Homeworking
E-Learning

This course provides training with the aim to ensure health and safety, and wellbeing when working from home.

2 Hours

Online Learning

About the course

Employers have a responsibility to the health, safety and welfare of their employees, regardless of where they work, as far as it is reasonably practicable. This e-learning course aims to help ensure that learners are following best practices when working from home and help reduce the chance of injuries.

Who should attend

Aimed at learners who regularly work from home or remotely as part of their job, this online course is designed to equip remote workers with essential skills and knowledge for a productive and safe home working environment. In just 60-90 minutes, participants will delve into crucial aspects of remote work, including first aid, health and safety, wellbeing, and compliance.

Course syllabus

The course modules cover:

➤ **First Aid** - Learn how to handle emergencies effectively with our First Aid module tailored specifically for home environments. From minor injuries to medical emergencies, learners gain the confidence to respond promptly and appropriately.

➤ **Health and Safety** - Ensure workspaces meet safety standards with our Health and Safety segment, covering ergonomics, fire safety, and more. This module outlines how learners can protect themselves and their loved ones by creating a secure working environment at home.

➤ **Wellbeing** - Learners will understand how to prioritise their mental and emotional health with our Wellbeing section, exploring strategies to manage stress, and maintain work-life balance while working remotely. Learners will discover practical techniques to stay resilient in a home office setting.

➤ **Compliance**- Finally, learners can stay informed and compliant with relevant regulations and policies through our Compliance module. Understand their rights and responsibilities as a remote worker, and navigate legal requirements seamlessly.

Certification

Delegates will receive a printable certificate in Homeworking upon completion of the course.

For General Queries

Contact our customer services team:
workplace-training@sja.org.uk

Or call us on
0344 770 4800

Lines are open Mon-Fri 8.30am-5.30pm