

# Health and Safety - Online Study Logsheet

Fill in as you progress and save the document. 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 | Other Risks & Hazards |  |  |

\* 15, 30, 45 or 60 mins

Date test taken & your test score

|  |  |  |
| --- | --- | --- |
| Complete your online practice test |  | % |

# 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](mailto:onshore@seafish.co.uk)

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

© SFIA 2022