WORKPLACEHERO - FREE RESOURCE

CPD log

One row per activity. Print as many pages as you need.

Name		Role		Period	

Date	Activity and provider	Type	Hours	Participatory	What I learned and what changed in my practice
12/03/26	Safeguarding awareness refresher - WorkplaceHero	Online course	1.5	Yes	Refreshed the referral route. Updated our team poster with the current DSL name.

Total hours this period		Of which participatory		Signed	

The greyed row is an example - write over it or leave it out. Participatory means learning that involved other people, such as a course, observation, supervision or a team discussion.

Tired of typing this up? The free WorkplaceHero CPD log keeps the same fields, adds your hours up for you and produces a read-only link you can send to an employer or regulator: workplacehero.co.uk/personal-cpd