

## Set by step instructions for completing Online Elementary (Level 2) Health & Safety (V6)

Step 1: Download, enter your name and save this [study logsheet](#). Or print the logsheet and fill in your name by hand.

Step 2: Read through each of the chapters below, in order, and fill in your study logsheet as you complete each chapter. The course chapters are available to download as pdfs from the links below.

Many chapters have one or more self-assessment question (SAQs). Write down your answers to these SAQs in a notebook as you may want to show them at the start of your exam.

Watch the [health & safety training videos](#) from Seafish as preparation.

- [Module Introduction](#)
  - [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](#)
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- When you get to this point tell your employer or email Seafish at [onshore@seafish.co.uk](mailto:onshore@seafish.co.uk) and tell them that you are almost ready for your exam.
  - You should aim to be ready for your exam about one week from this point.
  - Seafish will appoint someone to invigilate your exam and they will contact you with the exam arrangements.

Also:

- Complete a practice test or two, by logging on to our [online testing portal](#). You must record your best test score and date taken on the study logsheet.

Step 3: Watch the [health & safety training videos](#) again before you take your exam.

Step 4: Email your exam invigilator your completed logsheet **and** [this GDPR form](#) before you sit the exam.

Step 5: Sit your online invigilated exam using Skype, Zoom or Microsoft Teams (for other video conferencing packages). As this can lead to a nationally recognised qualification, you must have your photo ID available for your invigilator to check before you start the exam.