



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



**AGILE LEADERS**  
Training Center

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

### Course Overview:

This 10-day professional training course is designed to equip participants with essential knowledge and practical skills for managing health and safety in the workplace. The program integrates a comprehensive curriculum that addresses core concepts such as legal responsibilities, hazard identification, risk assessment, fire prevention, and emergency preparedness. It also explores specialized topics such as work equipment safety, manual handling, and psychosocial risks.

Participants will gain a strong foundation in occupational health and safety standards and learn to implement safety systems that align with global best practices. The course balances theoretical content with real-world application to build confidence in applying safety knowledge in diverse organizational settings. Whether you're a safety officer, manager, or part of the operations or HR team, this program prepares you to lead or contribute effectively to workplace safety initiatives.

### 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 in manual handling, electrical safety, or psychosocial hazards will find this course especially valuable.

## Course Outcomes:

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

- Implement effective health and safety practices across departments
- Conduct structured risk assessments and apply appropriate control measures
- Improve fire, electrical, and manual handling safety in the workplace
- Apply emergency response techniques and basic first aid procedures
- Navigate compliance requirements for health and safety legislation
- Promote a proactive safety culture and identify early warning signs of risk

## Training Methodology:

This course blends interactive learning, practical application, and guided discussion. Participants engage in case studies, group exercises, safety simulations, and feedback sessions to reinforce learning. Real-world scenarios help develop the decision-making and analytical skills needed to manage workplace risks effectively. All activities are designed for adult learners, emphasizing collaboration and real-life relevance.

## Course Toolbox:

- Interactive workbooks covering risk assessments, safety signage, and controls
- Access to a digital learning platform for extended study and resources
- Templates for implementing workplace safety systems and checklists
- Monthly newsletters with updates on legislation and safety performance strategies

## Course Agenda:

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

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

### Day 2: Health and Safety Legislation and Compliance

- Topic 1: Overview of Health and Safety Laws UK and International
- Topic 2: Employer and Employee Responsibilities
- Topic 3: Legal Consequences of Non-Compliance
- Topic 4: Safety Policy Development and Implementation
- Topic 5: Understanding Certification and Assessment Processes
- Topic 6: Common Safety Signs and Symbols
- Building a Legally Compliant Workplace Reflection & Review:

### Day 3: Roles and Responsibilities

Topic 1: Health and Safety Roles: Officers, Supervisors, and Managers

Topic 2: Stakeholder Involvement in Safety Programs

Topic 3: Function of Safety Committees

Topic 4: Leadership for Performance Improvement

Topic 5: Safety Induction and Continuous Training

Topic 6: Case Study: Accountability Failures

Driving Responsibility and Accountability Reflection & Review:

### Day 4: Incident Causation and Prevention Strategies

Topic 1: Models of Incident Causation Domino, Swiss Cheese

Topic 2: Types of Causes: Immediate, Root, and Underlying

Topic 3: Near Miss Reporting and Analysis

Topic 4: Designing Preventive Systems

Topic 5: Behaviour-Based Safety Programs

Topic 6: Common Failures in Safety Culture

From Reactive to Preventive Strategies Reflection & Review:

### Day 5: Principles of Risk Assessment

Topic 1: Importance and Objectives of Risk Assessment

Topic 2: 5 Steps to Risk Assessment

Topic 3: Identifying Hazards in the Workplace

Topic 4: Risk Matrix and Scoring Techniques

Topic 5: Evaluating Control Measures

Topic 6: Documentation and Reporting Standards

Risk Management as a Decision Tool Reflection & Review:

## Day 6: Risk Control Strategies

Topic 1: The Hierarchy of Controls Explained

Topic 2: PPE Selection and Limitations

Topic 3: Engineering and Administrative Controls

Topic 4: Isolation, Substitution, and Elimination Methods

Topic 5: Communicating Risk Control Measures

Topic 6: Toolbox Talks and Daily Briefings

Matching Controls to Risk Severity Reflection & Review:

## Day 7: Hazardous Environments and Workplace Conditions

Topic 1: Equipment-Related Hazards and Safe Use

Topic 2: Slips, Trips, and Falls Prevention

Topic 3: Electrical Safety and Isolation Procedures

Topic 4: Transport and Vehicle Movement Hazards

Topic 5: Fire Safety and Protection Systems

Topic 6: Manual Handling and Ergonomic Best Practices

Mitigating Environmental Hazards Reflection & Review:

## Day 8: Specialized Hazards and Emerging Issues

Topic 1: COSHH and Hazardous Substance Management

Topic 2: Noise and Vibration Exposure Risks

Topic 3: Thermal Stress, Ventilation, and Indoor Air Quality

Topic 4: Stress, Bullying, and Psychosocial Hazards

Topic 5: Technology-Driven Risks and Safety Innovation

Topic 6: Case Study: Modern Hazard Challenges

Evolving with New Workplace Risks Reflection & Review:

## Day 9: Emergency Response and First Aid

Topic 1: Emergency Plans and Preparedness Strategies

Topic 2: First Aid Essentials and Kit Requirements

Topic 3: Evacuation and Incident Response Procedures

Topic 4: Emergency Roles and Responsibilities

Topic 5: Post-Incident Review and Debriefing

Topic 6: Tabletop Drills and Simulation Exercises

Confidence in Emergency Scenarios Reflection & Review:

## Day 10: Course Review and Final Preparation

Topic 1: Review of Core Topics and Knowledge Check

Topic 2: Practice Questions and Case Study Application

Topic 3: Personal Presentations of Safety Strategies

Topic 4: Individual Feedback and Trainer Guidance

Topic 5: Performance Tips for Assessment Readiness

Topic 6: Final Evaluation and Certificate Briefing

Action Planning for Real-World Application Reflection & Review:

## FAQ

**Are there any prerequisites to attend this course?**

No formal prerequisites are required. The course is ideal for individuals new to workplace health and safety or those seeking structured, practical training before pursuing professional certifications.

**How long is each session and what is the total course duration?**

Each daily session is 4-5 hours long, including breaks and activities. The total course spans approximately 40-50 instructional hours across 10 days.

**How is this course different from other health and safety programs?**

This course focuses on hands-on application, scenario-based learning, and readiness for real-world safety challenges. It also emphasizes psychosocial risks and leadership in safety—areas often underexplored in standard programs.



## 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  
الرشيقية



دورات معتمدة من قبل هيئات دولية

## مدن التدريب



اسطنبول - تركيا



أمستردام - هولندا



أكرا - غانا



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 - تايلند



بالي - جمهورية إندونيسيا



باكو - أذربيجان

## مدن التدريب



جاكرتا - جمهورية اندونيسيا



تبليسي - جورجيا



بوكيت - تايلاند



برشلونة - إسبانيا



روما - إيطاليا



دبي - الإمارات العربية المتحدة



جوهانسبرغ - جنوب إفريقيا



جنيف - سويسرا



شهر الشيخ - قطر



سيول - كوريا الجنوبية



سان دييغو - الولايات المتحدة الأمريكية



زنجبار - تنزانيا



طوكيو - اليابان



طشقند - أوزبكستان



طرابزون - تركيا



شيكاغو - الولايات المتحدة الأمريكية

## 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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