



SAQA UNIT STANDARD

259639

NQF Level 2 | 4 Credits

BASIC HEALTH & SAFETY TRAINING CAPE TOWN

Explain Basic Health and Safety Principles in and Around the Workplace

Foundational workplace safety induction covering employer and employee duties, general safety rules, PPE, housekeeping, hazard awareness and emergency procedures.

UNIT STANDARD

259639

NQF LEVEL

Level 2

CREDITS

4

DURATION*

1 Day

COURSE FEE

**BY WRITTEN
QUOTATION**

PUBLIC CLASSES + ON-SITE

Cape Town training centre + employer group delivery

What learners practise

D

Duties & responsibilities

S

General safety rules

P

PPE use

H

Housekeeping

E

Emergency procedures

Download. Review. Enquire.

Build a stronger safety foundation before the next incident.

Use this course sheet for HR and safety files, quotation requests, employer group planning and internal training approval.

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SCAN TO VIEW COURSE

*Duration is the current Swift Skills Academy page listing. Confirm the current approved training pathway and programme status before booking.



COURSE LAYOUT

Basic Health & Safety | SAQA Unit Standard 259639

Official title: Explain basic health and safety principles in and around the workplace.

PROGRAMME SNAPSHOT

Official Title	Explain basic H&S principles
SAQA Unit Standard ID	259639
NQF Level	Level 2
Credits	4 credits
Language	English
Duration*	1 day
Delivery	Public + on-site
Course Fee	By written quotation

DELIVERY + ASSESSMENT

Entry Requirements

Certified identification plus Communication and Mathematical Literacy at NQF Level 1 or equivalent.

Delivery Method

Facilitator-led discussion, role play, exercises, case studies, videos, games, slide presentations and written questions.

Training & Evaluation

Current course page states a 50% theoretical and 50% practical training approach.

Available Options

Public classes in Cape Town and on-site employer group training by quotation.

LEARNER OUTCOMES

- Explain employer and employee duties relating to occupational health and safety.
- Explain general safety rules that apply in a workplace.
- Explain the use, application, maintenance and limitations of PPE.
- Explain the need for good housekeeping, safe stacking and demarcation.
- Explain and apply workplace emergency procedures, escape routes and communication.
- Recognise the importance of hazard and risk reporting in the workplace.

SUITABLE FOR

- New employees
- Warehouse teams
- General workers
- Construction teams
- Supervisors
- Operations teams
- Contractors
- Employer induction
- Factories & workshops
- Refresher training

IMPORTANT PROGRAMME STATUS NOTE

SAQA Unit Standard 259639 has passed its registration end date. The official SAQA record lists 30 June 2026 as the last date for enrolment and 30 June 2029 as the last date for achievement. Any new training booking should therefore be confirmed against the provider's current approved pathway and scope before enrolment.

REQUEST BASIC HEALTH & SAFETY TRAINING OPTIONS

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