



# Foundations of Workplace Health and Safety: A 10-Day Practical Training Program



**AGILE LEADERS**  
Training Center

26 Apr - 07 May 2026

عمان

# Foundations of Workplace Health and Safety: A 10-Day Practical Training Program

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## Course Overview:

This course is designed to equip professionals with the essential knowledge and skills required to excel in workplace health and safety management. The "A Prep Course for the NEBOSH Award in Health and Safety at Work" integrates a comprehensive curriculum covering key aspects such as Health and Safety Responsibilities, Risk Assessment Techniques, and Managing Health and Safety Systems. Participants will delve into specialized areas including Work Equipment Safety, Transport Safety Measures, and Fire Safety Management, aligning with Workplace Health and Safety Standards. The course uniquely combines practical insights with theoretical knowledge, ensuring learners are well-prepared for the NEBOSH Award Course. Through our Online Safety Management Course and Certified Health and Safety Training, we offer unparalleled flexibility and accessibility, making this course ideal for professionals aiming for Health and Safety Leadership Training and Performance Improvement in their organizations.

## Target Audience:

- Safety Officers
- HR Professionals
- Operations Managers
- Facilities Managers

## Targeted Organizational Departments:

- Human Resources
- Operations
- Facilities Management
- Logistics and Transport

## Targeted Industries:

- Manufacturing
- Construction
- Logistics
- Healthcare Industries facing challenges with Manual Handling Safety, Electrical Safety, and Psycho-social Workplace Issues will find this course particularly beneficial.

## Course Offerings:

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

- Implement effective Health and Safety Training Online.
- Conduct thorough Risk Assessment Training Courses.
- Enhance Fire Safety and Electrical Safety in the Workplace.
- Apply First Aid in the Workplace efficiently.
- Navigate Health and Safety Legislation Compliance with ease.

## Training Methodology:

Our training methodology is designed to engage participants in an immersive learning experience. Utilizing case studies, participants will explore real-world scenarios to understand the complexities of Workplace Safety Training Programs. Interactive sessions will encourage dialogue on Health and Safety Compliance Training, while group work fosters collaboration on developing Accident Prevention Strategies. Feedback sessions are integral, allowing for personalized advice on improving Health and Safety Performance. This blend of methodologies ensures a deep understanding of Occupational Health and Safety Courses Online, making our course a leader in Professional Safety Training Courses.

## Course Toolbox:

- Comprehensive workbooks detailing Risk Assessment Techniques and Safety Signage and Information.
- Access to an advanced online learning platform for Health and Safety Training Online.
- Checklists and templates for implementing Workplace Health and Safety Standards.
- A subscription to newsletters with the latest in Health and Safety Legislation Compliance and Performance Improvement.

## Course Agenda:

### Day 1: Introduction to Workplace Health and Safety

- Scope and Nature of Workplace Health and Safety Topic 1:
- Reasons for Practising Good Health and Safety Standards Topic 2:
- Importance of Safety Culture in Organizations Topic 3:
- Types of Workplace Hazards and Incidents Topic 4:
- Safety Terminology and Key Concepts Topic 5:
- Health and Safety Information Sources Topic 6:
- Importance of proactive safety awareness Reflection & Review:

## Day 2: Health and Safety Legislation and Compliance

- Overview of Health and Safety Laws UK and International Topic 1: •
- Key Duties of Employers and Employees Topic 2: •
- Understanding Legal Consequences of Non-compliance Topic 3: •
- Safety Policies and Implementation Topic 4: •
- Introduction to NEBOSH Certification Structure Topic 5: •
- Common Safety Signs and Symbols Topic 6: •
- Legal foundations for safe work environments Reflection & Review: •

## Day 3: Roles and Responsibilities

- Roles of Health and Safety Officers and Supervisors Topic 1: •
- Stakeholder Responsibilities in Safety Topic 2: •
- Safety Committees and Worker Representation Topic 3: •
- Leadership in Health and Safety Performance Topic 4: •
- Safety Induction and Ongoing Training Topic 5: •
- Case Study: Role Failures in Safety Management Topic 6: •
- Enhancing safety accountability across teams Reflection & Review: •

## Day 4: Incident Causation and Prevention Strategies

- The Domino and Swiss Cheese Models Topic 1: •
- Immediate, Root, and Underlying Causes Topic 2: •
- Near Miss Reporting Systems Topic 3: •
- Designing Preventative Safety Systems Topic 4: •
- Behavioral Safety Approaches Topic 5: •
- Common Failures in Safety Culture Topic 6: •
- Shifting from reactive to proactive safety Reflection & Review: •

## Day 5: Principles of Risk Assessment

- Definition and Importance of Risk Assessment Topic 1: •
- UK HSE's 5 Steps to Risk Assessment Topic 2: •
- Hazard Identification Techniques Topic 3: •
- Risk Matrix and Scoring Topic 4: •
- Evaluating Existing Controls Topic 5: •
- Documentation and Reporting Topic 6: •
- Improving decision-making through assessment Reflection & Review: •

## Day 6: Risk Control Strategies

- The Hierarchy of Controls Topic 1: •
- Personal Protective Equipment PPE Use and Limitations Topic 2: •
- Engineering vs Administrative Controls Topic 3: •
- Isolation and Substitution Methods Topic 4: •
- Risk Communication Techniques Topic 5: •
- Toolbox Talks and Safety Briefings Topic 6: •
- Selecting effective controls for various hazards Reflection & Review: •

## Day 7: Hazardous Environments and Workplace Conditions

- Equipment-related Hazards and Safe Operation Topic 1: •
- Slips, Trips, and Falls Prevention Topic 2: •
- Electrical Safety and Emergency Isolation Topic 3: •
- Transport and Vehicle Safety Topic 4: •
- Fire Prevention and Firefighting Equipment Topic 5: •
- Manual Handling Techniques and Ergonomics Topic 6: •
- Ensuring safety in high-risk environments Reflection & Review: •

## Day 8: Specialized Hazards and Emerging Issues

- Hazardous Substances and COSHH Overview Topic 1: •
- Noise and Vibration Hazards Topic 2: •
- Thermal Stress and Workplace Conditions Topic 3: •
- Stress, Bullying, and Psycho-social Risks Topic 4: •
- Indoor Air Quality and Ventilation Topic 5: •
- Case Analysis: Emerging Occupational Risks Topic 6: •
- Modernizing hazard management Reflection & Review: •

## Day 9: Emergency Response and First Aid

- Workplace Emergency Preparedness Plans Topic 1: •
- First Aid Requirements and Kits Topic 2: •
- Incident Response and Evacuation Procedures Topic 3: •
- Roles of Emergency Coordinators Topic 4: •
- Post-incident Review and Learning Topic 5: •
- Mock Drill and Tabletop Exercise Topic 6: •
- Response readiness for workplace incidents Reflection & Review: •

## Day 10: NEBOSH Exam Preparation and Course Wrap-Up

- NEBOSH Award Assessment Criteria and Format Topic 1:
- Sample Questions and Answering Techniques Topic 2:
- Revision of Core Topics Interactive Q&A Topic 3:
- Individual Case Study Presentations Topic 4:
- Trainer Feedback and Performance Tips Topic 5:
- Final Course Evaluation and Next Steps Topic 6:
- Confidence-building and final wrap-up Reflection & Review:

## FAQs

What specific qualifications or prerequisites are needed for participants before enrolling in the course?

This course does not require formal qualifications, making it ideal for individuals who are new to workplace health and safety. However, it is particularly beneficial for safety officers, HR professionals, operations and facilities managers, and anyone responsible for implementing safety protocols or aiming to pursue the NEBOSH Award in Health and Safety at Work.

How long is each day's session, and is there a total number of hours required for the entire course?

Each day's session is generally structured to last around 4-5 hours, including interactive activities and breaks. With the updated 10-day structure, the total course duration is approximately 40-50 hours of guided instruction and practical application.

What is the difference between this NEBOSH prep course and taking the NEBOSH Award directly?

This prep course is designed to bridge the knowledge gap by offering structured guidance, practical examples, and interactive training that align with NEBOSH exam expectations. While the NEBOSH Award focuses on assessment and certification, this course emphasizes skill development, confidence-building, and hands-on application to ensure participants are fully prepared before pursuing the official certification.

## How This Course is Different from Other Health and Safety Courses:

"A Prep Course for the NEBOSH Award in Health and Safety at Work" stands out through its comprehensive approach, blending traditional learning with cutting-edge online resources. Unlike other courses, we offer a deep dive into Workplace Safety Training Programs and Online Safety Management Courses, tailored to meet the needs of today's dynamic work environments. Our focus on real-world application, from Hazardous Material Handling Course to Safety Risk Assessment Training, ensures participants not only learn but are ready to apply this knowledge effectively. The inclusion of current trends, such as Psycho-social Workplace Issues and Environmental Health and Safety Training Online



## فئات الدورات التدريبية



HR TRAINING & DEVELOPMENT

دورات إدارة و تطوير الموارد البشرية



دورات إدارة و تحليل البيانات ودورات علم البيانات



دورات إدارة الجودة وتطوير العمليات



الدورات التدريبية في مجال البيئة والاستدامة



دورات التسويق وإدارة علاقات العملاء وإدارة المبيعات



دورات التدريب القانوني والمشتريات والتعاقدات



دورات الاتصال الجماهيري و السياسات والعلاقات العامة



دورات النظم السبراني ودورات تقنية المعلومات



دورات الصيانة ودورات المجالات الهندسية المتنوعة



دورات الصحة والسلامة والأمن المهني



دورات السكرتارية و إدارة المكاتب



دورات الحوكمة وإدارة المخاطر والامتثال



## فئات الدورات التدريبية



دورات معتمدة بشهادة CPD



دورات في مجالات القيادة والإدارة



دورات المهارات الشخصية وتطوير الذات



دورات المحاسبة و التمويل و دورات الإدارة  
الهائية



دورات مكتب إدارة المشاريع وإدارة المشاريع  
الرشيقة



دورات معتمدة من قبل هيئات دولية

## مدن التدريب



اسطنبول - تركيا



أموستردام - هولندا



أنقرة - تركيا



أثينا - اليونان



الرياض - المملكة العربية السعودية



الدوحة - قطر



الدار البيضاء - المغرب



الجبيل - المملكة العربية السعودية



باريس - فرنسا



المنامة - مملكة البحرين



الكويت - الكويت



القاهرة - مصر



براغ - جمهورية التشيك



بانكوك - تايلاند



بالي - جمهورية إندونيسيا



باكو - أذربيجان

## مدن التدريب



جاكرتا - جمهورية اندونيسيا



تيليسي - جورجيا



بوكيت - تايلاند



برشلونة - اسبانيا



روما - ايطاليا



دبي - الامارات العربية المتحدة



جوهانسبرغ - جنوب افريقيا



جنيف - سويسرا



شرم الشيخ - مصر



سيول - كوريا الجنوبية



سان دييغو - الولايات المتحدة  
الامريكية



زنبار - تنزانيا



طوكيو - اليابان



طشقند - اوزبكستان

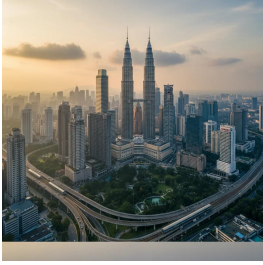


طرابزون - تركيا



شيكاغو - الولايات المتحدة  
الامريكية

## مدن التدريب



كوالالمبور - ماليزيا



فيينا - النمسا



عن بعد - منصة زووم



عمان - المملكة الأردنية الهاشمية



ماربيا - اسبانيا



لندن - المملكة المتحدة



لانكاوي - ماليزيا



كيب تاون - جنوب إفريقيا



ميلان - إيطاليا



مونترال - سويسرا



مسقط - سلطنة عمان



مدريد - إسبانيا



نيس - فرنسا



نيروبي - كينيا



ميونخ - ألمانيا

# WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

## OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

## OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

## WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



**AGILE LEADERS**  
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## CONTACT US

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