

# NEBOSH Award in Health and Safety at Work

## Duration 5 Day

### Course Objectives

1. Participant should be able to understand Foundations in health and safety
2. Participant should be able to know Health and safety management systems - Policy - Organizing - Planning - Measuring audit and review
3. Participant should be able to aware of Workplace hazards and risk control and Transport hazards and risk control
4. Participant should be able to aware of Musculoskeletal hazards and risk control and Work equipment hazards and risk control
5. Participant should be able to aware of Electrical safety and Fire safety
6. Participant should be able to aware of Chemical & biological health hazards and control and Physical psychological health hazards and risk control

### Course Outline:

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1. Foundations in health and safety
2. Health and safety management systems - Policy - Organizing - Planning - Measuring audit and review
3. Workplace hazards and risk control and Transport hazards and risk control
4. Musculoskeletal hazards and risk control and Work equipment hazards and risk control
5. Electrical safety and Fire safety
6. Chemical & biological health hazards and control and Physical psychological health hazards and risk control

### COURSE TIMETABLE:

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	First Session	Second Session	Third Session
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Day	09:00 Break	10:30 →	10:45 → Break	12:15	12:45	14:15
<u><a href="#">HSW1 Workplace Safety Foundations</a></u>						
1	<p><b>Foundations of Health and Safety</b></p> <ul style="list-style-type: none"> <li>➤ Scope and nature of workplace health and safety</li> <li>➤ Reasons for practicing good standards of health and safety</li> <li>➤ Key internal and external sources of health and safety information</li> </ul>	<p><b>Responsibility for health and safety</b></p> <ul style="list-style-type: none"> <li>➤ Health and safety role and responsibilities of relevant parties</li> <li>➤ Key features of a system to effectively manage health and safety</li> <li>➤ How accidents are caused and the role and function of accident recording and investigation</li> </ul>	<p><b>Responsibility for health and safety</b></p> <ul style="list-style-type: none"> <li>➤ Methods of improving health and safety performance</li> </ul> <p><b>Health and safety risk assessment and control</b></p> <ul style="list-style-type: none"> <li>➤ Aim and objectives of risk assessment and give examples of common hazards</li> <li>➤ What constitutes an adequate risk assessment</li> </ul>			
2	<p><b>Health and safety risk assessment and control</b></p> <ul style="list-style-type: none"> <li>➤ Stages of risk assessment</li> <li>➤ General principles for controlling health and safety risks</li> <li>➤ Common safety signs</li> </ul> <p><b>Hazards and controls associated with work</b></p> <ul style="list-style-type: none"> <li>➤ General health and safety requirements for work equipment</li> </ul>	<p><b>Hazards and controls associated with work</b></p> <ul style="list-style-type: none"> <li>➤ General health and safety requirements for work equipment</li> <li>➤ Main hazards and controls for work equipment</li> </ul>	<p><b>Transport safety</b></p> <ul style="list-style-type: none"> <li>➤ Hazards presented by the movement of vehicles in the workplace and the appropriate control measures</li> </ul>			

3	<p><b>Hazards and controls associated with working with electricity</b></p> <ul style="list-style-type: none"> <li>➤ Hazards associated with the use of electricity in the workplace</li> <li>➤ Control measures that need to be taken when working with electrical systems or using electrical equipment</li> </ul>	<p><b>Fire safety</b></p> <ul style="list-style-type: none"> <li>➤ Common fire hazards in the workplace</li> <li>➤ Benefits of adequate fire risk assessment and the matters which should be addressed when undertaking a basic fire risk assessment</li> </ul>	<p><b>Fire safety</b></p> <ul style="list-style-type: none"> <li>➤ Basic principles of fire prevention and fire controls in the workplace</li> </ul> <p><b>Hazards and controls associated with manual handling and repetitive movement</b></p> <ul style="list-style-type: none"> <li>➤ Identify hazards from manual handling and repetitive physical activities</li> </ul>
4	<p><b>Hazards and controls associated with manual handling and repetitive movement</b></p> <ul style="list-style-type: none"> <li>➤ Ways of controlling risks from manual handling and ergonomic risks</li> </ul> <p><b>Hazards and controls associated with hazardous substances</b></p> <ul style="list-style-type: none"> <li>➤ Forms and classification of</li> </ul>	<p><b>Hazards and controls associated with hazardous substances</b></p> <ul style="list-style-type: none"> <li>➤ Sources of information to be considered when undertaking an assessment of the health risks from substances commonly encountered in the workplace</li> <li>➤ controls that should be used to reduce</li> </ul>	<p><b>Hazards and controls associated with the working environment</b></p> <ul style="list-style-type: none"> <li>➤ Common welfare and work environment requirements, hazards and controls in the workplace</li> <li>➤ Hazards to pedestrians in the workplace and the appropriate control measures</li> <li>➤ Common psycho-social hazards which may be encountered in the</li> </ul>

	<b>hazardous substances</b>	<b>the risk of ill-health from exposure to hazardous substances</b>	<b>workplace, the persons affected and control measures</b>
<b>5</b>	<b>Hazards and controls associated with the working environment</b>		<b>Examination (one hour)</b>
	<ul style="list-style-type: none"> <li>➤ <b>health effects associated with exposure to noise and vibration and the appropriate control measures</b></li> <li>➤ <b>Requirements for, and effective provision of, first aid in the workplace</b></li> </ul>		
	<b><u>HSW2 Workplace Risk Assessment</u></b>		
			<b>Workplace-based risk assessment activity</b>