**Health and safety in a group training environment**

**Unit accreditation number: H/617/1109**

**Worksheet – Health and safety in a group training environment**

**There are 35 marks available in this worksheet. You must score a minimum of 28 marks in total to achieve a Pass. In addition to achieving the total Pass mark, you must also score at least the minimum marks set for each question to achieve an overall Pass.**

1. Outline two responsibilities of employers and two rights and two responsibilities of employees in the workplace.

|  |  |  |
| --- | --- | --- |
| **Responsibilities of employers** | **Rights of employees** | **Responsibilities of employees** |
|  |  |  |

**6 marks** (minimum 4 marks)

1. Outline one health and safety and one insurance requirement when hiring venues or facilities.

|  |  |
| --- | --- |
| Health and safety |  |
| Insurance |  |

**2 marks** (minimum 2 marks)

1. Explain the following terms in relation to health and safety in the workplace.

|  |  |
| --- | --- |
| **Duty of care** |  |
| **Hazard** |  |
| **Risk** |  |

**3 marks** (minimum 2 marks)

1. Identify two key legal and regulatory requirements that are relevant to health and safety in the workplace.

|  |
| --- |
|  |
|  |

**2 marks** (minimum 1 mark)

1. Describe what may happen if employers and employees do not follow the legal requirements of health and safety.

|  |
| --- |
|  |

**1 mark** (minimum 1 mark)

1. State the importance of having Normal Operating Procedures (NOPs) and Emergency Action Plans (EAPs) and describe a key area that should be included in each.

|  |  |  |
| --- | --- | --- |
|  | **NOPs** | **EAPs** |
| **Importance** |  |  |
| **A key area that should be included** |  |  |

**4 marks** (minimum 3 marks)

1. Explain the importance of safely storing and maintaining equipment.

|  |
| --- |
|  |

**1 mark** (minimum 1 mark)

1. Consider the following scenario: You are preparing the studio for your group training class and are on the lookout for possible hazards that might pose a risk to customers, staff and other visitors.

**Task 1**

Identify four hazards in the image below (circle as appropriate).

Diagram, engineering drawing

Description automatically generated

If you cannot circle the hazard then you can identify it by describing it in the box below

|  |
| --- |
|  |

**4 marks** (minimum 3 marks)

**Task 2**

Choose one of the hazards identified in Task 1 and complete a risk assessment:

* Identifying the five stages of a risk assessment.
* Relating them to the identified hazard.
* Explaining how the risk of the hazard can be eliminated or reduced.

|  |  |
| --- | --- |
| **Risk-assessment stage (identify each one)** | **Hazard** |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| How should the risk be managed? | |

**6 marks** (minimum 4 marks)

**Task 3**

List three pieces of equipment likely to be found in a group training environment and describe the appropriate checks required to ensure safety and cleanliness.

|  |  |
| --- | --- |
| **Equipment** | **Safety and cleanliness checks** |
|  |  |
|  |  |
|  |  |

**6 marks** (minimum 4 marks)

**Results total         /35 marks** (28 marks in total, with the minimum set marks achieved for each question required to pass)

**Pass/Refer**