

Introduction to Allergens

Course Duration - The course will typically take 2 to 3 hours to complete, however as this allergy training is hosted online, learners can complete each module at a time and pace to suit them.

Course overview

This food allergy awareness training course is designed to provide food handlers, or those with responsibility for managing food handlers, with an awareness around the controls and legal responsibilities when it comes to the 14 regulated allergens.

Food businesses have a legal responsibility to ensure that the food they manufacture, produce, sell or serve is safe for the consumer to eat.

The course is accredited by Allergy UK and meets all entry requirements for recognition on their Allergy Aware Scheme.

Course Content

- Introduction to food allergens
- Allergies, intolerances and coeliac disease
- Symptoms of allergic reactions and how to respond
- Allergens legislation
- Food labelling requirements
- The 14 regulated allergens
- 'Free from' claims
- Managing allergens from purchase to service
- Providing allergen information to customers

Food Safety Level 1

Duration – Approximately 2-3 hours

Course overview

Food businesses must, by law, ensure that all staff have received the appropriate level of safety and hygiene training commensurate with their role and risk.

It is a useful induction programme for those undertaking work-experience in a food business, and for anyone with a keen interest in learning more about the basic principles of food safety and hygiene.

This online course is suitable for those working in a catering environment who are not directly involved in the preparation or handling of high-risk foods, but work in an environment where food is handled elsewhere or only deal with low-risk foods. It is also ideal for those working with pre-packaged or wrapped food.

Highfield e-learning's Food Safety Level 1 course has been written by one of the world's leading food safety experts, Richard Sprenger, and is accredited by the UK's leading organisation for regulated food safety qualifications.

Course content

- Introduction to food safety
- Microbiological hazards
- Food poisoning and its control
- Contamination hazards and controls
- Safe handling and the storage of food
- Personal hygiene
- Food pests and pest control
- Cleaning and disinfection

Food Safety Level 2

Duration – 4-6hours

Course overview

CPD accredited food safety training written by food safety expert Richard Sprenger this e-learning course meets all mandatory training requirements.

Course Content

- Improve your food safety – Ensure knowledge of food safety among all staff is at required level
- Control contamination hazards – Learn the essentials on contamination control and how to implement preventative measure
- Control Pests – Don't let pests become a menace, find out how to prevent a pest problem
- Combat microbiological hazards – Understand microbiological hazards and how to manage and reduce them
- Address personal hygiene – Food handlers have a responsibility to observe high standards of personal hygiene
- Safely handle and store food – know the best way to stock and handle food to preserve the highest quality
- Avoid food poisoning – Get to grips with how food poisoning occurs, and the measure needed to prevent it
- Handle cleaning and disinfection – Improve knowledge of how to effectively clean and disinfect your food preparation areas
- Food Safety management systems – learn how to successfully implement food safety management systems such as HACCP

Food Safety Level 3

Duration – 9-14 hours

Course overview

Designed for supervisors & managers working in a food business this online course meets all mandatory training requirements and is CPD accredited.

Course Content

- Improve your food safety – Ensure knowledge of food safety among all staff is at the required level
- Control Contamination hazards – learn the essentials on contamination control and how to implement preventative measure
- Control pests – Don't let pests become a menace, find out how to prevent a pest problem
- Utilise food premises and equipment – Fully understand food premises and equipment to use them for their intended design
- Combat microbiological hazards – understand microbiological hazards and how to manage and reduce them
- Address personal hygiene – Food handlers have a responsibility to observe high standards of personal hygiene
- Safely handle and store food – know the best way to stock and handle food to preserve the highest quality
- Understand the supervisory management – get to grips with the essential supervisory management protocols and how to implement them
- Avoid food poisoning – Get to grips with how food poisoning occurs, and measures needed to prevent it
- Handle cleaning and disinfection – Improve knowledge of how to effectively clean and disinfect your food preparation areas
- Food Safety Management systems – learn how to successfully implement food safety management systems such as HACCP
- Learns food safety legislation and enforcement – Know the needed food safety legislation and enforcement so you remain compliant

Asbestos Awareness

Duration – 1-2 hours

Course overview

Highfield's Asbestos Awareness e-learning course is designed to ensure that anyone who may come into contact with asbestos knows what asbestos is, where it can be found, the dangers of asbestos and how to protect themselves from accidental exposure.

Learners undertaking this course will gain the knowledge and skills required to work safely with asbestos, ensuring that they, and others, remain safe.

Course Content

- What asbestos is
- Where it can be found
- Asbestos-related death
- Health implications of asbestos exposure
- Working with asbestos
- Preventing accidental asbestos exposure

Manual Handling Inanimate Loads

Duration – 30-40 Minutes

Course overview

This course offers a comprehensive guide to best practice when it comes to manual handling. Ideal as part of a staff induction, as refresher training for existing staff or for those looking to go on to achieve a recognised manual handling qualification.

Course Content

- The definition of manual handling
- The LITE stairway to safety
- Safe lifting techniques
- Correcting lifting techniques
- Lifting with more than one person
- Examples of manual handling

Fire Safety Level 2

Duration – 2-3 hours

Course overview

This course offers a comprehensive guide to best practice when it comes to fire safety. Ideal for managers, supervisors, team leaders, fire marshals and staff working in any area where there is a potential risk of fire.

The course is also ideal for employee inductions, as refresher training for existing staff or for those looking to go on to achieve a recognised level 2 fire safety qualification.

Course Content

- Introduction to fire safety
- The characteristics of fire
- Fire safety legislation
- Assessing and managing risk

Health & Safety Level 1

Duration – 1-2 hours

Course overview

This course is an ideal introduction to health and safety in the workplace. Ideal as part of an induction process or awareness training for those working in low risk jobs the course covers the 8 key modules of an RQF level 1 health and safety qualification.

The course covers the key content and knowledge required to go on to achieve a recognised level 1 health and safety qualification. To achieve a regulated qualification the learner must sit an assessment with a recognised training provider.

Areas Covered

- Accidents including slips, trips and falls
- Legal responsibilities
- Hazardous substances (COSHH)
- Workplace health, safety and welfare
- Work equipment
- Fire
- First aid
- Manual handling

Health & Safety Level 2

Duration – 2-3 hours

Course overview

An ideal introduction to health and safety for anyone working in a low to medium risk environment. Although it does not provide a qualification itself, it does provide the knowledge and understanding required to go on to achieve a level 2 health and safety qualification.

The nine modules of this course covers the key content and knowledge required to go on to achieve a recognised level 2 health and safety qualification. To achieve a regulated qualification the learner must sit an assessment with a recognised training provider.

Areas Covered

- Accidents including slips, trips and falls
- Legal responsibilities
- Risk assessment
- Hazardous substances (COSHH)
- Workplace health, safety and welfare
- Work equipment
- Fire
- First aid
- Manual handling

Health & Safety Level 3

Duration – 6-9 hours

Course overview

The Course

Designed to provide a wide-ranging level of knowledge around health and safety, this e-learning course covers health and safety law, the hazards present in a workplace and how to implement effective and necessary controls. At the end of the course learners will have the knowledge and skills to effectively supervise staff.

Comprising of 11 modules the course covers the key syllabus of level 3 health and safety qualifications, and provides the knowledge a learner requires to go on to achieve a recognised qualification.

Areas Covered

- Introduction to health and safety
- Accidents, injuries and work-related health
- Legal aspects of health and safety
- Risk assessment
- Hazardous substances (COSHH)
- The workplace
- Using equipment safely
- Fire safety
- Ergonomics, manual handling and display screen equipment
- Measuring and monitoring performance
- The role of line managers and supervisors

Infection prevention and control

Duration – 20-40 minutes

Course overview

This course is designed to help you understand how to prevent and control infection, including coronavirus, and why it is important to do so.

Course Content

- Combat pathogenic microorganisms – understand what pathogenic microorganisms are and how you can manage them
- Address personal hygiene – Understand the measures required to ensure the protection of children
- Protect the vulnerable – Grasp the ins and outs of personal licensing and why you need it
- Use PPE effectively – Don't stress about the organisation of events by getting the right knowledge
- Reduce the risk of infection – Be in the best possible position to apply for your premises licence
- Safely handle waste – Know the importance of following alcohol retailing responsibility regulations

Emergency First Aid at Work

Duration – 2 hours

Course overview

Highfield's Emergency First Aid e-learning course gives learners the opportunity to undertake online first-aid training and still go on to achieve the level 3 award in emergency first aid (RQF).

The course can replace 2 hours of the 1-day emergency first aid at work (RQF) course or emergency first aid at work at SCQF level 6 course that are run through recognised Highfield Qualifications centres. This e-learning also covers other practical areas of the course, such as CPR, so is great for reinforcing competency and refresher training.

Areas covered

- Understanding the role and responsibilities of a first-aider
- Assessing an incident
- Managing an unresponsive casualty
- Recognising and assisting a choke casualty
- Managing a casualty – external bleeding and shock
- Managing a casualty – minor injury

First Aid at work

Duration – 4-5 hours

Course overview

Highfield's First Aid at Work e-learning course gives learners the opportunity to undertake online first-aid training and go on to achieve the level 3 award in first aid at work (RQF) or first aid at work at SCQF level 6.

This e-learning course can replace 1 day of the 3-day first aid at work (RQF) course or first aid at work at SCQF level 6 course that are run through recognised Highfield Qualifications centres. This e-learning also covers other practical areas of the course, such as CPR, so is great for reinforcing competency and refresher training.

Areas covered

- Understanding the role and responsibilities of a first-aider
- Assessing an incident
- Managing an unresponsive casualty
- Recognising and assisting a choking casualty
- Managing a casualty – external bleeding and shock
- Managing a casualty – minor injury
- Conducting a secondary survey
- Administering first aid to a casualty with injuries to their bones
- Administering first aid to a casualty with head and spinal injuries
- Administering first aid to a casualty with suspected chest injuries
- Administering first aid to a casualty with burns or eye injuries
- Administering first aid to a casualty with sudden poisoning or anaphylaxis
- Administering first aid to a casualty with a major illness

Paediatric First Aid

Duration – 6-8 hours

Course overview

The e-learning can form part of blended learning if at least 6 hours of the training is face to face; a minimum of 12 hours of learning is provided to learners (when combined with time spent face to face) and; learners' skills and knowledge is assessed in full during the face-to-face part of the course, in accordance with the qualification specification. Our paediatric first aid e-learning course gives learners the opportunity to undertake online paediatric first-aid training which forms part of the requirements needed for learners to go onto achieve the Highfield Level 3 Award in Paediatric First Aid (RQF).

Contents

- Roles and responsibilities of a paediatric first-aider
- Assessing an emergency situation
- Providing first aid to an infant or child who is unresponsive, choking or has external bleeding
- Providing first aid to an infant or a child with a suspected bone fracture or dislocation; head, neck or back injury
- An infant or a child with a condition that affects the ears, eyes and nose; burns or scalds; an acute medical condition or sudden illness; a minor injury; shock
- An infant or a child experiencing the effects of extreme heat or cold
- An infant or child who has sustained an electric shock or been poisoned
- Providing first aid to an infant or child with anaphylaxis