



KSH SAFETY SERVICES



Health related ONLINE TRAINING



Full list of approved courses overleaf and at
[KSHSAFETY.COM/ONLINE](https://www.kshsafety.com/online)

NEW
COURSE

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NEW
COURSE



Mental Health Awareness

This course explains the difference between mental health and mental illness. It covers the symptoms of a number of the most common mental illnesses so you will know what to look out for or what to expect if you are working with someone with one of these conditions. As well as providing some practical advice on how you can work effectively with those affected by these conditions.



Developing a Workplace Mental Health Policy

When people have good mental health, they are more likely to fulfil their potential. That means they enjoy work and cope easily with work situations. They have a happy family life and good social relationships. This course covers the steps that organisations should consider when developing and implementing a comprehensive workplace Mental Health Policy.



Stroke Awareness

Strokes are the fourth single leading cause of death in the UK, as well as a leading cause of disability. Being aware of the causes and symptoms will help you act fast in a situation where you suspect someone is having a stroke and provide them with the best chance of receiving the treatment they need and minimising the long term impact of the condition. This course will cover the types of strokes, the symptoms, and risk factors. It will also cover the treatment options and the longer term impact of the condition.



Epilepsy Awareness

This course will give you an overview of epilepsy. It lists the methods of diagnosis, what a seizure is and how the brain can be affected. It will introduce some possible seizure triggers and describe what to do when someone has a seizure. It will also discuss some of the treatments offered to people with epilepsy and provide practical advice on what you can do if you witness someone having a seizure.



Infection Control

This course will start by defining infection prevention and control and explaining the impact of good and bad infection control. It then goes into detail about the legislation that applies to infection control, the different types of microorganisms, how bacteria are transmitted, the chain of infection, and much more... Ideal for people on the front line or dealing with COVID-19 issues.



Autism Awareness

This course will provide you with an understanding of what autism is and how it affects a child's daily life. It will touch on what factors contribute towards a child developing autism as well as some of the typical behaviours associated with it and how to can provide effective support for those with the condition. It also discusses what happens during the diagnosis process, some of the intervention methods that can help manage the condition and suggests some simple adaptations you can make to improve a child with autism's day to day life.



Diabetes Awareness

Diabetes is a serious lifelong health condition that occurs when the amount of glucose, or sugar, in the blood is too high. If left untreated, high blood glucose levels can cause serious health complications. This course is aimed at people working in the health and social care sector and will provide an overview of the condition, the common symptoms that might indicate someone has diabetes, methods of diagnosis, some possible treatments and common complications that can affect those with the condition.



Stress Management

Stress is a real problem for both organisations and their employees. It accounts for a significant proportion of work related illness each year. Being aware of the signs of stress, some of the triggers and how to manage them can make a real difference to your wellbeing and that of people around you. This course will cover an introduction to stress and why it's a problem, some of the causes of stress and some ways to minimise the risk of stress.



Drug and Alcohol Awareness

This course is intended to provide you with the information you needed to understand and spot the signs of drug and alcohol misuse. It covers the legal and social implications for the individual and for your company if you find out an employee is misusing drugs. This course discusses the law, different types of drugs, and policies that can be put in place to protect yourself, your business and your employees.



Covid-19 Safe Workplaces

This course explores the risk to workers caused by the Covid-19 virus and covers actions that can be taken by employers and employees to protect themselves and each other as they return to work. The content of this course is based on the latest information from the UK government and the NHS.



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