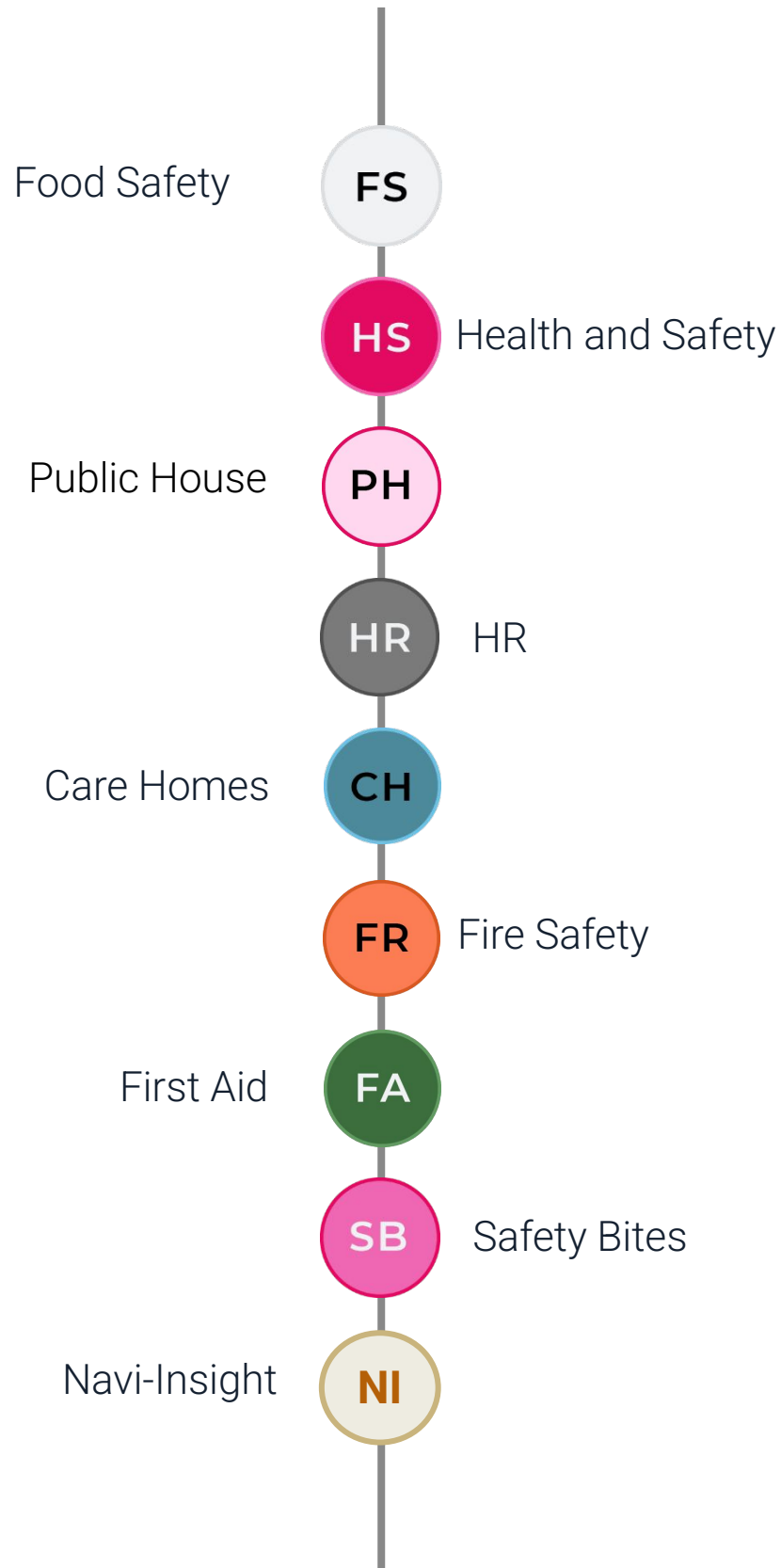
The most recent additions that are designed for our new Academy are Bundles, Curricula and Timed courses all of which are available on the new platform. As well as these, we have added Transfer Training - a way to have our celebrated courses on a third party LMS or website.

If you have any questions or queries about anything to do with the Academy, please do contact us and we will be very happy to assist.

Take care and we hope to hear from you soon.

*Hannah*

**Digital Training Manager**



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FS001

# Food Safety In Catering 1

The Level 1 Introduction to Food Safety in Catering course covers the basic principles of food safety within a catering environment to help you ensure any food products sold by the food business operator are safe for consumers.

## Course Length

This course comprises of 9 levels and should take approximately 2-3 hours to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course consists of the following levels:

- Welcome and Introduction
- Introduction to Food Safety
- What Makes Food Unsafe
- Under the Microscope
- Preventing Food Poisoning
- The Importance of Cleaning
- The Problem with Pests
- Personal Hygiene
- Know Your Food Allergens

## Who is suitable for the course?

This course is suitable for any person who works within an environment where food is prepared and/or served elsewhere. It is suitable for, but not limited to, those working in front of house, bars, checkout workers and food delivery drivers.

## Progression

The next step is to take our Food Safety in Catering 2 course if you wish to move into a more direct area of food safety in catering.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3 year certificate.

FS002

# Food Safety In Catering 2

The Level 2 Food Safety in Catering Course is often chosen by food business operators to comply in part with their legal obligation to provide appropriate supervision, information and training to their food handlers. It replaces the former Basic Food Hygiene course and trains people in the basics of hygienic food handling. Upon completion, you will have the knowledge to work in an environment that involves food and conduct your behaviour in a way that is conducive to hygienic food production.

## Course Length

This course comprises of 12 levels and should take you approximately 3-4 hours to complete. Once enrolled, you will then have 60 days to complete the course.

## Course Content

The course consists of the following levels:

- Welcome and Introduction
- Introduction to Food Safety
- Food Safety Hazards
- Under the Microscope
- The Law and Food Safety Management
- Preventing Food Poisoning
- Safe Purchase, Delivery and Storage
- Cleaning and Disinfection
- Personal Hygiene
- Premises and Equipment
- Pest Control
- Food Safety Management

## Who is suitable for the course?

This course is suitable for any person who is involved with the handling of food and food production. This could include, but is not limited to chefs, food handlers or kitchen porters.

## Progression

The next step is to take our Managing Food Safety 3 course.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3-year certificate.

FS003

# Managing Food Safety In Catering 3

The Level 3 Managing Food Safety course offers the full training required for you to ensure that your Managers and Supervisors have been extensively trained, ready for their role. The course provides comprehensive information on a variety of topics, to guarantee that a wide amount of scenarios are sufficiently covered. Upon completion of the course, a Manager will have the required knowledge to lead a team within a food business that will be handling or preparing food.

## Course Length

This course comprises of 12 levels and should take you approximately 6-7 hours to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 60 days from the date of enrolment.

## Course Content

The course consists of the following levels:

- Welcome and Introduction
- Why Food Safety needs to be Managed
- Food Safety Law
- Food Safety and Contamination Control
- Bacteriology and the Prevention of Food Poisoning
- Managing Safe Purchase, Delivery and Storage
- Managing Personal Hygiene
- Managing Cleaning
- Managing Pest Control and Waste
- Kitchen Standards and Food Equipment
- Food Safety Training
- Food Safety Management

## Who is suitable for the course?

The Level 3 Managing Food Safety course has been developed by a qualified Environmental Health Practitioner to provide extensive training to Managers or Supervisors in any catering company.

## Progression

This course is the final course in our digital Food Safety in Catering trilogy. There are other more specialised courses available from our library where further knowledge can be gained.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3-year certificate.

FS004

# Allergen Awareness

Our Allergen Awareness course covers the legal requirement for certain regulated food allergens that came into force on 13th December 2014. This covers the law on allergens, as well as managing the threat of food allergens in your workplace. The course also includes updates for Natasha's Law. Upon completion of the course, you shall be able to provide the necessary information to customers regarding the regulated allergens in your food and ensure these are appropriately managed within your food business.

## Course Length

The Allergen Awareness course consists of 7 levels, which means that we estimate the course to take approximately 2 hours. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following content:

- ❖ Introduction
- ❖ Food Allergy and Awareness
- ❖ Keeping the Consumer Safe
- ❖ Managing Allergens
- ❖ Communicating with Consumers
- ❖ Managing the Threat of Cross Contamination
- ❖ Useful Information

## Who is suitable for the course?

The course has been written by a qualified Environmental Health Officer and designed for anyone that is involved in catering, including staff who serve food and take food orders. This is also suitable for those who are responsible for dealing with customer enquiries about food allergens.

## Progression

This is a stand-alone course and therefore there is no suggested next progression.

## Certificate Length

Please can it be - Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3-year certificate. If your business requires annual auto re-enrolment on the New Academy there is also a 12 month version available.

( ROI FS004 )

# Allergen Awareness ROI

Our Allergen Awareness course covers the legal requirement for certain regulated food allergens that came into force on 13th December 2014. This covers the law on allergens, as well as managing the threat of food allergens in your workplace. The course also includes updates for Natasha's Law. Upon completion of the course, you shall be able to provide the necessary information to customers regarding the regulated allergens in your food and ensure these are appropriately managed within your food business.

## Course Length

The Allergen Awareness course consists of 7 levels, which means that we estimate the course to take approximately 2 hours. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following content:

- ❖ Introduction
- ❖ Food Allergy and Awareness
- ❖ Keeping the Consumer Safe
- ❖ Managing Allergens
- ❖ Communicating with Consumers
- ❖ Managing the Threat of Cross Contamination
- ❖ Useful Information

## Who is suitable for the course?

The course has been written by a qualified Environmental Health Officer and designed for anyone that is involved in catering, including staff who serve food and take food orders. This is also suitable for those who are responsible for dealing with customer enquiries about food allergens.

## Progression

This is a stand-alone course and therefore there is no suggested next progression.

## Certificate Length

Please can it be - Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3-year certificate. If your business requires annual auto re-enrolment on the New Academy there is also a 12 month version available.

FS006

# Introduction to Food Safety Management Systems

This course introduces food safety management systems. A food business operator (FBO) is required to have up to date food safety management procedures based on Hazard Analysis Critical Control Point (HACCP) principles in place. These procedures help the FBO to ensure that the food that they produce, or sell is safe to eat. This is known as a food safety management system or FSMS.

## Course Length

This course consists of five levels. We estimate the course to take approximately 2 hours. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels and Pods

- Welcome and General Introduction
- Why You Need to Manage Food Safety
- A Reminder! Food Safety Hazards
- Managing Food Safety
- Implementing The Food Safety Management System.

## Who is suitable for the course?

The course has been written by a qualified Environmental Health Officer. It is suitable for FBOs, managers and supervisors who are responsible for developing, implementing, and maintaining a FSMS. The delegate should have completed a Level 2 Food Safety In Catering qualification prior to enrolling on this course. If required we supply this as " Food Safety In Catering 2 "

## Progression

This is currently a stand-alone course on food safety management systems, therefore there is no next progressive course. However managing Food safety In catering 3 would be a good next step if required.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3-year certificate.

FS007

# Pest Control Awareness

This course aims to provide information to FBOs and food handlers about how to prevent problems with food pests; and where a problem arises, how to manage and to deal with it effectively.

Upon completion of the course, you shall be able to:

- Describe what a food pest is
- State the hazards that food pests present to food and to a food business
- Identify some common types of food pests
- Explain how to identify signs of pests
- Describe the good hygiene practices that help to minimise the risk of a pest problem
- State why it is important to implement a pest control management system
- Describe how to deal with a pest problem and how to minimise the risk posed by an infestation

## Course Length

This course comprises of 2 levels of training which we estimate to take approximately 1 hour to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels

- Hello and Welcome - 3 pods
- Pest Control Management - 17 pods

## Who is suitable for the course?

The course has been written by a qualified Environmental Health Officer. It is suitable for FBOs, managers, supervisors, and food handlers. They require knowledge to prevent pest problems occurring and to identify signs of food pests. They also must know what to do if a problem occurs.

This course does not provide a qualification for pest control technicians in pest management.

## Progression

This is currently a stand-alone course on pest control awareness. There is no next progressive course.

## Certificate Length

Based on best practice for food hygiene certificate renewals, you will be issued with a 3-year certificate.

**FS008**

# Vacuum Packing

The Vacuum Packing course aims to provide food handlers a basic understanding of the vacuum packing process in a catering environment. The course will highlight the possible hazards associated with vacuum packing and the safe procedures you should be familiar with.

This course has been developed and approved by qualified Environmental Health Practitioners.

## Course Length

This course consists of 1 levels containing 8 pods. This is a short course taking approximately 30 minutes to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course consists of the following levels:

- Introduction
- Food Safety Law
- Vacuum Packing – The Facts
- What Can Happen When It Goes Wrong
- How to Safely Operate Your Vacuum Packing Machine
- Watch That Date on Your Vacuum-Packed Foods
- GAME: Vacuum Packing Process
- Summary

## Who is suitable for the course?

This course is suitable for any food handler requiring an overview or refresh of the vacuum packing process.

## Progression

This is a stand-alone course and there is no suggested progression.

## Certificate Length

At the end of the course, you will be required to take a short multiple-choice test. You must pass with a pass mark of 80% or above to be awarded your certificate. Based on industry best practice, the recommended renewal period for this course is 3 years, which is printed on your certificate.

FS009

# Vacuum Packing and Sous Vide

The Vacuum Packing and Sous Vide course aims to provide food handlers a basic understanding of the vacuum packing process in a catering environment. The course will highlight the possible hazards associated with vacuum packing and the safe procedures you should be familiar with.

This course has been developed and approved by qualified Environmental Health Practitioners.

## Course Length

This course consists of 3 levels. This is a short course taking approximately 1 hour to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course consists of the following levels:

- Introduction
- Vacuum Packing
- Sous Vide

## Who is suitable for the course?

This course is suitable for any food handler requiring an overview or refresh of the vacuum packing and sous vide process. As these are high risk processes, prior detailed training on using this equipment is recommended.

## Progression

This is a stand-alone course and there is no suggested progression.

## Certificate Length

At the end of the course, you will be required to take a short multiple-choice test. You must pass with a pass mark of 80% or above to be awarded your certificate. Based on industry best practice, the recommended renewal period for this course is 3 years, which is printed on your certificate.

FS010

# Natasha's Law - Short Course

Natasha's law is an important piece of legislation that anyone working in catering should be aware of. Even if you normally sell only loose foods, if there is a chance that at some point you may have pre-packaged foods available for sale, your staff will need to know the requirements.

We would suggest that this course is linked with Allergen Awareness ( AA FS004 )

## Course Length

This course should take about 25-30 minutes.

## Course Content

The course consists of the following levels:

- Welcome
- Natasha's Law: The Background
- What do I need to do? Cafés and Deli's
- What do I need to do? Restaurants and Takeaways
- How to make my business ready?
- Recap

## Who is suitable for the course?

The course has been written by a qualified Environmental Health Officer and designed for anyone that is involved in catering, including staff who serve food and take food orders.

This is also suitable for those who are responsible for dealing with customer enquiries about food allergens.

## Progression

This is a single one off course. However if you wish to have better knowledge of Allergens, we strongly recommend that you take our Allergen Awareness ( AA FS004 ) course which will provide you with more knowledge.

## Certificate Length

There is no certificate expiry on this course. It may be a good idea however to resit as a refresher course every few years.

FS011

# Introduction to HACCP

This course is an Introduction to HACCP, which refers to a Hazard Analysis and Critical Control Point.

HACCP provides a systematic approach to examining all aspects of your operation and identifying parts of the process where things might go wrong if appropriate controls are not maintained. We will look at the regulations that cover HACCP, what is meant by pre-requisites and how they fit into the food safety plan, what the four types of hazard are, as well as the seven principles of HACCP.

## Course Length

The course is made up of 1 level and contains 4 training pods. We estimate this course should take approximately 20 minutes to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following levels:

- Introduction
- Understanding HACCP
- GAME: HACCP
- Recap

## Who is suitable for the course?

This course has been written by a qualified Environmental Health Practitioner and is suitable for anyone who needs to understand the elements of HACCP.

## Progression

If you are a food handler, you may wish to take our Food Safety in Catering 2 course which details further areas of food hygiene safety practices. Otherwise you could move up the Health and Safety and Health and Safety in Catering courses to add to your knowledge

## Certificate Length

Based on the suggested time of needing a refresh, this course provides a certificate that's valid for 3 years.

FS012

## HACCP For Caterers 2

This Level 2 Certificate In HACCP For Caterers Course explains the requirement for a food business to have up to date food safety management procedures based on HACCP principles in place. It explains what HACCP is and describes how to complete a HACCP plan based on the seven principles of HACCP. It also explains why applying food safety management procedures that are based on HACCP help a food handler and the business to produce food that is safe to eat.

### Course Length

This course comprises of 7 levels of training which we estimate to take approximately 2 hours to complete. Once enrolled, you will then have 30 days to complete the course.

### Course Content

The course consists of the following Levels

- Welcome and General Introduction
- An Introduction to Food Safety Management Systems
- Food Safety Hazards
- Before You Start.....
- An Introduction to Hazard Analysis
- Check It, Review It, Record It!
- Applying HACCP Based Systems

### Who is suitable for the course?

The course has been written by a qualified Environmental Health Officer. It is suitable for FBOs, managers and supervisors who are responsible for developing, implementing, and maintaining HACCP based food safety management procedures. It is also suitable for food handlers who participate in monitoring food safety. The delegate should have completed a Level 2 Food Safety In Catering qualification before enrolling on this course.

### Progression

This is a stand-alone course; however, you may be interested in completing some of our other Health and Safety training courses, such as the Health and Safety in Catering trilogy

### Certificate Length

Based on best practice for food hygiene certificate renewals, you will be issued with a 3-year certificate.

**FS013**

# Calorie Labelling

This short course on calorie labelling aims to provide information about the calorie labelling requirements that come into force in England from 6th April 2022. These are contained in the Calorie Labelling (Out of Home Sector) (England) Regulations 2021 and apply to certain types of food and food businesses.

## Course Length

This course consists of one level. We estimate the course to take under 20 minutes to complete. Once enrolled, you will then have 30 days to complete the course.

You can dip in and out of the course to suit your time, as long as you complete it within the 30 days from enrolment.

## Course Content

The course consists of the following content:

- Introduction
- Crown Copyright
- Key Terms
- Background To The New law
- What Types Of Foods Require Calorie Labelling?
- Businesses in Scope
- What Information Needs To Be Displayed?
- Calculating Calorie Content
- How The Law Will Be Enforced
- Where To Go For useful Information
- Recap

## Who is suitable for the course?

The course has been written by a qualified Environmental Health Officer. It is suitable for FBOs, managers and supervisors who are responsible for developing and implementing food safety systems as well as those who will be using them.

## Progression

This is currently a stand-alone course on the , therefore there is no next progressive course.

## Certificate Length

Based on food hygiene and industry guidance you will be issued with a 1 year certificate.

FS015

# Catering Essentials

This Induction: Catering Essentials course covers all the basic knowledge that you need to know about working within catering. We will find out why food safety is essential and how to control food hazards, all about food allergies and how to correctly deal with them, as well as who has a responsibility for health and safety in the workplace, amongst other things. You will gain a comprehensive knowledge of the everything you need to know about your role and responsibilities within a catering environment.

## Course Length

The course is made up of 7 levels and contains 28 training pods. We estimate this course should take approximately 2 hours to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course consists of the following content:

- Introduction
- Food Safety Essentials
- Know Your Food Allergens
- Health and Safety Essentials
- Moving Goods Safely
- Fire Safety Essentials
- Useful Information

## Who is suitable for the course?

This course has been written by a qualified Environmental Health Practitioner and is suitable for anyone who may come into contact with hazardous substances within the workplace.

## Progression

You may wish to take our Level 1 courses on Health and Safety in Catering or Food Safety in Catering. Further still, we also offer Level 2 and Level 3 training on these topics.

## Certificate Length

Based on food hygiene and industry guidance you will be issued with a 3 year certificate.

**FS016**

# Understanding the Food Hygiene Rating Scheme

As you go into the vast majority of food based businesses in the UK you will find their Food Safety Rating displayed prominently. This scheme provides a guidance to customers on how well the business is doing with its hygiene and food safety giving them an informed choice.

## Course Length

The course is made up of 5 levels and contains 49 training pods. We estimate this course should take approximately 1 1/2 hours to complete.

## Course Content

The course consists of the following content:

- Introduction and welcome
- How the FRS works
- Hygienic handling of food
- Cleanliness and condition of the facilities
- Confidence in management

Quiz

## Who is suitable for the course?

This course is suitable for anyone who works in a food business in an area where the scheme is run. The scheme is designed to be a positive measure to incentivise businesses to always push themselves to improve at all levels.

## Progression

Depending on your role, you may wish to take our Level 1 courses on Health and Safety in Catering or Food Safety in Catering. Further still, we also offer Level 2 and Level 3 training on these topics as well as a lot of other related courses that will help your business grow..

## Certificate Length

Based on food hygiene and industry guidance you will be issued with a 3 year certificate.

**FS017**

# Personal Hygiene Short Course

In any food based organisation, personal hygiene is the first step to keeping the staff and the customers safe. This short course provides a simple look at the fundamental requirements of a food based business from their staff

## Course Length

The course is made up of 1 level and contains 8 training pods. We estimate this course should take approximately 20-30 mins to complete.

## Course Content

The course consists of the following content:

- Introduction
- Personal Hygiene
- Game spot check the staff
- Case study
- It's in your hands
- Working with food, what you need to know
- Fit for work?
- Recap

Quiz

## Who is suitable for the course?

This course has been written by a qualified HSO and is good for anyone working in a food preparation or service area

## Progression

You may wish to take our Level 1 courses on Health and Safety in Catering or Food Safety in Catering. Further still, we also offer Level 2 and Level 3 training on these topics.

## Certificate Length

Based on food hygiene and industry guidance you will be issued with a 3 year certificate.

**FS020**

# Management of Allergens

Once you have completed the Allergen Awareness course ( FS0004 ) , if you are an FBO or manage a food area, this course is designed to help you manage allergens within the business

Upon completion of the course, you shall be able to:

- Understand in more detail the hazards of allergens and the law surrounding them
- Know how to manage the risk within your food prep areas
- Be able to work with shared food prep areas within the Allergen guidelines.
- Be able to better control allergens in the kitchen

## Course Length

This training consists of One level with 5 pods. We estimate the course to take approximately 60 minutes.. You can dip in and out of the course to suit your time.

## Course Content

The course consists of the following pods:

- Welcome and Introduction
- Understanding the Hazard
- The Law and communicating Allergen Information in the UK
- Managing the risk in your kitchen
- Further info and Emergency Procedures

## Who is suitable for the course?

It is suitable for Food Business Operators (FBOs) and food area managers

## Progression

The next step is to take our Food Safety in Catering 3 Scotland if you wish to move into a more direct area of food safety in catering.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3 year certificate.

**FS001SCOT**

# Food Safety In Catering 1 Scotland

The Level 1 Introduction to Food Safety in Catering course covers the basic principles of food safety in Scotland within a catering environment to help you ensure any food products sold by the food business operator are safe for consumers.

## Course Length

This course comprises of 9 levels and should take approximately 2-3 hours to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course consists of the following levels:

- Welcome and Introduction
- Introduction to Food Safety
- What Makes Food Unsafe
- Under the Microscope
- Preventing Food Poisoning
- The Importance of Cleaning
- The Problem with Pests
- Personal Hygiene
- Know Your Food Allergens

## Who is suitable for the course?

This course is suitable for any person who works within an environment where food is prepared and/or served elsewhere. It is suitable for, but not limited to, those working in front of house, bars, checkout workers and food delivery drivers.

## Progression

The next step is to take our Food Safety in Catering 2 Scotland course if you wish to move into a more direct area of food safety in catering.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3 year certificate.

**FS002SCOT**

# Food Safety In Catering 2 Scotland

The Food Safety in Catering 2 Course (Scotland) is often chosen by food business operators to comply in part with their legal obligation to provide appropriate supervision, information and training to their food handlers. It replaces the former Basic Food Hygiene course and trains people in the basics of hygienic food handling.

Upon completion, you will have the knowledge to work in an environment that involves food and conduct your behaviour in a way that is conducive to hygienic food production.

## Course Length

This course comprises of 12 levels and should take you approximately 3-4 hours to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels and Pods

- Welcome and Introduction
- Introduction to Food Safety
- Food Safety Hazards
- Under the Microscope
- The Law and Food Safety Management
- Preventing Food Poisoning
- Safe Purchase, Delivery and Storage
- Cleaning and Disinfection
- Personal Hygiene
- Premises and Equipment
- Pest Control
- Food Safety Management

## Who is suitable for the course?

This course is suitable for any person who is involved with the handling of food and food production in the Republic of Ireland. This could include, but is not limited to chefs, food handlers or kitchen porters.

## Progression

The next step is to take our Managing Food Safety In Catering 3 Scotland course.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3-year certificate.

**FS003SCOT**

# Managing Food Safety 3 Scotland

The Managing Food Safety 3 Scotland course offers the full training required for you to ensure that your Managers and Supervisors have been extensively trained, ready for their role. The course provides comprehensive information on a variety of topics, to guarantee that a wide amount of scenarios are sufficiently covered. All information is correct for use in Scotland with the Scottish regulations. Upon completion of the course, a Manager will have the required knowledge to lead a team within a Scottish food business that will be handling or preparing food.

## Course Length

This course comprises of 12 levels and should take you approximately 6-7 hours to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 60 days from the date of enrolment.

## Course Content

The course consists of the following levels:

- Welcome and Introduction
- Why Food Safety needs to be Managed
- Food Safety Law
- Food Safety and Contamination Control
- Bacteriology and the Prevention of Food Poisoning
- Managing Safe Purchase, Delivery and Storage
- Managing Personal Hygiene
- Managing Cleaning
- Managing Pest Control and Waste
- Kitchen Standards and Food Equipment
- Food Safety Training
- Food Safety Management

## Who is suitable for the course?

The Managing Food Safety 3 Scotland course has been developed by a qualified Environmental Health Practitioner to provide extensive training to Managers or Supervisors in any catering company.

## Progression

This course is the final course in our digital Food Safety in Catering trilogy. There are other more specialised courses available from our library where further knowledge can be gained.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3-year certificate.

**FS006SCOT**

# Food Hygiene Information Scheme Scotland

This training helps you to understand how a food premises is inspected and rated under the Food Hygiene Information Scheme (FHIS). This scheme applies to certain catering and retail businesses in Scotland

- Upon completion of the course, you shall be able to:
- Explain what the Food Hygiene Information Scheme is.
- Give examples of the types of food business that it applies to.
- Describe the scoring system and what the different ratings mean.
- Explain how to appeal a rating if you believe it to be unfair.
- Recognise how to improve food hygiene and food safety management standards to achieve and maintain a higher rating.

## Course Length

This training consists of five levels. We estimate the course to take approximately 90 minutes. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the course to suit your time.

## Course Content

The course consists of the following levels:

- Welcome and Introduction
- How The Food Hygiene Rating Scheme Works
- The Hygienic Handling of Food
- The Cleanliness and Condition of the Facilities
- Confidence In Management

## Who is suitable for the course?

It is suitable for Food Business Operators (FBOs) and food handlers.

## Progression

The next step is to take our Food Safety in Catering 2 Scotland course if you wish to move into a more direct area of food safety in catering.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3 year certificate.

HS001

# Health and Safety In Catering 1

The Level 1 Introduction to Health and Safety in Catering course covers the basic principles of health and safety within a catering environment to help you ensure that you, the staff around you as well as customers, members of the public and contractors are kept safe in the catering environment

## Course Length

This course comprises of 9 levels and should take approximately 2 hours to complete. Once enrolled, you will then have 30 days to start and complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course consists of the following levels:

- Welcome and Introduction
- Introducing Health and Safety
- What the Law Says
- Accidents and Ill Health
- Workplace Hazards
- An Introduction to Hazardous Substances
- Manual Handling Essentials
- Fire Safety Essentials
- Health and Safety Procedures

## Who is suitable for the course?

This course is suitable for any person who works within a catering environment. It is suitable for, but not limited to, those working in front of house, bars, checkout workers and food delivery drivers.

## Progression

The next step is to take our Level 2 Health and Safety in Catering course if you wish to move into a more direct area of health and safety in catering.

## Certificate Length

Based on best codes of practice for food hygiene certificate renewals, you will be issued with a CPD accredited 3-year certificate.

HS002

# Health and Safety In Catering 2

The Level 2 Health and Safety in Catering course covers the main legal requirements for a catering workplace, covering a variety of essential topics. It aims to ensure that all employees are aware of their own health and safety, and the health and safety of others, such as members of the public, customers and contractors, in a catering environment. Upon completion of this course, you will have the knowledge and understanding to make a positive contribution to health and safety in your catering workplace

## Course Length

This course comprises of 12 levels and should take you approximately 3-4 hours to complete. Once enrolled, you will then have 60 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 60 days from the date of enrolment.

## Course Content

The course consists of the following levels:

- Welcome and Introduction
- Introduction to Health and Safety
- What the Law Says
- Accidents and Ill Health
- Introducing Risk Assessment
- Workplace Hazards
- Hazardous Substances
- Manual Handling
- Using Equipment Safely
- Fire Safety
- A Safe Place to Work
- Health and Safety Management

## Who is suitable for the course?

This course is suitable for any person who is involved with the handling of food and food production. This could include, but is not limited to chefs, food handlers or kitchen porters.

## Progression

The next step is to take our Managing Health and Safety In Catering 3 course.

## Certificate Length

Based on best codes of practice for certificate renewals, you will be issued with a CPD accredited 3-year certificate.

**ROI HS001**

# Health And Safety In The Workplace - ROI

The Level 1 Introduction to Health and Safety in Catering (Republic of Ireland) course covers the basic principles of health and safety within a catering environment to help you ensure any food products sold by the food business operator are safe for consumers.

## Course Length

This course comprises 9 levels containing 56 pods and should take approximately 2 hours to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels and Pods

- Welcome and Introduction
- Introducing Health and Safety
- What the Law Says
- Accidents and Ill Health
- Workplace Hazards
- An Introduction to Hazardous Substances
- Manual Handling Essentials
- Fire Safety Essentials
- Health and Safety Procedures

## Who is suitable for the course?

This course is suitable for any person who works within a catering environment in the Republic of Ireland. It is suitable for, but not limited to, those working in front of house, bars, checkout workers and delivery drivers.

## Progression

The next step is to take our Level 2 Health and Safety in Catering course - if you wish to move into a more direct area of health and safety in catering.

## Certificate Length

Based on best codes of practice for health and safety certificate renewals, you will be issued with a 1-year certificate.

HS003

## Health And Safety In The Workplace 2

The Health and Safety In the Workplace 2 course covers the main legal requirements for a workplace. The course covers a variety of essential topics. It aims to ensure that all employees are aware of their own health and safety and the safety of others such as members of the public, customers and contractors. Upon completion of this course, you will have the knowledge and understanding to make a positive contribution to health and safety in your workplace.

### Course Length

This course comprises of 12 levels, which takes on average 3-4 hours to complete. Once enrolled, you will then have 60 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 60 days from the date of enrolment.

### Course Content

The course consists of the following levels:

- Welcome
- Introduction to Health and Safety
- What the law says
- Accidents and ill health
- Introducing risk assessment
- Workplace hazards
- Hazardous substances
- Manual Handling and DSE
- Using equipment safely
- Fire Safety
- A safe place to work
- Health and Safety management.

### Who is suitable for the course?

This course has been written by a qualified Environmental Health Practitioner and is suitable for anyone entering the work environment.

### Progression

You may wish to take one of our other Health and Safety courses, such as Managing Legionella or Fire Safety.

### Certificate Length

As per the industry led standard you will be issued with a 3- year certificate.

HS004

## Managing Health and Safety In Catering 3

The Level 3 Managing Health and Safety course offers a comprehensive account of information, so that you can ensure that your Managers and Supervisors have been extensively trained. The course provides extensive information on a variety of topics, to guarantee that all scenarios are sufficiently covered. Upon completion of the course, a Manager will have the required knowledge to lead a team's Health and Safety within your business.

### Course Length

This course comprises of 13 levels and should take you approximately 6-7 hours to complete. Once enrolled, you will then have 30 days to complete the course.

### Course Content

The course consists of the following Levels and Pods

- Welcome and Introduction
- Introduction to Managing Health and Safety
- What The Law Says
- Identifying and Controlling Risks
- Controlling Workplace Hazards
- Controlling Hazardous Substances
- Manual Handling
- Equipment Safety
- Managing Fire Safety
- A Safe Place to Work
- Investigating Accidents and Incidents
- The Importance of Occupational Health
- Health and Safety Management

### Who is suitable for the course?

The Level 3 Managing Health and Safety course has been written by a qualified Environmental Health Practitioner and created to provide comprehensive training to Managers or Supervisors, for all areas of Health and Safety in a catering environment.

### Progression

This is the highest level of course that we currently offer in Health and Safety. There is however a selection of other courses available to broaden your knowledge

### Certificate Length

Based on industry best practice, the recommended renewal period for this training is 3 years, which is printed on your certificate.

**HS005**

# Introduction to COSHH

This course is an Introduction to COSHH, or the, 'Control of Substances Hazardous to Health Regulations 2002 (as amended).

The law requires certain controls to be put in place to protect us from harm caused by substances whilst at work. We will look at some of the key requirements of this legislation and examples of how you may come into contact with substances, as well as the actions both workers and employers must take to keep people safe.

## Course Length

The course is made up of 2 levels and contains 17 training pods. We estimate this course should take approximately 30-40 minutes to complete. Once enrolled, you will have 30 days to complete the course.

## Course Content

The course consists of the following Levels and Pods

- How The Course Works - What You Will Learn - Course Structure
- Level Introduction
- What Are Hazardous Substances
- How Hazardous Substances cause Harm
- Identifying Hazardous Substances
- GAME: Chemical Signs
- What Does COshh Require
- Controlling Hazardous Substances
- PPE
- When Things Go Wrong
- Wheel of Hazards
- A Word About Your Hands
- What You Must Do
- Recap

## Who is suitable for the course?

This course has been written by a qualified Environmental Health Practitioner and is suitable for anyone who may come into contact with hazardous substances within the workplace.

## Progression

You may want to progress through the Health and Safety or Health and Safety in Catering trilogy, to gain further knowledge

## Certificate Length

Based on industry best practice, the recommended renewal period for COSHH training is 2 years, which is printed on your certificate.

**HS006**

# COSHH Awareness

This course is an Introduction to COSHH, or the, 'Control of Substances Hazardous to Health Regulations 2002 (as amended).

The law requires certain controls to be put in place to protect us from harm caused by substances whilst at work. We will look at some of the key requirements of this legislation and examples of how you may come into contact with substances, as well as the actions both workers and employers must take to keep people safe.

## Course Length

The course is made up of 1 level and contains 9 training pods. We estimate this course should take approximately 20 - 25 minutes to complete.

## Course Content

The course consists of the following Levels and Pods

- Introduction
- What You Will Learn
- Key Terms
- COSHH Assessment
- Identifying Hazardous Substances
- When Things Go Wrong
- Control Measures
- GAME: Chemical Signs
- Recap

## Who is suitable for the course?

This course has been written by a qualified Environmental Health Practitioner and is suitable for anyone who may come into contact with hazardous substances within the workplace.

## Progression

You may want to move on to the Introduction to COSHH ( HS004 ) course which looks at COSHH in a bit more depth. Otherwise Health and Safety In Catering 2 and 3 take the story further as well as add in many other details.

## Certificate Length

Based on industry best practice, the recommended renewal period for COSHH training is 2 years, which is printed on your certificate.

HS009

# Managing Legionella

The purpose of this course is to raise your awareness of the dangers associated with Legionella and methods of control. It helps raise awareness of how dangerous Legionella can be and how to recognise signs and symptoms within your employees, staff and guests and how Legionella can be prevented. By the end of the course, you will understand where Legionella can be present, and the hazards associated with it. You will also have an overview of the main laws requiring the control of Legionella and the approved code of practice and technical guidance.

## Course Length

This course comprises of 1 level and 9 pods of training which we estimate to take approximately 30 minutes to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels and Pods

- General Introduction
- Legionella – An Introduction
- Case Study: Legionnaires Outbreak in Edinburgh, June 2012
- Specific Risks: Hot and Cold-Water Systems & Spa Pools
- Hotel Case Studies
- Testing Cold Water from a Tap
- Testing the Water from a Hot Water Pipe
- Case Notes: Legionella Kills
- Recap

## Who is suitable for the course?

This course has been written by a qualified Environmental Health Practitioner and is suitable for all employees, mainly focusing on employees within the leisure and hotel environment.

## Progression

This is currently a stand-alone course on food safety management systems, therefore there is no next progressive course.

## Certificate Length

Based on best codes of practice for Legionella certificate renewals, you will be issued with a CPD accredited 3-year certificate.

**HS012**

# Asbestos Awareness Short Course

This course provides a brief overview of the legal requirement to manage asbestos-containing materials (ACMs) in non-domestic buildings.

Upon completion of the course, you shall be able to:

- Explain what asbestos is and why it must be managed
- Describe what type of buildings the duty to manage applies to
- State the different types of asbestos product and where they may be found
- Explain what the duty to manage asbestos involves
- Describe the steps that need to be taken

Please note this is NOT training as specified in Regulation 10 of the Control of Asbestos Regulations 2012.

## Course Length

This training consists of 2 levels. We estimate the course to take approximately 1 hour to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the course to suit your time, as long as you complete it within the 30 days from enrolment.

## Course Content

The course consists of the following levels:

- Welcome and General Introduction
- Managing Asbestos

## Who is suitable for the course?

The course has been written by a qualified Environmental Health Officer. It is an introduction to the legal duty to manage ACMs and is suitable for those who are responsible for non-domestic buildings and the common parts of multi-occupied domestic premises.

## Progression

This is currently a stand-alone course on Asbestos Awareness. There is no next progressive course.

## Certificate Length

As per the industry led standard you will be issued with a 1- year certificate.

**HS014**

# Health And Safety In Reception

Offices are considered to be low risk environments. However, there are common hazards in an office that can lead to accidents or ill health. In this short Health and Safety in Reception course, we will look at some of these hazards and how they can be controlled.

## Course Length

This course comprises of 5 levels of training which we estimate to take approximately 2 hours to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels

- General Introduction
- Introducing Health and Safety
- Workplace Hazards
- Workplace Environment
- Workplace Procedures

## Who is suitable for the course?

This course is suitable for anyone within a reception or office setting to raise awareness of common workplace hazards, and how to prevent them from occurring.

## Progression

This is a stand-alone course; however, you may be interested in completing some of our other Health and Safety training courses, such as Fire Safety or Health and Safety in the Workplace

## Certificate Length

Based on industry guidance, you will be issued with a 3-year certificate once fully completed

HS015

# Introduction to Risk Assessment

One of the greatest and most used tools in Health and Safety is the Risk Assessment. It allows us to safely complete tasks that would have been classed as too dangerous previously by not only identifying the risks involved, but also looking at ways they could be mitigated to make the task safer. This course

## Course Length

This course comprises of 5 levels of training which we estimate to take approximately 2 hours to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels

- General Introduction
- Introducing Health and Safety
- Workplace Hazards
- Workplace Environment
- Workplace Procedures

## Who is suitable for the course?

This course is suitable for anyone within a reception or office setting to raise awareness of common workplace hazards, and how to prevent them from occurring.

## Progression

This is a stand-alone course; however, you may be interested in completing some of our other Health and Safety training courses, such as Fire Safety or Health and Safety in the Workplace

## Certificate Length

Based on industry guidance, you will be issued with a 3-year certificate once fully completed

HS017

# Manual Handling Short Course

This course is an Introduction to Manual Handling and how to safely move objects around your environment

The law requires that manual handling training is given to all staff who will be moving loads in the course of their role.

## Course Length

The course is made up of 1 level and contains 9 training pods. We estimate this course should take approximately 25-30 minutes to complete.

## Course Content

The course consists of the following Levels and Pods

- Introduction
- Manual Handling - The Problem
- Getting to Grips with Manual Handling
- Planning and Practices
- Divide and Rule
- Manual Handling Guidance
- GAME - Manual Handling Task
- Recap
- Quiz

## Who is suitable for the course?

This course has been written by a qualified Environmental Health Practitioner and is suitable for anyone who moves loads around their working environment.

## Progression

This is a standalone course, but the Health and Safety in the Workplace course will extend your general H&S knowledge for the place you work in. There is also a fire basics course that will help keep you safe

## Certificate Length

Based on industry best practice, the recommended renewal period for Manual Handling training is 12 months, which is printed on your certificate.

**HS018**

# Confined Spaces Awareness Course UK

Whatever type of business you work in, working in confined and tight spaces needs the correct care to always be taken to ensure it's safety.

This course is designed to increase the awareness of what is needed to keep you safe.

## Course Length

This course comprises of 5 levels of training which we estimate to take approximately 1 ½ hours to complete.

## Course Content

The course consists of the following Levels

- Welcome And Introduction
- An Introduction To Confined Spaces
- What The Laws Says
- Risk Assessment
- Control Measures

## Who is suitable for the course?

This course is suitable for anyone within a business who may be required to work in confined spaces. It is also relevant to anyone who manages such people or owns the business they are working in

## Progression

This is a stand-alone course; however, you may be interested in completing some of our other Health and Safety training courses, such as Fire Safety or Health and Safety in the Workplace

## Certificate Length

Based on industry guidance, you will be issued with a 3-year certificate once fully completed

**HS019**

# Working at Height

This course looks at the requirements of working at Height from the perspective of both the worker and the company

## Course Length

This course comprises of 5 levels of training which we estimate to take approximately 1 ½ hours to complete.

## Course Content

The course consists of the following Levels

- Welcome And Introduction
- An Introduction To Confined Spaces
- What The Laws Says
- Risk Assessment
- Control Measures

## Who is suitable for the course?

This course is suitable for anyone within a business who may be required to work in confined spaces. It is also relevant to anyone who manages such people or owns the business they are working in

## Progression

This is a stand-alone course; however, you may be interested in completing some of our other Health and Safety training courses, such as Fire Safety or Health and Safety in the Workplace

## Certificate Length

Based on industry guidance, you will be issued with a 3-year certificate once fully completed

**PH001**

# Cellar Management, the basics

In any establishment that runs either Cask or Keg beers, there is a skill to correctly running the cellar and the bar.

This course looks at the basics of both Casks and kegs, glass and bar cleanliness as well as good cellar conditions. It also describes various processes including cleaning the lines and renovation of glassware.

## Course Length

The Cellar Management course will take a bit under 2 hours to complete

## Course Content

The course consists of the following content:

- Welcome and Introduction
- Cellar Basics
- Casks and Kegs
- Line Cleaning
- Looking after your Bar and Glasses
- The Perfect Pint
- Cellar Faults
- Cellar H&S
- Pub Cellar
- Recap

## Who is suitable for the course?

The course is suitable for anyone working in a setting where alcohol is sold to the public.

## Progression

Along with Alcohol Awareness this course gives a good around basic knowledge of the workings of a bar

## Certificate Length

At the end of the course, you will be required to take a short multiple-choice test. You must pass with a pass mark of 80% or above to be awarded your certificate. You will be issued with a 3-year certificate.

**PH002**

# Alcohol Licensing Awareness

Our Alcohol Licensing Awareness Course covers the legal requirements of the Licensing Act 2003, which is applicable at any location where alcohol is served. This course also looks at the Weights and Measures Act 1985 and provides training on how to spot when a customer is under the influence of alcohol, or if a customer appears to be under the age of 18.

## Course Length

The Alcohol Licensing Awareness course consists of 1 level containing 10 pods. This is a short course taking approximately 20 minutes to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels

- Introduction
- Course Contents
- The Licensing Act 2003
- The Requirements of the Licensing Act 2003
- Challenge 21/25
- What Can Go Wrong?
- Weights and Measures Act 1985
- GAME: Licence It
- Did you Know?
- Recap

## Who is suitable for the course?

The course is suitable for anyone working in a setting where alcohol is sold to the public.

## Progression

This is currently a stand-alone course on pest control awareness. There is no next progressive course.

## Certificate Length

As per the industry led standard you will be issued with a 3-year certificate.

PH003

# Alcohol Licensing Awareness - Scotland

Our Alcohol Licensing Awareness for Scotland Course covers the legal requirements of the Licensing (Scotland) Act 2005 which is applicable at any location in Scotland where alcohol is served. This course also looks at the Weights and Measures Act 1985 and provides training on how to spot when a customer is under the influence of alcohol, or if a customer appears to be under the age of 18.

## Course Length

The Alcohol Licensing Awareness for Scotland course consists of 7 levels. This course will take approximately 2 hours to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the course to suit your time, as long as you complete it within the 30 days from enrolment.

## Course Content

The course consists of the following content:

- Welcome and Introduction
- The Licensing (Scotland) Act 2005
- Alcohol Awareness
- Children, Young People and Alcohol
- Illegal Substances Awareness
- Your Social Responsibility
- Conflict Management

## Who is suitable for the course?

The course is suitable for anyone working in a setting where alcohol is sold to the public.

## Progression

This will give those working in a licensed premises relevant information relating to the laws and regulations of a licensed premises. Next progression training may include Personal License Holder training.

## Certificate Length

At the end of the course, you will be required to take a short multiple-choice test. You must pass with a pass mark of 80% or above to be awarded your certificate. You will be issued with a 1-year certificate. This training should be refreshed annually.

**PH004**

# Martyn's Law 2025 Awareness

Martyn's Law places a requirement on those responsible for certain venues to consider the threat from terrorism and implement appropriate and proportionate mitigation measures. A tiered system is included which depends on the capacity of the premises or event and the activity taking place, which should stop an unnecessary burden being placed on businesses.

The Terrorism (Protection of Premises) Bill received Royal Assent on 3 April 2025.

## Course Length

The Martyn's Law 2025 Course is made up of a single Level with a total of 9 Pods. It should take no more than about 30 minutes to complete. Two of the levels are downloadable PDFs for you to use.

## Course Content

The course objectives are, to..

- Understand the requirements of Martyn's Law depending on the size and nature of your business and / or event;
- Understand what may be required in order to take 'appropriate and proportionate measures' as outlined by the legislation;
- Understand what you can do in order to prepare for the legislation being implemented officially;
- Understand the potential implications in relation to non-compliance with the legislation.

## Who is suitable for the course?

This course is suitable for anyone who works either in a full time or temporary capacity in a place where the public can gather.

## Progression

This is a stand-alone course on Martyn's Law

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

**HR003**

# Remote Working

Working from home has now massively increased in the wake of Covid-19. This course provides essential information about making the most of your lone working set up. We will look at the responsibilities that your employer has to you as a remote worker, the requirements of DSE and how to control the risks of lone working, as well as workplace violence and mental wellbeing.

## Course Length

The course is made up of 5 levels and contains 34 training pods. This course should take approximately 60-70 minutes to finish.

Once enrolled, you will have 30 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course consists of the following content:

- Welcome and Introduction
- Introduction to Remote Working
- Working from Home
- Other Lone Workers
- Safety and Wellbeing

## Who is suitable for the course?

The course has been developed by a qualified Environmental Health Practitioner and is suitable for any employee who is working remotely.

## Progression

This is a stand-alone course, however, other courses around wellbeing and mental health are available. You may also want to take so other H&S courses such as manual Handling, Risk Assessment and H&S in the workplace

## Certificate Length

Based on industry guidance you will be issued with a 1 year certificate.

**HR005**

# Introduction to DSE Assessments

This course is a short e-learning course centred around the use of Display Screen Equipment.

We will look at the requirements of DSE and how to control the risks, the responsibilities that your employer has to you, and how to maintain a healthy workstation set up. It will also introduce the DSE assessment and how to complete this.

## Course Length

The course is made up of 1 level and contains 8 training pods. We estimate this course should take approximately 30 - 45 minutes to complete including the end of training test. . Once enrolled, you will then have 30 days to complete the course.

You can dip in and out of the training to suit your time allowance, however this must be completed within 30 days from the date of enrolment.

## Course Content

The course consists of the following levels:

- Introduction
- Useful definitions
- What does the law say?
- Who requires a DSE assessment?
- Reducing the risks
- Game - DSE assessment
- DSE workstation checklist
- Recap

## Who is suitable for the course?

The course has been designed to be suitable for anyone who needs or carries out DSE assessments.

## Progression

This is currently a stand-alone course on DSE Assessments. There is no next progressive course.

## Certificate Length

As per the industry led standard you will be issued with a 1- year certificate.

**HR006**

# GDPR An Introduction

On 25th May 2018, extra responsibilities were added to the Data Protection Act 1998, by the EU General Data Protection Regulations (GDPR).

This course sets out guidance on your responsibilities in relation to obtaining consent, the Data Protection Officer requirements and the other areas of Data Protection requirements you should be familiar with.

## Course Length

This course consists of 1 level with 10 training pods. We estimate the course to take approximately 30 minutes. Once enrolled, you will have 30 days to complete the training. You can dip in and out of the training to suit your time availability, as long as you keep within the 30 days from enrolment.

## Course Content

The course consists of the following content:

1. Introduction
2. What is Data?
3. What is GDPR
4. Spot the Data Breach
5. How to Report a Data Breach
6. The Principles of Data Protection: Part 1
7. A Word from the Information Commissioner
8. The Principles of Data Protection: Part 2
9. A Word About GDPR Rights
10. Recap

## Who is suitable for the course?

This course is for those who are required to have an understanding of the rules around GDPR, and those who are responsible for implementing it. This course will also assist with an understanding of general principles of data protection.

## Progression

This is a stand-alone course and therefore there is no suggested next progression.

## Certificate Length

The certificate is valid from Navitas Safety Academy for 2 years

HR007 / HR008

## Understanding RIDDOR - Employees / Employers

This course provides an overview of the main legal requirements to report and keep records of certain work-related accidents, occupational diseases and incidents known as dangerous occurrences. This is required under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 also known as (RIDDOR). There are separate regulations covering Northern Ireland.

Upon completion of the course, you shall be able to:

- Explain the purpose of RIDDOR
- Give examples of injuries, diseases, and dangerous occurrences that are reportable under RIDDOR
- State the legal responsibilities that employers, self-employed workers, and people in control of work premises have under RIDDOR
- Explain how to report injuries, diseases, and dangerous occurrences
- Describe what records are required to be kept
- State the main requirements of RIDDOR in Northern Ireland
- Explain how the law is enforced if a disease, dangerous occurrence, or injury is not reported as required

### Course Length

This training consists of two levels and 15 pods. We estimate the course to take approximately 30-45 minutes. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the course to suit your time, as long as you complete it within the 30 days from enrolment.

### Course Content

The course consists of the following main sections:

- Welcome and General Introduction
- The Main Requirements

### Who is suitable for the course?

The course has been written by a qualified Environmental Health Officer. It provides information on the reporting requirements for catering and hospitality businesses. **It does not contain information regarding the requirements for mines, quarries, transport systems, gas, and offshore installations.**

### Progression

This is a stand-alone course therefore there is no next progressive course.

### Certificate Length

Based on industry guidance you will be issued with a 3 year certificate.

**HR009**

# Introduction to Lone Working

The Introduction to Lone Working looks at the basic requirements for both the employee who is lone working and their employer. It introduces basic good practice to help understand how to keep safe in a lone working situation.

## Course Length

This training consists of 2 levels. We estimate the course to take approximately 10-15 minutes to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following levels:

- An Introduction to Lone Working
- Goodbye and test

## Who is suitable for the course?

The course has been written by a qualified Health and Safety expert, it is suitable for both employers and employees where lone working is happening / about to occur.

## Progression

This is currently a stand-alone course on Lone Working. There is no next progressive course.

## Certificate Length

As per the industry led standard you will be issued with a 1- year certificate.

**HR010**

# Sexual Harassment at Work

Everyone should be treated with dignity and respect whilst they are at work. Unfortunately, situations may occur where workers are exposed to unwanted treatment in the form of sexual harassment.

This short course will look at ways in which this may occur, what to do if you become aware of it, prevention, and the legal implications.

## Course Length

The course consists of 1 level containing 6 pods. This is a short course which we estimate to take approximately 25 minutes. You can dip in and out of the course to suit your time, as long as you complete it within the 30 days from enrolment.

## Course Content

The course covers the following areas:

- What is Sexual Harassment?
- Workplace Policy
- GAME: Are These Statements True or False?
- What to Do if You Are Being Sexually Harassed

## Who is suitable for the course?

The course is suitable for anyone in a working environment

## Progression

This is a stand-alone course, therefore there is no next progressive course. However, we do offer other courses on Mental Health Awareness and Bullying and Harassment that may be of interest to you.

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

HR011

# Mental Health Awareness

Mental health is talked about more openly these days. Most of us will either suffer from it ourselves, or know someone who does. It should not be used as a barrier to treat people differently, or without respect and dignity. Everyone should have the opportunity to work regardless of any mental ill health they may be suffering from. Health and wellbeing is a key safety topic, which should be culturally embedded and promoted. This course will guide you through the basic principles and provide guidance on how to raise the profile of mental health awareness within your own environment.

## Course Length

This course comprises 1 level and 9 pods of training which we estimate to take approximately 35 minutes to complete. Once enrolled, you will then have 30 days to complete the course. You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course covers the following areas:

- Introduction
- Stress is a Workplace Hazard
- Common Conditions
- We Can and We Will
- Mental Health and Looking After Ourselves
- Building Personal Resilience
- Mental Wellbeing and the Law
- Five Ways To Wellbeing
- Recap

## Who is suitable for the course?

The course is an introduction to mental health awareness and is suitable for anyone who would like an understanding of mental health conditions. How to look after yourself, and support others.

## Progression

This is a stand-alone course, therefore there is no next progressive course. However, we do offer other courses on Bullying and Harassment and Equality and Diversity that may be of interest to you.

## Certificate Length

Based on industry guidance you will be issued with a 3 year certificate.

HR012

# Bullying and Harassment At Work

We all, quite rightly, wish to be treated with dignity and respect whilst we are at work. Unfortunately, situations may occur where workers are exposed to unwanted treatment in the form of bullying or harassment.

This short course will look at ways in which this may occur, what to do if you become aware of it, prevention, and the legal implications.

## Course Length

The course consists of 1 level containing 6 pods. This is a short course which we estimate to take approximately 20 minutes. You can dip in and out of the course to suit your time, as long as you complete it within the 30 days from enrolment.

## Course Content

The course consists of the following content:

- Introduction
- What Is Bullying and Harassment?
- Harassment – A Case Study
- Policy Requirements
- GAME: Can You Identify the Protected Characteristics?
- Recap

## Who is suitable for the course?

The course is suitable for anyone within a working environment.

## Progression

This is a stand-alone course, therefore there is no next progressive course. However, we do offer other courses on Mental Health Awareness and Equality and Diversity that may be of interest to you.

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

HR013

# Equality And Diversity At Work

Everyone at every level needs to champion equal opportunity for all, giving everyone the same chances, without prejudice or discrimination. There should be no barriers in your workplace or excuses to treat people differently, or without respect and dignity.

In this course, we will guide you through the 9 characteristics as defined by the Equality Act 2010, the differences between direct and indirect discrimination, and what is meant by the terms: harassment and victimisation. We will also cover how unconscious bias can influence us and provide guidance on how to ensure equality and diversity is a focus within your own environment.

## Course Length

The course consists of 1 level containing 8 pods. This is a short course which will take approximately 30 minutes to complete. Once enrolled, you will have 30 days to complete the training. You can dip in and out of the training to suit your time availability, as long as you keep within the 30 days from enrolment.

## Course Content

The course consists of the following content:

- Introduction
- The 9 Protected Characteristics
- Can You Identify The 9 Characteristics?
- Discrimination, Harassment and Victimisation
- How Would You Feel?
- Unconscious Bias
- Unconscious Bias at Work
- Recap

## Who is suitable for the course?

The course is suitable for anyone within a working environment.

## Progression

This is a stand-alone course, however, we also have two short e-learning courses on Mental Health Awareness and Bullying and Harassment, if you are interested in gaining further knowledge on workplace awareness.

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

CH001

# Dysphagia Awareness

Dysphagia is a challenge to many people around the world. It affects approximately 13.5% of the general population but is more common in seniors. As more people live to older ages, the incidence of dysphagia is increasing. It affects 19-33% of individuals older than 80 years-of-age, and up to 50% of those living in a nursing home.

In this course, we will talk about what Dysphagia is and what we need to do to keep those affected safe.

## Course Length

The course consists of 9 pods. This is a short course which will take approximately 30 to 40 minutes to complete. Once enrolled, you will have 30 days to complete the training. You can dip in and out of the training to suit your time availability, as long as you keep within the 30 days from enrolment.

## Course Content

The course consists of the following content:

- Introduction
- What is Dysphagia and who is affected
- The Eating, Drinking and Swallowing Competency Framework (EDSCF)
- Why Dysphagia Training and Information is Important
- Modified Texture Meals and Drinks and The International Dysphagia Diet Standardisation Initiative (IDDSI)
- Responsibilities, Referrals, and First Aid
- Tips for Caring For People With Dysphagia
- GAME - IDDSI
- Recap

## Who is suitable for the course?

The course is suitable for anyone who works around those who have or are at risk of being affected by Dysphagia

## Progression

This is a stand-alone course, however, other courses around food, Health and Safety are available

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

CH002

# Introduction To Safeguarding Vulnerable Adults

Every person has the right to live in peace, free from experiencing the harm caused by neglect or abuse.

Unfortunately, some groups of society are more at risk than others; however, we can all play a part in keeping these people safe. This Safeguarding Vulnerable Adults course will guide you through the basic principles we can all follow to help safeguard vulnerable adults, including actions you should take if you have concerns about an individual.

## Course Length

This course consists of 1 level containing 6 pods. This is a short course taking approximately 30 minutes to complete. Once enrolled, you will then have 30 days to complete the course.

You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course consists of the following content:

- Introduction
- What is Safeguarding?
- They Say – Vulnerable Adults
- What Do I Need to Do?
- A Case Study
- Recap

## Who is suitable for the course?

The course is an introduction to Safeguarding, suitable for anyone that works with, or comes into contact with vulnerable adults. You do not need prior Safeguarding training to take this course. You may wish to complete this training if you work in an education setting, such as care homes, teaching, school caterers, activity leader or volunteer.

## Progression

This is a stand-alone course on Safeguarding Vulnerable Adults however, depending on your role, you may wish to take our Safeguarding Children course.

## Certificate Length

Based on industry guidance you will be issued with a 3 year certificate.

CH004

# Introduction To Safeguarding Children

All children have the right to live free from experiencing the harm caused by mistreatment, and we all must play a part in keeping them safe. This Safeguarding Children course will guide you through the basic principles we can all follow to help safeguard children, including actions you should take if you have concerns about an individual.

## Course Length

The Safeguarding Children course consists of 1 level containing 7 pods. This is a short course taking approximately 30 minutes to complete. Once enrolled, you will then have 30 days to complete the course.

You can dip in and out of the training to suit your time allowance, however this must be within the 30 days from the date of enrolment.

## Course Content

The course consists of the following content:

- Introduction
- What is Meant by Safeguarding?
- Responding to a Child's Disclosure of Abuse
- Making Policy
- Safeguarding Issues
- Policy: An Example
- Childline – Supporting Children
- Recap

## Who is suitable for the course?

The course is an introduction to Safeguarding, suitable for anyone that works with, or comes into contact with children. You do not need prior Safeguarding training to take this course. You may wish to complete this training if you work in an education setting, such as a young person's care home, teaching, school caterers, activity leader or volunteer.

## Progression

This is a stand-alone course on Safeguarding Children however, depending on your role, you may wish to take our Safeguarding Vulnerable Adults course.

## Certificate Length

Based on industry guidance you will be issued with a 1 year certificate.

**FR001**

# Fire Basics 1

This Fire Basic course is great for almost anyone. It explains the basics of fire and fire safety and how you can help keep the workplace safe. It also lets you know what to do in the event of a fire, whether you are the person finding it or someone who hears a fire alarm.

## Course Length

This course comprises of 7 levels of training which we estimate to take approximately 20-25 minutes to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels

- Hello
- An Introduction To Fire
- Signs
- Extinguishers and Fire Suppression
- Good Housekeeping
- What To Do
- What Have We Learned

## Who is suitable for the course?

This course is suitable for anyone who needs the basics of how to keep safe and evacuate safely in the event of a fire. This course is also the prequel to the Fire Wardens Course which moves to the next level

## Progression

Following on from this course there is a Fire Wardens Training - FR002 and a Fire for Businesses course FR003 which cover further aspects of fire safety.

## Certificate Length

Based on best practice for fire certificate renewals, you will be issued with a 1 year certificate.

**FR002**

# Fire Warden Training 2

The role of Fire Warden is an important one and while this course can't offer details to match any particular business or building, it does provide good sound help on how to complete the Fire Warden Role. It covers such things as keeping the area safe, the weekly, monthly and longer checks that are required, how they should not be a hero, Sweeping not Searching and very importantly their role in the event of a fire. We recommend that this course is taken after Fire Basics FR001

## Course Length

This course comprises of 7 levels of training which we estimate to take approximately 20-25 minutes to complete. Once enrolled, you will then have 30 days to complete the course.

## Course Content

The course consists of the following Levels

- Hello
- Reduce The Chances Of A Fire
- Escape Routes
- Signage
- Signage ( PDF Version )
- Extinguishers and Fire Suppression
- Roles of a Fire Warden
- More About The Role
- Fires - Our Role
- Weekly, Monthly and conclusion

## Who is suitable for the course?

This course is suitable for anyone who is moving into a Fire Marshal role.

## Progression

Following on from this course there is a Fire for Businesses course FR003 which covers further aspects of fire safety within a business

## Certificate Length

Based on best practice for fire certificate renewals, you will be issued with a 1 year certificate.

**FR003**

# Fire Safety For Businesses

In this course, you will learn that there have been and continue to be, issues around the management of fire safety. You will also learn about the importance of a fire evacuation plan, what to consider when creating a fire evacuation plan and how to put this plan into practice. All organisations must provide fire safety training to comply with government fire safety regulations.

The course has been developed by a Fire Safety specialist, with full audio narration.

## Course Length

The Fire Safety course consists of 8 levels, and we estimate the course to take approximately 3 hours. Once enrolled, you will have 30 days to complete the training. You can dip in and out of the training to suit your time availability, as long as you keep within the 30 days from enrolment.

## Course Content

The course consists of the following Levels and Pods

- General Introduction – The Importance of Fire Safety
- Fire Risks and Controls
- Fire Risk Assessment
- Prevention, Protection, Detection and Warning Systems
- Escape Routes and Means of Escape
- Fire Emergency Evacuation Plan
- Specific Risk Areas
- Managing the Threat

## Who is suitable for the course?

The course is suitable for any employee within an organisation to help understand government legislation and safe working procedures for your company. Aimed more at people who will be managing fire safety.

## Progression

This is a stand-alone course on Fire Safety, and therefore there is no further progression required.

## Certificate Length

Based on industry best practice, the recommended renewal period for this training is 3 years, which is printed on your certificate.

**FR004**

## Passive Fire and AFSS

In this course, you will learn about the basics of Passive Fire protection and some of the systems involved. You will also look at Automatic Fire Suppression Systems and how these work together with Passive Fire to make the workplace safer.

The course has been developed by a specialist, with full audio narration.

### Course Length

The Fire Safety course consists of 1 level, 13 lessons, and we estimate the course to take approximately 1 hour.

### Course Content

The course consists of the following Levels and Pods

- General Introduction and Course Objectives
- Legal REquirements and Fire Risk Assessments
- Copy of Approved Document B - for download
- What Passive Fire protection is
- Structural elements of Buildings
- Compartmentalisation and Fire Stopping
- Maintenance, testing and Inspection of Passive systems
- AFSS
- Maintenance, testing and Inspection of AFSS
- Other types of Passive Fire protection ad AFSS
- Case Study
- Recap
- Quiz

### Who is suitable for the course?

The course is suitable for any employee within an organisation to help understand Passive and Automatic fire suppression systems

### Progression

This is a stand-alone course on Fire Safety, and therefore there is no further progression required.

### Certificate Length

Based on industry best practice, the recommended renewal period for this training is 2 years, which is printed on your certificate.

FA 001

# Navitas Safety - Anaphylaxis Awareness

Anaphylaxis is a life threatening condition that can pop up at any time and can be brought on very easily. While we don't all know someone with anaphylaxis, it is always good to know what to do if someone near you has a reaction.

This course is an awareness only course and won't make you a certified First Aider, but will provide the knowledge you will need to be able to help someone if they need it.

## Course Length

This course consists of 1 level lasting about 9 minutes followed by a short multiple choice quiz to check the learner's understanding.

## Course Content

The course consists of the following content:

- ❖ Introduction
- ❖ What is Anaphylaxis
- ❖ What Causes Anaphylaxis
- ❖ Primary Survey
- ❖ First Aid
- ❖ EpiPen and Jext adrenaline auto-injectors
- ❖ Recap and Quiz

## Who is suitable for the course?

This course is for anyone who thinks they may at some point be in contact with someone that is affected by a strong allergic reaction. As well as the general principles, this course includes the use of the two most common adrenaline auto-injectors.

Perfect for anyone, but especially those in a hospitality or educational environment

## Progression

This is a stand-alone course and therefore there is no suggested next progression.

## Certificate Length

The certificate is valid from Navitas Safety Academy for 2 years

# Safety Bites

Our 2026 Safety bite collection includes one Safety Bite per month which will be enrolled automatically to your staff.

## Course Length

All of our Safety Bites are designed to be quick and while they are short courses in their own rights, are used by many of our clients as monthly refresher courses to keep their staff fresh and up to date.

## Who is suitable for the course?

Anyone who works in a Food Preparation area or business

## Progression

These are stand-alone courses that are normally used to keep knowledge fresh. If you would like to provide your staff with EHO and HSO written courses suitable to enable them to do their role, please look at our other courses.

## The 2026 collection is:

**January: Defrosting**

**March: Temperature Control**

**May: Effective Cleaning**

**July: Foreign Bodies**

**September: Food Waste Legislation 2025**

**November: COSHH Awareness**

**February: Allergen Awareness**

**April: Personal Hygiene**

**June: Noisy Kitchens**

**August: Knife Safety**

**October: Labelling**

**December: As Safe As Ice**

# Navi-Insight

Very Similar to Safety Bites in many instances, Navi Insights are one off select subjects that we provide on an individual basis. The correction is always growing and the chances are that if you need a quick refresher courses on a particular subject we already have one tucked away waiting to make an appearance.

## Course Length

All of our Navi-Insights are designed to be quick easily completed, making sure that a quick refresher you wish your staff to have doesn't impact heavily on their work.

## Who is suitable for the course?

Anyone who works in a Food Preparation area or business

## Certificate Length

The certificates for Navi-Insights are valid from Navitas Safety Academy for 1 year

## The start of our collection includes:

Navi-Insight - Cleaning And Sanitising	( SF NI 001 )
Navi-Insight - Handwashing	( SF NI002 )
Navi-insight - As Safe As Ice	( NI003 )
Navi-insight - Slips, trips and falls	( NI004 )
Navi-Insight - Waste Separation Regulations 2025 Awareness	( NI005 )
Navi-Insight - Noisy Kitchens	( NI006 )

## Here is a bit of information about a couple of our current Navi-Insights...

NI001

# Navi-Insight - Cleaning and Sanitising

Kitchens can be very noisy places. In fact they can be loud enough to not only affect our mental health, but also our physical health as well.

This quick course looks at why kitchens can be so noisy and how we can best work in loud areas to stay safe.

## Course Length

The Noisy Kitchens course is made up of six short levels and should take less than 30 mins to complete

## Course Content

The course objectives are, to..

- Understand why kitchens can be so noisy
- Understand how a noisy environment can affect both mental and physical health
- Look at some options to communicate in a loud area
- Know how to stay a bit safer

## Who is suitable for the course?

This course is suitable for anyone who works either in a full time or temporary capacity in a noisy kitchen or other noisy environment

## Progression

This is a stand-alone course on Noisy Kitchens

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

**NI002**

# Navi-Insight - Handwashing and Cleaning HTPs

Kitchens can be very noisy places. In fact they can be loud enough to not only affect our mental health, but also our physical health as well.

This quick course looks at why kitchens can be so noisy and how we can best work in loud areas to stay safe.

## Course Length

The Noisy Kitchens course is made up of six short levels and should take less than 30 mins to complete

## Course Content

The course objectives are, to..

- Understand why kitchens can be so noisy
- Understand how a noisy environment can affect both mental and physical health
- Look at some options to communicate in a loud area
- Know how to stay a bit safer

## Who is suitable for the course?

This course is suitable for anyone who works either in a full time or temporary capacity in a noisy kitchen or other noisy environment

## Progression

This is a stand-alone course on Noisy Kitchens

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

**NI003**

# Navi-Insight : As Safe as Ice

Everyone likes a piece or two of ice in their drink and many chefs will display chilled foodstuffs on a bed of ice as well. What many people forget is that as the ice we use is consumed, it is classed as a food. As such we need to take just as much care in its use as any other food. This course runs through the basics of ice care, ice machines and the procedures you need to follow to make using ice safely.

## Course Length

This is a Navi Insight, so a quick and simple course to complete and get a general awareness of the regulations and requirements 5-10 minutes

## Course Content

The course objectives are, to..

- Introduction
- Ice Safety
- Controls and Cleaning
- Always and Never
- Summary
- Quiz

## Who is suitable for the course?

This course is suitable for anyone who works in the food or hospitality sectors, both front and back of house

## Progression

This is a stand-alone course on Ice Safety and may also be a part of other Food Safety courses

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

**NI004**

# Navi-Insight : Slips, Trips and Falls

Slips, trips and Falls are one of the biggest causes of injury and time off in the kitchen and other areas of hospitality. This Navi Insight looks at what the risks are and how to prevent an accident happening.

## Course Length

This is a Navi Insight, so a quick and simple course to complete and get a general awareness of the risks and requirements to help keep everyone safe 10-15 mins

## Course Content

The course objectives are, to..

- Introduction
- Overview
- Risks
- Mitigation
- Summary
- Quiz

## Who is suitable for the course?

This course is suitable for anyone who works in the food or hospitality sectors, both front and back of house

## Progression

This is a stand-alone course on Slips, trips and falls and may also be a part of other Food Safety courses

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

NI005

# Navi-Insight : Waste Separation Regulations 2025 Awareness

We all have a requirement to recycle and remove waste in the most ecological manner. The Waste Separation Regulations have been introduced to make sure that those in the Food and Hospitality industries correctly recycle their food and other waste in the best way possible.

The regulations are tiered so that larger businesses are required to comply immediately, while other smaller businesses have a couple of years to get everything in place.

## Course Length

This is a Navi Insight, so a quick and simple course to complete and get a general awareness of the regulations

## Course Content

The course objectives are, to..

- Understand the requirements of the Waste Separation Regulations 2025
- Understand what will be required in order to comply with the regulation
- Understand the different timescales and business size for readiness if you are a smaller company

## Who is suitable for the course?

This course is suitable for anyone who works in the food or hospitality sectors

## Progression

This is a stand-alone course on the Waste Separation Regulation 2025 and will also be a part of other Food Safety courses

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

**NI006**

# Navi-Insight: Noisy Kitchens

Kitchens can be very noisy places. In fact they can be loud enough to not only affect our mental health, but also our physical health as well.

This quick course looks at why kitchens can be so noisy and how we can best work in loud areas to stay safe.

## Course Length

The Noisy Kitchens course is made up of six short levels and should take less than 30 mins to complete

## Course Content

The course objectives are, to..

- Understand why kitchens can be so noisy
- Understand how a noisy environment can affect both mental and physical health
- Look at some options to communicate in a loud area
- Know how to stay a bit safer

## Who is suitable for the course?

This course is suitable for anyone who works either in a full time or temporary capacity in a noisy kitchen or other noisy environment

## Progression

This is a stand-alone course on Noisy Kitchens

## Certificate Length

Based on industry guidance you will be issued with a 2 year certificate.

**NI007**

# Navi-Insight: Face Coverings and Disposable Gloves

Using PPE such as face coverings and disposable gloves, really came to the fore of the world's minds during the pandemic. But in the catering world they have been used to good effect on a daily basis to help keep customers safe

## Course Length

The course is made up of two short levels and should take less than 20 mins to complete

## Course Content

The course levels cover:

- Face Coverings
- Disposable Gloves

## Who is suitable for the course?

This course is suitable for anyone who works either in a full time or temporary capacity in a food based environment

## Progression

This is a stand-alone course on Face Coverings and Disposable Gloves

## Certificate Length

You will be issued a digital certificate which will state the date you passed



**Thank You.**