

**Course Overview:**

Trainee will be introduced to Occupational Safety and Health base on Nebosh standard as well as general industry safety and health principles covered in this course. Special emphasis will be placed on areas most hazardous using some international safety standards as a guide. Upon successful completion of the course, participants will receive an attendance certificate from ACTrain, this course not include or cover any exam.

**Course Objective:**

- To support in the planning, implementation and review of an organisations health & safety policy.
- To know the requirements of HSE legislation
- To Undertake risk assessments and recommend suitable action.
- To Investigate accidents and prepare reports
- To Identify common hazards in the workplace and recommend suitable corrective measures.

**Course Outline:**

- Introduction to Occupational Safety and Health
- Nature of Occupational Health and Safety
- Moral and Financial Drivers for Health and Safety Management
- Health and Safety Management Systems
- Importance of Setting Policy for Health and Safety
- Roles and Responsibilities of Employers, Directors and Managers Health and Safety Culture
- Improving Health and Safety Behaviour
- Risk Assessment
- Personal Protective Equipment and Safety Signs and Signals
- Emergency Procedures and Arrangements
- Investigating incidents
- Reviewing of Health and Safety Performance
- Controlling Workplace Hazards
- Working at a Height and Excavations
- Transport Hazards and Risk Control
- Manually Operated Load Handling Equipment and Machinery Hazards
- Electrical Safety
- Fire Risk Assessment and Prevention of Fire Spread
- Evacuation of a Workplace
- Chemical Hazards and Risk Control
- Safe Handling and Storage of Waste
- Physical and Psychological Health Hazards

**Who Should Attend:**

Supervisors with Safety and Health Responsibilities , Employees Safety and Health Awareness , Safety officers , Plant Engineers and employees.

**Training Language:**

English

**Training Methodology:**

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Simulation