

# OCCUPATIONAL HEALTH & SAFETY

Course: **00180**

Filter: **Beginner**

Duration: **4 days**

Category:: **HSE (Health Safety Environment)**

Price: **508,00 €**

## About Course

Occupational Health and Safety (OHS) is crucial for ensuring employee well-being and operational efficiency across various industries. This comprehensive training program equips participants with the knowledge and practical skills necessary to develop, implement, and manage effective health and safety programs that comply with international standards and best practices.

## What you'll learn

- Fundamentals of Occupational Health and Safety
- Roles and Responsibilities in OHS
- Hazard Identification and Risk Assessment
- Health and Safety Management Systems
- Fostering a Safety Culture
- Incident Investigation and Reporting
- Emergency Preparedness and Response
- Specialized Safety Areas
- Promoting Workplace Health and Well-being
- Legal Compliance and Ethical Considerations
- Assessment and Continuous Improvement

## Targeted audience

- Health & Safety Officers
- Facilities Managers & Supervisor

- Maintenance Staff
- Operations & Property Managers
- Project Managers
- Sustainability Coordinators
- Security Personnel
- Contractors & Vendors
- Human Resource & Administrative Staff

### **Pre-requisites**

- None

### **Curriculum**

#### **Module 1: Fundamentals of Occupational Health & Safety**

- Introduction to OHS: Understanding the importance and impact of health and safety in the workplace
- Global standards overview: Insights into international standards including NEBOSH, OSHA, IOSH, and British Safety Council guidelines. As well as regional standards
- Legal & ethical responsibilities: Exploring employer and employee obligations under various international regulations

#### **Module 2: Hazard Identification & Risk Assessment**

- Recognizing workplace hazards: Techniques to identify physical, chemical, biological, and ergonomic hazards
- Risk valuation methods: Applying qualitative and quantitative approaches to assess risk levels
- Implementing control measures: Strategies to mitigate identified risks effectively

#### **Module 3: Health & Safety Management Systems**

- Developing Safety Policies: Crafting comprehensive health and safety policies aligned with international best practices
- Organizational roles & responsibilities: Defining and assigning health and safety duties within an organization
- Continuous improvement processes: Utilizing Plan-Do-Check-Act (PDCA) cycles to enhance safety performance

#### **Module 4: Workplace Safety Culture**

- Promoting Safety behaviour: Encouraging proactive safety attitudes among employees
- Leadership in safety: The role of management in fostering a culture of safety
- Communication strategies: Effective methods for disseminating safety information throughout the organization

#### **Module 5: Incident Investigation & Reporting**

- Incident analysis techniques: Methods to investigate accidents and near-misses to determine root causes
- Documentation & reporting: Proper procedures for recording incidents in compliance with international standards
- Learning from incidents: Implementing corrective actions to prevent recurrence

#### **Module 6: Emergency preparedness & Response**

- Emergency planning: Developing and Implementing emergency response plans tailored to organizational needs
- Crisis Management: Coordination resources and communication during emergencies
- Drills & Simulations: Conducting regular exercises to test and improve emergency response effectiveness.

#### **Module 7: Specialized Safety Areas**

- Construction safety: Addressing unique hazards and control measures in construction environments
- Chemical safety: Safe handling, storage, and disposal of hazardous substances

- Electrical safety: Preventing electrical hazards through proper practices and equipment maintenance

## **Module 8: Health & Wellbeing in The Workplace**

- Occupation health programs: Implementing initiatives to promote physical and mental health among employees
- Stress management: Identifying stressors and applying techniques to manage workplace stress
- Ergonomics: Designing workstations and tasks to fit the physical capabilities of workers

## **Module 9: Legal Compliance & Ethical Considerations**

- Understanding regulations: Navigating international and local health and safety Laws applicable to the organization
- Ethical-Decision making: Balancing business objectives with ethical consideration in safety management
- Corporate social responsibility (CSR): Integrating health and safety into broader CSR initiatives

## **Module 10: Assessment & Continuous Improvement**

- Performance metrics: Establishing key performance Indicators (KPIs) to Measures safety performance
- Auditing & inspection: Conducting regular audits to ensures compliance and identify areas for improvement
- Feedback loops: Creating mechanisms for employees to provide input on safety practices and policies