

Introduction

The health and safety in the workplace training course is designed to provide individuals in managerial and supervisory positions with the necessary knowledge and skills to promote health and safety within their organizations. Participants will learn how effective safety management can reduce costs and increase profitability by preventing workplace incidents and enhancing overall safety performance.

This course emphasizes that while health and safety technologies and procedures are critical, they are not sufficient on their own to ensure continuous improvement in workplace health and safety outcomes.

Employees must be equipped with a thorough understanding of potential risks, as well as the core principles of health and safety practices, in order to minimize hazards effectively. The course covers a range of topics including safety management, safety culture, workplace equipment, hazardous agents, and legislation, providing participants with a strong foundation in workplace health and safety.

What is a Safety Training Course?

A safety training course is structured to provide essential knowledge and practical skills in health and safety management. Participants will learn how to identify risks, implement measures to reduce those risks, comply with relevant safety legislation, and foster a positive health and safety culture within their organizations.

This training program provides participants with the tools, techniques, and understanding necessary to implement safety principles in their roles. It ensures that they are well prepared to apply what they learn in real-world workplace scenarios, reinforcing their ability to contribute effectively to workplace safety management.

Target Audience

This course is designed for managers, supervisors, and health and safety professionals who seek to strengthen their ability to meet health and safety responsibilities effectively and ensure safe workplace operations.

Course Objectives

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

- Identify the sources of unsafe acts and behaviors.
- Recognize that safety is a shared responsibility among all employees.
- Understand that accidental injuries arise from unsafe acts, unsafe behaviors, and unsafe conditions.
- Conduct a job safety analysis and provide appropriate safety instructions.
- Carry out an accident investigation and prepare a detailed report.

- Manage various workplace accidents and emergency situations effectively.

Core Competencies Developed

Participants will develop practical competencies in the following areas:

- Health and safety management systems.
- Safety legislation and regulatory compliance.
- Promoting and sustaining a positive health and safety culture.
- Identifying and managing hazards associated with work equipment.
- Recognizing and controlling exposure to hazardous agents.

Course Modules

Unit 1: Definitions and General Overview

- Understanding the concepts of accident, safety, and health.
- Standards established by the World Health Organization and the Occupational Safety and Health Administration.
- Threshold limit values and their significance.

Unit 2: Industrial Hygiene

- Identification of different workplace hazards.
- Implementation of hazard control methods.
- Management of accident costs and accurate reporting procedures.

Unit 3: Job Safety Analysis

- Purpose and objectives of job safety analysis.
- Benefits and applications of job safety analysis.
- Detailed procedures for carrying out job safety analysis.
- Documentation and recording of job safety analysis results.

Unit 4: Accident Investigation, Reporting, and Prevention

- Identifying the root causes of accidents.
- Analyzing the financial and operational impact of accidents.
- Establishing effective reporting mechanisms.

- Implementing strategies to prevent future accidents.

Unit 5: Management of Workplace Health and Safety

- Planning health and safety measures.
- Organizing safety-related initiatives.
- Leading and directing safety programs.
- Monitoring and controlling safety procedures.

Unit 6: Appropriate Behavior in the Event of an Accident

- Common types of workplace accidents.
- Basic principles of first aid.
- Application of cardio-pulmonary resuscitation techniques.
- Effective emergency response procedures.

Unit 7: Safety Audit

- The purpose and importance of safety audits.
- Benefits gained from conducting safety audits.
- Risks and negative consequences of neglecting safety audits.

Unit 8: Ergonomics and Correct Posture

- Identifying poor posture habits.
- Understanding the negative effects of bad posture on health and productivity.
- Implementing corrective measures to encourage better posture and ergonomics.