

# Get Back To Work... *Safely!*

Protect Yourself... Protect Your Colleagues.

Learn at home in safety with a digitally delivered  
and assessed Level 2 Award in:

## *Prevention, Mitigation, and Management of Infectious Disease*

- Ofqual Regulated Level 2 Award
- COVID-19 Distance Compliant
- Choose From 12 Sector Specific Options

[www.astaratraining.co.uk/back-to-work-safely](http://www.astaratraining.co.uk/back-to-work-safely)



# Protect Yourself

## Learn at home



COVID has taken the jobs of hundreds of thousands of people who want to get back to work. Hundreds of thousands more are still working away from their places of work. People want to get back to a semblance of normality, but they need to do it safely for their own wellbeing and the wellbeing of their family, friends and colleagues.

Before we all can think about protecting others, we firstly need to take responsibility and do everything we can to protect ourselves and work to be as well as we can be. That means ensuring we all work towards as healthy an immune system as possible, as a healthy immune system is the key to health and happiness. This course teaches people about:

Once understanding is achieved, people then go on to a wellness activity programme that will BOOST their immune system for health and happiness. BOOSTing means making healthy lifestyle choices every day to develop wellness in all its forms:

By increasing overall wellness, people are better able to:

- Their immune system:
  - What is it?
  - What does it do?
  - How does it work?
- Different types of wellness
- What wellness activities can boost their immune system
  
- Physical Wellness
- Mental Wellness
- Social Wellness
- Emotional Wellness
- Environmental Wellness
  
- Stay healthy
- Prevent & recover from illness
- Fight disease & infection



# Protect Your Colleagues

## Know how to be part of the solution



In order to protect others, the course covers all aspects of prevention, mitigation, and management of infections all employees should know and understand how to create and maintain a safe workplace, specifically:

- Risk Controls
- Infectious Disease Contingences
- Legal Duties
- Policy Duties



Of course, it is not just COVID that is a workplace danger, in order to protect others there is the need to understand different types of infection:

- Viral
- Bacterial
- Parasitic
- Prion
- Fungal

What causes them and how their occurrence can be reduced and resolved:

- Causes of infectious disease
- Transmission of infectious disease
- Signs and symptoms
- Treatments and response required

# Wherever You Work...



Infectious diseases do not discriminate so it is important that no-matter the sector, there is access to relevant courses. Sector specific courses have therefore been written in conjunction with sector experts and institutions:

- Offices & Call Centres
- Outdoor Working Environments
- Factory, Plant, Warehousing & Manufacturing
- Construction
- Nursery School and Child Care
- Primary & Secondary School
- Elderly and Social Care
- Fitness
- Leisure
- Sports club
- Swimming Pool
- Prisons & YOIs

Courses are accredited by:  TRANSCEND AWARDS

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