



Health, Safety and Environment

## **NEBOSH Award in Health and Safety at Work**

## Course Introduction

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This NEBOSH Health and Safety at Work Award is designed to provide participants with an introduction to workplace health, safety, and risk that is relevant to every sector of industry. The course explores the principles of health and safety as part of the job that will equip participants to identify and deal with hazards at work, helping to reduce accidents and achieving cost savings for the business.

## Target Audience

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- Health and Safety Officers
- Environmental Health and Safety professionals

## Learning Objectives

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- Gain a comprehensive understanding of why health and safety needs to be managed, ensuring effective processes are in place.
- Conduct inspection in the workplace and recognize a range of common hazards.
- Assess risks (taking account of current controls), and recommend further control measures and assigning actions.
- Discuss why incidents happen and how to investigate them.

# Course Outline

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## • DAY 01

### **Why and how you manage health and safety?**

- **Moral, legal and financial reasons and benefits for managing health and safety**

- Reasons and benefits
- Overview of responsibilities of employers and workers and legal consequences.

- **Managing health and safety consistently well**

- Plan-Do-Check-Act
- Leadership – committed, promoting a culture that supports health and safety
- Effective processes (including identification/control of risk, incident investigation)
- Checking/monitoring performance
- Communication
- Consultation/participation of workers
- Ignoring the trivial and focusing on the important.

- **Auditing**

- What, why and how

## • Day 02

### **Dealing with common workplace hazards**

- General workplace issues – workplace access, housekeeping, lighting, temperature, slips, trips and falls (on same level), welfare, first aid.
- Violence and aggression
- Work-related stress
- Hazardous chemicals and substances
- Computers
- Substance abuse
- Electricity
- Fire
- Noise and vibration

- Radiation
- Work equipment
- Work at height
- Workplace transport
- Work-related upper limb disorders
- Manual handling
- Load-handling equipment

## • Day 03

### **Stopping incidents and ill-health before they happen**

#### • **Inspecting the workplace**

- Using checklists
- Talking to people.

#### • **Risk assessment theory**

- What 'hazard', 'risk', 'risk assessment' and 'control measure' really mean
- Why we do risk assessment (what it is designed to do)
- How you do risk assessment (steps to risk assessment)
- Controlling risks (hierarchy of control)
- Being sensible and proportionate
- General workplace risk assessment vs specific (including laptop/computer use, fire, manual handling, hazardous chemicals)

### **Learning from incidents**

- Why investigating incidents makes sense
- What 'incident', 'accident' and 'near miss' really mean.

#### • **A simple four-step approach to investigations**

- Gather information
- Analyze information (5 Whys method)
- Identify risk control measures
- Develop and implement the action plan.

#### • **Workshop**

# Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
April 20, 2025	April 22, 2025	3 days	3250.00 \$	KSA - Riyadh
July 21, 2025	July 23, 2025	3 days	3250.00 \$	UAE - Dubai
Dec. 8, 2025	Dec. 10, 2025	3 days	3250.00 \$	UAE - Abu Dhabi