



## Legal Requirements Health & Safety Self-Check sheet

### 5 Quick Questions to See If Your Business Meets UK H&S Law

Use this simple checklist to identify whether your business is meeting its legal duties under the Health & Safety at Work Act and the Management of Health & Safety at Work Regulations.

Tick YES or NO for each question.

**1. Do we have a named Competent Person who is qualified and actively supporting us?**

YES / NO

Legal requirement under Reg. 7.

If "NO", you are not compliant.

**2. Have our risk assessments been reviewed in the last 12 months — and are they still suitable and sufficient?**

YES / NO

Outdated or generic RAs are not compliant.

**3. Do we have a written Health & Safety Policy and arrangements (required if 5+ employees)?**

YES / NO

Most SMEs have a policy but no arrangements — both are required.

**4. Can we prove our staff have been trained, instructed, and informed on the risks they face?**

YES / NO

If you can't produce evidence, you're not meeting your legal duty.

**5. Have we carried out a formal safety audit or compliance review in the last 12 months?**

YES / NO

Regular reviews are required to ensure controls remain effective.

### How to interpret your results

If you answered "NO" to 1 or more questions: You likely have legal gaps that need addressing.

If you answered "NO" to 2 or more: Your business is not compliant and may be exposed to enforcement, claims, or insurance issues

If you answered "NO" to 3 or more: You need immediate support to bring your safety arrangements up to standard.

### Next Step: Free Legal Requirements Review

If you'd like a quick, no-obligation review of your current arrangements, I offer a free 20-minute consultation for local businesses.