

Introduction

This logbook will tell you how it has benefited me and what I've learned from the technical skills classes that I've been attending for the last 10 weeks. I will also include what I've learned from James and jamiu. Attending these classes have help me understand what my strengths are and what my weaknesses are and this will help me in the future going forward.

<u>Activity WK</u>	<u>Activity</u>	<u>Key Learning Points</u>	<u>Key Benefits/ Value added</u>	<u>Further comments and How can I improve it in future?</u>
Week 1	Introduction to health and safety?	How safe is the industry? What is the proper regulations and legislations	I gained a much better understanding of how to manage Health and safety issues the Welfare and Risks that are involved or that can happen at a workplace. I understood more about the relevant health and safety legislation/regulations I understood about the health and safety duties and responsibilities of employers and employees at work	A very good learning kerb for the first lesson. Showing us some videos on health and safety helped me understand the subject more and will help me in future situations More ideas that could be done used to improve on health and safety while working in hazardous environments
Week 2	Why are health and safety	Why is it so important to follow guidelines	The benefits I gained from learning about this was that I know	The session was very good and very beneficial

	important in the environment? What are the risks and hazards?	of health and safety •How it should be used •Where it should be used •when it should be used •Requirements and how it meets the needs of the individual	how important health and safety is and when this is required to be used. I understood what risks are associated and how to overcome this risks. Assessment of the risk.	because the work was explained carefully, and I knew what tasks to complete and hand in to know what I would need to improve on and what targets to set. The work sheets and examples of the risks associated in the workplace allowed me to develop knowledge. Know why the risks appear at work and how this can be overcome and to ensure any risks can be handled throughout a situation.
Week 3	Practical risk assessment Rules and regulations	How work use and follow a practical risk assessment to be prepared for issues the can happen	Practical risk assessment	An example of the aspects of a practical risk assessment of how and why this would be useful to employers or employees working and how this ensures an environment with others. Rules and regulations will ensure that the work will do, and nothing is missing.
Week 4	Health and safety scenarios at work identifying risks and the tools to manage them	What does this mean and how the risks are dependent on the safety provided	Tools that are used Skills that are used How employees would and should	I learnt why risks are associated in a workplace, and how this would be affected in a workplace. Also, this would mean

		Instructions that a very clear and easily accessible situation it's followed through properly through the work	treat the health and safety regulations	how perspectives of risk is rated on a scale of 1-5. How employees can use this for being safe wherever they are, even when working with others.
Week 5	Risk identification prosecutions	Improvement notice and prohibition notice	What the consequences would be if rules not followed How the risks can be managed overall if there were more notices	I can improve on this by researching the ideal consequences of not following rules according to the business and putting this into my own work for future reference.
Week 6	Water jug puzzles	We were told to do the three thieves task We had to work out explain how many litres makes three glasses	Calculations worked out	This exercise allowed me to work out how many litres would make three glasses and what this would mean for the thieves. If they are getting enough gold, money coins. To allow this, I went on word and inserted a circle with an arrow to represent the data of information, so this ensures that I know what has to be done.
Week 7	Velocity and time excel	We had to work out the speed, the distance and the time of the car by including a graph to represent the data and to	I gained an understanding of what each task would like, spend more time on working to find appropriate techniques for each question	This helped me understand why speed and distance is important for cars, how this would allow me to use a solution/equation

		include units as suggested.		to work the answer out. Reflecting on any strategies relating to speed and working out what calculations to use for each cell.
Week 8				
Week 9				
Week 10				

Conclusion

I think the tasks should be set out better and be more consistent, by having more information on each subject that will improve and further the knowledge and understanding of which task is for what.