



IOSH Level 3: Certified Safety & Health Exam Prep Course



AGILE LEADERS
Training Center

19 - 30 Jul 2026

مسقط

IOSH Level 3: Certified Safety & Health Exam Prep Course

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Course Overview:

The course is a comprehensive, industry-driven training program designed to prepare participants for the IOSH Level 3 Certificate in Occupational Safety and Health Principles and Practice. Based on the official IOSH competency framework, this course equips learners with the knowledge, practical skills, and exam readiness to achieve a globally recognised qualification. With a strong focus on IOSH Level 3 exam preparation, this IOSH certification training integrates both technical safety principles and behavioral competencies to help participants apply best practices in workplace safety, incident management, and risk mitigation. As an IOSH-accredited course, it also supports the path to TechIOSH membership.

Target Audience:

- Safety Officers and OSH Coordinators
- HSE Managers and Advisors
- Risk Management Professionals
- Line Managers and Supervisors
- Professionals seeking TechIOSH membership

Targeted Organizational Departments:

- Health, Safety, and Environment HSE
- Operations and Production
- Human Resources
- Compliance and Risk Management
- Facilities and Maintenance by strengthening safety culture improvement, safety officer certification training, and stakeholder management safety.

Targeted Industries:

- Manufacturing
- Oil & Gas and Energy
- Construction and Infrastructure
- Transportation and Logistics
- Public Sector and Education
- Healthcare and Pharmaceuticals

Course Offerings:

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

- Apply OSH principles and management systems in workplace settings
- Conduct effective risk assessments and workplace inspection
- Manage safety incidents using incident management techniques
- Interpret health and safety law UK in the context of compliance
- Improve safety culture and behavioural safety strategies within teams
- Communicate and collaborate effectively using OSH communication strategies
- Prepare thoroughly for the IOSH Level 3 exam and TechIOSH preparation course pathways

Training Methodology:

This course uses a learner-centred approach combining theory and hands-on application. Training methods include interactive lectures, case studies of real-world workplace safety scenarios, structured group discussions, practical exercises, and feedback-driven simulations to reinforce safety management systems. Participants will engage with methods such as risk assessment techniques and safety officer certification training checklists. The blended format ensures flexibility for diverse learning preferences, integrating e-learning, classroom engagement, and reflective practice.

Course Toolbox:

- Course ebook
- Safety risk assessment templates
- Workplace audit & inspection checklists
- Legislation summaries and case law documents
- Stakeholder communication strategy guide

Course Agenda:

Day 1: Introduction to IOSH Framework & OSH Fundamentals

- Overview of the IOSH Level 3 Certificate and its global recognition Topic 1:
- Understanding the IOSH competency framework Technical, Core, Behavioural Topic 2:
- Importance of occupational safety and health OSH in the modern workplace Topic 3:
- Career pathways: TechIOSH membership and professional development Topic 4:
- Overview of IOSH student membership and CPD tools Topic 5:
- Guided tour of IOSH learning platforms and exam structure Topic 6:
- Recap of foundational principles and learning outcomes Reflection & Review:



Day 2: OSH Principles and Safety Management Systems

- Key principles of OSH and how they influence workplace safety Topic 1: •
- Components of effective safety management systems SMS Topic 2: •
- Policy, planning, and organizational roles in SMS Topic 3: •
- Safety planning and integration into business operations Topic 4: •
- Aligning SMS with organizational strategy and sustainability Topic 5: •
- Measuring OSH performance through audits and KPIs Topic 6: •
- Real-world SMS case reviews Reflection & Review: •

Day 3: OSH Risk Management - Concepts and Tools

- Fundamentals of risk management in workplace safety Topic 1: •
- Hazard identification and control measures Topic 2: •
- Risk assessment techniques and legal compliance Topic 3: •
- The hierarchy of risk controls and ALARP principle Topic 4: •
- Safety inspections and workplace monitoring Topic 5: •
- Documentation, reporting, and communication Topic 6: •
- Apply tools to sample scenarios Reflection & Review: •

Day 4: Practical Application of Risk Assessment

- Conducting site-specific risk assessments Topic 1: •
- Implementing control measures in dynamic work environments Topic 2: •
- Using checklists and risk templates effectively Topic 3: •
- Reporting risks to stakeholders and management Topic 4: •
- Review of relevant legislation and health and safety law UK Topic 5: •
- Evaluation of existing risk controls for improvement Topic 6: •
- Hands-on risk assessment simulation Reflection & Review: •

Day 5: Principles of OSH Incident Management

- Understanding incident causation models e.g., Swiss Cheese Model Topic 1: •
- The role of human factors in incident development Topic 2: •
- Immediate and root cause analysis of incidents Topic 3: •
- Investigating workplace incidents systematically Topic 4: •
- Recording and reporting procedures under UK regulations Topic 5: •
- Linking incident findings to risk management processes Topic 6: •
- Group activity - investigate a sample case Reflection & Review: •

Day 6: Leadership in OSH Culture and Performance

- Characteristics of a positive safety culture Topic 1: •
- Leadership styles and influence on safety outcomes Topic 2: •
- Encouraging employee involvement and ownership Topic 3: •
- Leading by example: behaviours that promote safety Topic 4: •
- Stakeholder engagement and safety communication Topic 5: •
- Building team accountability and trust Topic 6: •
- Self-assessment and discussion Reflection & Review: •

Day 7: Enhancing Behavioural Competence and Collaboration

- Behavioural safety strategies and interventions Topic 1: •
- Core communication skills for OSH professionals Topic 2: •
- Handling safety-related resistance or non-compliance Topic 3: •
- Conflict resolution in safety-critical situations Topic 4: •
- Working with others: interdepartmental collaboration Topic 5: •
- Empowering others to take responsibility for OSH Topic 6: •
- Role-playing collaboration exercises Reflection & Review: •

Day 8: Legal, Ethical and Strategic OSH Integration

- Key UK legal frameworks for occupational health and safety Topic 1: •
- Ethical responsibilities in safety leadership Topic 2: •
- Integrating OSH into organizational goals Topic 3: •
- Strategic planning for long-term OSH impact Topic 4: •
- Influencing senior leadership and board-level decisions Topic 5: •
- Reporting safety performance at the strategic level Topic 6: •
- Aligning vision and safety priorities Reflection & Review: •

Day 9: Exam Preparation and Scenario-Based Applications

- Reviewing all four IOSH Level 3 Certificate units Topic 1: •
- Tackling scenario-based exam questions Topic 2: •
- Exam tips: time management and structure Topic 3: •
- Reviewing mock test answers and scoring Topic 4: •
- Feedback on common learner challenges Topic 5: •
- Preparing a personal action plan for final assessment Topic 6: •
- Mock exam debrief Reflection & Review: •



Day 10: Professional Growth, CPD & Certification Pathways

- Introduction to IOSH Blueprint CPD tool Topic 1: •
- Mapping a career path to TechIOSH or Chartered status Topic 2: •
- Planning lifelong learning and training progression Topic 3: •
- Becoming a safety leader in your organization Topic 4: •
- Final Q&A and evaluation session Topic 5: •
- Course wrap-up and next steps Topic 6: •
- Certification checklist and closing remarks Reflection & Review: •

FAQ:

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

No formal qualifications are required, but a basic understanding of workplace safety concepts is beneficial. The course is ideal for professionals with safety responsibilities or those aiming to earn TechIOSH status.

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, with breaks and interactive activities included. The total course duration spans five days, approximately 20-25 hours of instruction.

What are the four mandatory units required for IOSH Level 3 certification?

- Fundamentals of OSH principles and management systems .1
- Principles and application of OSH risk management .2
- Principles and application of OSH incident management .3
- Improving OSH performance and culture .4

How This Course is Different from Other IOSH Level 3 Courses:

Unlike standard IOSH courses, this course is uniquely tailored for exam readiness, professional advancement, and real-world application. Built directly on the IOSH competency framework, this IOSH-accredited course integrates scenario-based exercises and mock assessments to mirror actual exam conditions. It offers extensive coverage of health and safety law UK, audit and compliance course procedures, stakeholder management safety, and behavioural safety strategies. Through blended learning options, including face-to-face and e-learning, participants gain flexibility while preparing to meet IOSH qualification UK standards.



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



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دورات المهارات الشخصية وتطوير الذات



دورات المحاسبة و التمويل و دورات الإدارة
الهائية



دورات مكتب إدارة المشاريع وإدارة المشاريع
الرشيقية



دورات معتمدة من قبل هيئات دولية

مدن التدريب



اسطنبول - تركيا



أمستردام - 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



شهر 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.



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CONTACT US

 UAE, Dubai Investment Park First

 +971585964727
 +447700176600

 sales@agile4training.com