



# NEBOSH Training

## Health and Safety at Work Award



Improve your organisation's safety performance with this practical qualification that is relevant to all industries.

The NEBOSH Health and Safety at Work Award provides a best practice introduction to workplace health, safety, and risk that is relevant to all industry sectors.

### Who is it designed for?

The qualification is designed for anyone who needs to understand the principles of health and safety as part of their job; this would include team leaders and supervisors, HR professionals, facilities managers and those training young people in a working environment. Many people take the NEBOSH Health and Safety at Work Award as a first step in a career in health and safety. It gives a valuable overview, and is a sound basis for further professional study.

### Prerequisites

None.

### Objectives

When you have completed the qualification, you will be able to:

- understand why health and safety needs to be managed, ensuring effective processes are in place;
- inspect the workplace, recognising a range of common hazards, evaluating risks (taking account of current controls), recommending further control measures and assigning actions; and
- understand why incidents happen and how to investigate them.



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### Course content

**Total duration of training :** 23 hours (3 days)

#### Element 1: Why and how you manage health and safety

- Moral, legal and financial reasons and benefits for managing health and safety
- Managing health and safety consistently well
- Auditing

#### Element 2: Dealing with common workplace hazards

- General workplace issues
- Violence and aggression
- Work-related stress
- Hazardous chemicals and substances
- Computers
- Substance abuse
- Electricity, Fire
- Manual handling
- Noise and vibration
- Work equipment
- Work at height
- Workplace transport

#### Element 3: Stopping incidents and ill-health before they happen

- Inspecting the workplace
- Risk assessment theory

#### Element 4: Learning from incidents

- Why investigating incidents makes sense
- A simple four-step approach to investigations



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### Training materials and methods:

- Reception of trainees in a room dedicated to training
- Training support documents projected and made available
- Training support documents given to trainees
- Consultation of specialized websites (films, videos, information media ...)
- Exam preparation exercises (workshops)
- Quiz

### Assessment

To achieve the qualification, learners must complete and pass the Unit HSA1 assessment. This assessment is a workplace health and safety review which should be carried out in the workplace.

### Monitoring and evaluation :

- Attendance sheets
- Oral questions with a collegiate answer each end of the day
- Satisfaction survey completed by participants at the end of training

### Trainers:

**HSE Experts:** coaching, training, consulting, coordination, QHSE supervision.

Our expert trainers are accredited by the NEBOSH Organization. Annual review of accreditation.

### More information