



Health, Safety and Environment

# NEBOSH International General Certificate in Occupational Health and Safety

## Course Introduction

---

Effectively manage health and safety. Explain human and organisational influences on health and safety

## Target Audience

---

- Health and Safety Officers
- Environmental Health and Safety professionals
- Health and Safety Managers
- All professionals use health and safety requirements in their work processes

## Learning Objectives

---

- How to measure if you've been successful
- Identify relevant key international standards
- Identify and assess typical hazards in the workplace
- Recommend remedial action to control workplace hazards
- Investigate accidents and recommend preventative measures
- Describe potential ill-health effects arising from work environments

## Course Outline

---

- DAY 01

## **Unit IG1: Management of Health and Safety Element 1:**

### **Why we should Manage Workplace Health and Safety**

- Welcome Introduction
- Introduction to H&S / Key Terms
- The moral, financial and legal reasons for managing health and safety in the workplace
- Explain how health and safety is regulated and the consequences of non-compliance
- Summarise the main health and safety duties of different groups of people at work
- Explain how contractors should be selected, monitored and managed

#### **• Day 02**

### **Element 2: How Health and Safety Management Systems Work and What They Look Like**

- Safety Management Systems; What they are and the benefits they bring
- What a good health and safety management systems looks like
- Plan – Do – Check – Act
- Responsibilities
- Practical arrangements

#### **• Day 03**

### **Element 3: Managing Risk – Understanding People and Processes**

- Health and safety culture
- Improving health and safety culture
- How human factors influence behaviour positively or negatively
- Assessing risk
- Management of change
- Safe systems of work for general work activities
- Permit-to-work systems
- Emergency procedures

#### **• Day 04**

### **Element 4: Health and Safety Monitoring and Measuring**

- Active and reactive monitoring
- Investigating incidents
- Health and safety auditing
- Review of health and safety performance

- **Day 05**

**Unit IG2: (Health and safety auditing) Element 5:**

- Review of health and safety performance

- **Day 06**

**Safe systems of work for general work activities**

- Permit-to-work systems
- Emergency procedures

- **Day 07**

**Element 8: Health and Safety Monitoring and Measuring**

- Active and reactive monitoring

- **Day 08**

**Safe systems of work for general work activities**

- Permit-to-work systems
- Emergency procedures

- **Day 09**

**Unit IG3: Risk Assessment (Practical Assessment) Element 9:  
Physical and Psychological Health**

- Noise
- Vibration
- Radiation

- **DAY 10**

**Element 10 :Mental ill-health**

- Violence at work
- Substance abuse at work

# Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
May 18, 2025	May 29, 2025	10 days	5950.00 \$	Qatar - El Doha
Aug. 11, 2025	Aug. 22, 2025	10 days	6950.00 \$	England - London
Dec. 8, 2025	Dec. 19, 2025	10 days	5950.00 \$	UAE - Dubai