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Health & Safety Catalogue

Content Library





Achieve 100% Compliance in ⅓ of the Time

Stay ahead of regulatory demands with our CPD and RoSPA-accredited compliance training.

At 5Mins.ai, we make compliance effortless, fast, and engaging.

Achieve 100% Compliance in ⅓ of the Time
Thanks to microlearning, your team learns faster and retains more.

Aligned with the Latest Regulations
Always up-to-date with current government and industry standards.

Real-Time Monitoring
Assign courses, track progress, and send automated reminders with ease.

Engaging and Effective
Boost engagement by 6-10x with gamification and interactive content.

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1. Global Health, Safety & Wellbeing

Foundational health and safety training built for teams worldwide.

These courses provide practical, up-to-date learning on core workplace safety topics applicable across industries and geographies. Designed to support safe working environments and promote employee wellbeing, they are relevant for global organisations looking to establish consistent health and safety standards across their workforce.

Global course list

- **Display Screen Equipment**
- **Driver Awareness**
- **Environmental Awareness**
- **Cybersecurity Essentials for IT Managers**
- **Fire Safety**
- **Fire Wardens**
- **Health & Safety: Working from Home**

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2. UK Health, Safety & Wellbeing

Ensure compliance with UK health and safety legislation.

These courses cover the full range of UK health and safety obligations, from foundational workplace safety awareness through to specialist risk management, food safety, mental health, and environmental compliance. Aligned with HSE guidance and relevant UK legislation, they equip employees and managers at every level with the knowledge to work safely and responsibly.

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UK course list

- Abrasive Wheels
- Accident Reporting
- Alcohol Licensing (England & Wales)
- Alcohol Licensing (Scotland)
- Asbestos Awareness
- Behavioural Safety
- Control of Substances Hazardous to Health (COSHH)
- Critical Incident Management
- Display Screen Equipment
- Driver Awareness
- Drug Awareness
- Electrical Safety
- Environmental Awareness
- Fire Safety
- Fire Wardens
- First Aid and CPR
- Food Allergies
- Food Safety Level 1
- Food Safety Level 2
- Food Safety Level 3
- HACCP Level 1
- HACCP Level 2
- HACCP Level 3
- Hand Arm Vibration
- Hand Safety
- Health and Safety Essentials
- Health and Safety Level 1
- Health and Safety Level 2
- Health and Safety Level 3
- Health & Safety Level 1 Manufacturing
- Health & Safety Level 2 Manufacturing
- Health & Safety Level 3 Manufacturing
- Health and Safety: Working from Home
- Infection Control
- Ladder Safety
- Legionella
- Lifting Operations and Lifting Equipment Regulations (LOLER)
- Lone Working
- Manual Handling (for low risk environments)

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UK course list

Martyn's Law and Venue Security
Mental Health Awareness for Employees
Mental Health Awareness for Managers
Mental Health First Aid
Noise Awareness
PAT Testing
Personal Protective Equipment (PPE)
Pest Control
PUWER
Responsible Sale of Alcohol
Risk Assessment
Safeguarding Children Level 1
Safeguarding Children Level 2
Safeguarding Children Level 3
Safeguarding Vulnerable Adults Level 1
Safeguarding Vulnerable Adults Level 2
Safeguarding Vulnerable Adults Level 3
Slips, Trips & Falls
Spill Kit Training (Chemical & Oils)
Waste Management
Working at Heights

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3. Care Sector

Specialist compliance training for adult social care professionals.

These courses are designed for care workers, support staff, and healthcare professionals working in regulated care settings in the UK. Covering essential knowledge from care planning and medication practice through to condition-specific awareness and communication, they support compliance with CQC standards and the Care Certificate framework, and promote safe, person-centred care.

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Health & Social Care course list (1 of 2)

Core care practice

Care Certificate (England)
Duty of Care (UK)
Duty of Candour (UK)
Communication in Care (UK)
Handling Information in Care (UK)
Dignity, Privacy & Respect in Care (UK)
Care Planning (UK)
Professional Practice in Social Care (UK)
Delivering Good Customer Service in the Care Sector (UK)
Fluids and Nutrition in Care (UK)
Informed Consent (UK)
Infection Control (UK)
Moving and Handling People (UK)
Basic Life Support (UK)
End of Life (UK)
Care After Death (UK)

Safeguarding adults

Safeguarding Adults Level 1 (UK)
Safeguarding Adults Level 2 (UK)
Safeguarding Adults Level 3 (UK)
The Prevent Duty (UK)
Deprivation of Liberty (UK)
Adults with Incapacity (UK)

Health & Safety in Care

Infection Control (UK)
PPE in Care Homes (UK)
Bed Bug Awareness (UK)
Moving and Handling People (UK)
Basic Life Support (UK)
Falls Awareness (UK)
Anaphylaxis (UK)
Medication Practice & Awareness (UK)

Mental health and psychological wellbeing

Mental Health First Aid (UK)
Mental Health In Care (UK)
PTSD Awareness (UK)
Trauma (UK)
Understanding Self-harm (UK)
Suicide Awareness and Prevention (UK)
Psychologically Informed Environments (UK)
Alcohol and Substance Misuse (UK)
Psychological First Aid for Children (UK)

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Health & Social Care course list (2 of 2)

Children and young people

Safeguarding Children (Global)
Safeguarding Children: Level 1 (UK)
Safeguarding Children: Level 2 (UK)
Safeguarding Children: Level 3 (UK)
Safeguarding Children with Learning Disabilities (UK)
The Prevent Duty (UK)
Child Trafficking (UK)
Child Sexual Exploitation (UK)
Female Genital Mutilation Awareness (UK)
Serious Youth Violence (UK)
Missing from Care (UK)
Child Centred Care (UK)
Caring for Asylum-Seeking and Refugee Children (UK)
Health & Nutrition for Children (UK)
Human Growth and Development (UK)
Psychological First Aid for Children (UK)
Trauma (UK)

Neurodiversity, learning disability and dementia

Autism Awareness (UK)
ADHD Awareness (UK)
Caring for Adults with Learning Disabilities (UK)
Dementia Awareness (UK)
Safeguarding Children with Learning Disabilities (UK)

Law, rights and accountability

Informed Consent (UK)
Deprivation of Liberty (UK)
Adults with Incapacity (UK)
Duty of Candour (UK)
Duty of Care (UK)
Handling Information in Care (UK)
The Prevent Duty (UK)

Physical health & clinical care

Epilepsy Awareness (UK)
Epilepsy Advanced Care (UK)
Diabetes Awareness (UK)
Diabetes Advanced Care (UK)
Stroke Awareness (UK)
Dysphagia Awareness (UK)
Anaphylaxis (UK)
Sensory Loss (UK)
Sexual Health (UK)
Medication Practice & Awareness (UK)
Falls Awareness (UK)
Basic Life Support (UK)

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4. EU Health, Safety & Wellbeing

Health and safety training aligned with European Union regulatory frameworks.

These courses address key EU directives and standards affecting workplace safety, food hygiene, and employee wellbeing, helping organisations operating across the European market meet their health and safety compliance obligations.

EU course list

- **Food Allergies**
- **Food Safety Level 1**
- **Food Safety Level 2**
- **Health & Safety Essentials**
- **Health & Safety: Working from Home**
- **Manual Handling**

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5. US Health, Safety & Wellbeing

Health and safety training aligned with United States federal regulatory requirements.

This course addresses workplace safety obligations set by the Occupational Safety and Health Administration, providing clear, practical guidance for organisations operating within the US market.

US course list



OSHA Warehouse Health and Safety

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General Workplace Compliance

Global courses

Cybersecurity & Data Protection

Cybersecurity Essentials for Employees
Data Privacy Essentials
General Data Protection Regulation

Ethics & Responsible Business Practices

Environmental Awareness
Intellectual Property
Modern Slavery

Workplace Conduct & Diversity

Creating Anti-Discrimination Workplaces
Equality & Diversity in the Workplace
Harassment Prevention for Employees
Harassment Prevention for Managers
Preventing Sexual Harassment
Unconscious Bias in the Workplace

Health, Safety & Wellbeing

Display Screen Equipment
Fire Safety
Health & Safety: Working from Home
Health and Safety Essentials

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General Workplace Compliance

UK courses

Data Protection & Cybersecurity

Browsing Securely
Malware and Breach Recovery
Preventing Identity Theft
UK GDPR & Data Law

Human Resources

Electronic Communications
Workplace Violence & Wellbeing

Health, Safety & Wellbeing

Display Screen Equipment
Fire Safety
Fire Wardens
First Aid
Health and Safety Essentials
Health and Safety: Working from Home
Mental Health Awareness for Employees
Mental Health Awareness for Managers

Workplace Conduct & Diversity

Conflict Management
Creating Anti-Discrimination Workplaces
Disability Awareness
Equality & Diversity in the Workplace
Neurodiversity Awareness
Preventing Harassment & Bullying for Employees
Preventing Harassment & Bullying for Managers and HR
Preventing Sexual Harassment in the Workplace for Employees
Preventing Sexual Harassment: Managers and HR
Sexual Harassment in the Workplace: The October 2026 Legal Changes
The Equality Act 2010
Unconscious Bias in the Workplace
Understanding Gender Identity & Expression

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