**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).



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**