

Health and Safety - Online Study Logsheet

Fill in as you progress . Keep this safe as a completed logsheet is required as part of your Elementary Health & Safety exam.

Your Name: _____

Chapter #	Chapter Title	Date finished	Time spent studying*
1	Health & Safety At Work		
2	Health & Safety Laws		
3	Accidents & Illness		
4	Risk Assessment		
5	First Aid At Work		
6	Personal Protective Equipment		
7	Workplace Safety		
8	Work Equipment		
9	Electricity		
10	Fire Prevention		
11	Occupational Health		
12	Hazardous Substances		
13	Ergonomics & Workstation Design		
14	Manual Handling		
15	Noise & Vibration		
16	Slips and Trips		
17	Other Risks & Hazards		

* 15, 30, 45 or 60 mins

What feedback or comments have you on the online package? Please add these to the box below.

To book your exam or to ask questions about Health & Safety, please email onshore@seafish.co.uk

Please sign and date when ready to sit your exam: _____ / /