



Key Legislation: **Health and Safety at Work Act 1974**

## KEY STATISTICS

**565,000**  
Workers sustaining non-fatal workplace injuries in 2022/23

**£20.7 billion**  
Annual cost of workplace injuries and ill health to GB

**35.2 million**  
Working days lost due to work-related illness and injury

**1 in 5**  
Workers not receiving adequate health and safety training

## LEARNING OBJECTIVES

- Understand employer and employee duties under the Health and Safety at Work Act 1974
- Conduct a risk assessment using the HSE 5-step process
- Identify common workplace hazards and appropriate control measures
- Understand the hierarchy of controls and how to apply it

## STEP-BY-STEP GUIDE

- Step 1**  
Identify the hazards — anything that could cause harm
- Step 2**  
Decide who might be harmed and how
- Step 3**  
Evaluate the risks and decide on precautions
- Step 4**  
Record your findings and implement them

