

Certificate in Occupational Health & Safety

Duration: 10 Days

Language: en

Course Code: PO2-102

Objective

U pon completion of this course, participants will be able to:

- Assess your workplace and manage and mitigate health and safety risks.
- Familiarise yourself with the correct evacuation and emergency procedures relating to your business.
- Understand where health and safety incidents could occur and how to deal with these.

- Identify health and safety issues benchmarked against international standards.
- Create and conduct regular workplace assessments.
- Develop health and safety refresh modules and upskilling sessions to allow for continued support for all employees.
- Investigate and report on health and safety incidents.

Audience

This course suits anyone within a professional organisation who wants to upskill in health and safety procedures or is responsible for fire or health and safety risk assessments and evacuation procedures within your business. It would be particularly beneficial for:

- Health & Safety Officers
- Business Owners
- Team Leaders
- Fire Marshalls
- Department Managers
- Supervisors
- HR Professionals
- Front Line Employees

Training Methodology

This course includes interactive discussion groups and video training to determine the causes and effects of proper health and safety procedures. You will be given access to real-life case studies to aid with improvements in your own company and will develop an action plan to move forward.
The course also provides practical skills training and scenario-based role-playing exercises to reiterate the importance of proper training and prepare learners for emergencies.

Summary

The International General Certificate in Occupational Health and Safety is part of the 2019 syllabus for workplace health and safety regulations. Achieving this certification sets you apart in your career and demonstrates your commitment to a safe and compliant working environment.

This internationally recognised qualification, administered by The National Examination Board in Occupational Safety and Health (NEBOSH), equips you with the tools to carry out workplace assessments and implement safe working environment and working-from-home procedures. It represents a significant step forward in your professional development. Proper health and safety training could also benefit the whole business, from health and safety officers and senior management to front-line employees.

Our course will prepare you to excel in health, safety, and fire procedures, providing the knowledge and skills needed to succeed in the NEBOSH certification exams. While we offer thorough training, the certification itself is awarded by NEBOSH upon successful completion of their exams. This qualification enhances your expertise and helps ensure safer environments for you and those around you.

Course Content & Outline

Section 1: The Importance of Health & Safety in the Workplace

- Why health and safety procedures matter.
- Documenting and practising proper procedures.
- Financial benefits.
- Recruitment and moral benefits for your staff.

Section 2: Managing Health & Safety in Your Area

- Delegating responsibilities.
- Managing change.
- Your role in maintaining adequate health and safety.
- Health and safety regulations within your business area.
- Who needs to be trained in health and safety practices?
- Developing monitoring systems.

Section 3: Assessments, Record Keeping & Action Plans

- Conducting a regular health and safety assessment.
- Auditing and record keeping.
- How to create an action plan from your audit.
- Revisiting previous assessments to review change.
- Permits to carry out work.

Section 4: Dealing with Accidents and Incidents

- Manual handling training.
- Operating machinery.
- Occupational exposure limits.
- Reporting an incident and keeping an accessible record.
- Lessons learned and moving forward from incidents.
- Rectifying hazards from past incidents.

Section 5: Mental Health in the Workplace

- Recognising issues with employee mental health.
- Mitigating mental health stimulants.
- Improving employee well-being.
- Implementing well-being officers.
- Psychology and your employees.
- Dealing with substance abuse and violence in the workplace.

Section 6: Work Equipment

- Handling machinery safely.
- Using the right tools safely.
- Driving for work.
- Working at a height.
- Working on your own and the risks.
- Dealing with hazardous substances.
- Appropriate workwear to stay safe.

Section 7: Display Screen Equipment Assessments and Remote Health & Safety

- Managing adequate desk space.
- Sitting correctly and using a computer.
- Display Screen Equipment assessments and their uses.
- Dealing with occupational health got adjustments.
- Assessing a working-from-home environment.
- How to monitor and PAT test homeworking equipment.

Section 8: Fire Procedures & Evacuation

- Identifying your fire zones and appointing fire marshalls.
- Fire drills and alarm tests.
- Planning for vulnerable people.
- Hazards and hazard removal.
- Electricity and its dangers.

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by the British Assessment Council (BAC) and The CPD Certification Service (CPD), and are certified under ISO 9001, ISO 21001, and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

Health, Safety & Environment HSE, Facilities Management, NEBOSH Approved Courses, Facility & Environment

Tags

safety, NEBOSH, Occupational Health Safety, health, Risk, HSE, Fire Safety, Facilities management, Health Safety

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YouTube Video

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