

**Course : Occupational Safety and Health**  
Site : TBD  
Duration : Half day baseline assessment visit  
8 hours x 1 day Classroom training  
3 x Half days consultancy visits + Measuring KPI

### **Delivery methods**

- Self-discovery and critique
- Group exploration and facilitator led discussions
- Practical exercises
- Best practice theory exploration
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### **Course Objectives**

By the end of this training course, participants will be able to:

#### **Importance of Safety and Health**

- Understand the importance of safety and health in the workplace

#### **Immediate Safety and Health**

- Understand immediate safety hazards in the workplace
- Understand risk control measures for the main immediate safety hazards

#### **Long term health hazards**

- Understand long term health hazards in the workplace
- Understand risk control measures for the main long term health hazards

#### **Welfare & wellbeing hazards, Personal & Psychological hazards**

- Understand welfare and wellbeing hazards, and personal and psychological hazards
- Understand risk control measures for the main welfare and wellbeing hazards, and personal and psychological hazards

#### **Building an OSH management system (Part 1)**

- Understand how to create an OSH Policy
- How to organize your business so it is ready to implement the OSH Management System

## **Building an OSH management system (Part 2)**

- Analyse plan and implement OSH risk control measures
- Monitor and evaluate your OSH management system

### **Target audience:**

All staffs including management level

### **Training Outline:**

- Importance of safety and health
- Immediate safety hazards: Fire, electrical, physical, chemical
- Long term health hazards
- Welfare and wellbeing hazards
- Personal and psychological hazards

Building an OSH Management system:

- Creating an OSH policy
- Organizing for OSH

Building an OSH Management system:

- Analyzing, planning and implementing
- Monitoring and evaluating