



BRITSAFE LEVEL 1

AWARD IN ERGONOMICS AND SEATING IN THE WORKPLACE

106/5247/1



Introduction:

The Britsafe Level 1 Award in Ergonomics and Seating in the Workplace is a specialized qualification that addresses one of the most underestimated risk factors in modern work environments—improper workstation design and poor seating ergonomics. Developed to meet the rising need for evidence-based ergonomic practices across administrative, industrial, and hybrid settings, this course equips learners with foundational knowledge to identify, assess, and mitigate musculoskeletal hazards associated with prolonged sitting, repetitive motion, and workstation inefficiencies. By focusing on task-specific posture analysis, seating configuration, and workstation layout in accordance with applicable UK health and safety regulations and ergonomic standards, the course empowers individuals to actively reduce discomfort, fatigue, and injury risk. This qualification is ideally suited for entry-level employees, office managers, facilities personnel, and anyone responsible for supporting safe and sustainable workplace environments through ergonomically informed decisions. Through practical insights and regulatory alignment, the course enhances workforce well-being, promotes compliance, and reinforces the value of ergonomics as a proactive health and productivity measure.

Qualification Regulation and Support:

The Britsafe Level 1 Award in Ergonomics and Seating in the Workplace is developed and awarded by Britsafe™ Qualifications UK Limited under its internal quality assurance framework to support regulatory alignment and promote safe, ergonomically sound workplace practices.

Key facts:

Qualification Number:	106/5247/1
Minimum Contact Hours:	4
Guided Learning Hours:	4
Credit Value:	1
Credential Status:	Award
Assessment Method:	Multiple-choice examination



Qualification Overview and Objective:

The Britsafe Level 1 Award in Ergonomics and Seating in the Workplace is designed for individuals aiming to enhance workplace comfort and well-being. Participants acquire knowledge and skills related to ergonomic principles, hazard identification, and the implementation of solutions for seating in the workplace. This qualification ensures compliance with legal requirements, contributing to a healthier and more comfortable working environment.

The objective of the qualification is to:

- Understand the principles of ergonomics in the workplace.
- Identify potential ergonomic hazards related to seating and workstations.
- Learn to implement ergonomic solutions for seating in the workplace.
- Gain knowledge of promoting employee well-being through proper ergonomics.
- Demonstrate compliance with legal requirements for workplace ergonomics.

Entry Requirements:

To register for this qualification, learners are required to meet the following entry requirements:

- Must be aged 16 and over
- Participants should have a basic understanding of the English language to effectively engage with course materials and assessments.
- This course is open to individuals of all backgrounds and experience levels who have an interest in workplace health and safety.

Geographical Coverage:

This qualification is suitable for delivery in England, Northern Ireland, Wales and can be offered internationally.

Delivery/Assessment Ratios:

To effectively deliver this qualification, centres are recommended not to exceed the ratio of 1 Qualified Tutor to 12 Learners in any one instance. If centres wish to increase the recommended ratio, they must first inform your dedicated Britsafe™ accounts manager before doing so.

Centre Requirements:

To effectively deliver this qualification, centres should have the following resources in place:

- Classroom with suitable seating and desks; and
- High-quality teaching and learning resources.

Guidance on Delivery:

The total qualification time (TQT) for this qualification is 4-hours and of this 4-hours is recommended as guided learning (GL). TQT is an estimate of the total number of hours it would take an average learner to achieve and demonstrate the necessary level of attainment to be awarded with a qualification, both under direct supervision (forming Guided Learning Hours) and without supervision (all other time). TQT and GLH values are advisory and assigned to a qualification as guidance.



Guidance on Assessment:

This qualification is assessed through a multiple-choice question exam.

- Centre's must take all reasonable steps to avoid any part of the assessment of a learner (including any internal quality assurance and invigilation) being undertaken by any person who has a personal interest in the result of the assessment.
- Centres must follow Britsafe™ Examination and Invigilation Procedures. Completed examination papers are to be returned to Britsafe™ for marking or If in case of online examination; records shall be updated on EMS portal accordingly.

Guidance on Quality Assurance:

Britsafe™ requires centres to have in place a robust mechanism for internal quality assurance. Britsafe™ will support centres by conducting ongoing engagements to ensure and verify the effective and efficient delivery, quality assurance and invigilation of the qualification.

Tutor Requirements:

Britsafe™ recommends nominated tutors for this qualification meet the following requirements:

- A relevant health and safety qualification at Level 3 or higher,
- Membership of a professional body (e.g., IOSH, IIRSM) is desirable.
- Hold a relevant subject area qualification/or be occupationally competent.
- Hold a recognized teaching/training qualification (or suitable equivalent).
- Level 3 Award in Education and Training (AET) or Train The Trainer.





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