

## NEBOSH Award in Health and Safety at Work

Gain the knowledge to become a health and safety professional with our NEBOSH Award in Health and Safety at Work training course.

### Objective

By the end of this training course, you should:

- Be able to improve health and safety in your workplace and confirm that your workplace is safe
- Understand health and safety risks and issues
- Be able to put measures in place to reduce health and safety accidents and costs
- Have a globally recognised qualification

### Details

**Duration:** 3 Days

### Who is this course for

There are no pre-requisites for this training course.

## Course Content

### Part 1: Health and safety Foundations

- Fundamentals of workplace health and safety.
- Reasons for practising good standards of health and safety.
- Key internal and external sources of health and safety information.

### Part 2: Principles of fire and explosion

- The role and responsibilities of relevant health and safety parties.
- Key features of a system to effectively manage health and safety.
- How accidents are caused and the role and function of accident recording and investigation.
- Techniques for improving health and safety performance.

### Part 3: Causes and prevention of fires

- Causes of fires and explosions in typical work activities.
- Appropriate control measures to minimise fire risks.

### Part 4: Work equipment hazards and controls

- General health and safety requirements.
- Main hazards and controls for work equipment.

### Part 5: Transport safety

- Hazards presented by the movement of vehicles in the workplace and the appropriate control measures.

### Part 6: Electricity hazards and controls

- Hazards associated with the use of electricity in the workplace.
- Control measures that need to be taken when working with electrical systems or using electrical equipment

### Part 7: Fire safety

- The benefits of adequate fire risk assessment and the matters which should be addressed when undertaking a basic fire risk assessment.
- Basic principles of fire prevention and fire controls in the future in the workplace.

### Part 8: Manual handling and repetitive movement hazards and controls

- Hazards from manual handling and repetitive physical activities.
- Ways of controlling risks from manual handling and ergonomic risks.

