

## Health and Safety Online Study Logsheet

Print off and fill in as you progress. A completed logsheet is required as part of your Elementary H&S Exam.

Your Name: \_\_\_\_\_

Chapter #	Chapter Title	Date finished	Time spent studying*
1	Health & Safety At Work		
2	Health & Safety Laws		
3	Accidents & Illness		
4	Risk Assessment		
5	First Aid At Work		
6	Personal Protective Equipment		
7	Workplace Safety		
8	Work Equipment		
9	Electricity		
10	Fire Prevention		
11	Occupational Health		
12	Hazardous Substances		
13	Ergonomics & Workstation Design		
14	Manual Handling		
15	Noise & Vibration		
16	Other Risks & Hazards		

\* 15, 30, 45 or 60 mins

**Do you have any feedback or comments on the online packages?**

To book your exam <sup>1</sup>or to ask questions about H&S please email [academy@seafish.co.uk](mailto:academy@seafish.co.uk)

Please sign and date when ready to sit your exam: \_\_\_\_\_ / \_\_\_\_/\_\_\_\_

<sup>1</sup> Fees will apply.