

IOSH – Working Safely **Training Course Syllabus**

Course Title

IOSH Working Safely (Institution of Occupational Safety and Health)

Objectives

- Delegates receive a sound grounding in the essentials of health and safety for all workers.
- Primary focus is on why health and safety is important.
- Practical emphasis on how changing behaviour can make a real difference to delegates' own and other people's welfare.
- Introduction to basic environmental issues.

Pre-Qualification

This course is suitable for people from any sector and at any level who need an understanding of the essentials of occupational health and safety. No prior knowledge is assumed.

Duration

1 day - Candidates who successfully complete the written and practical assessments receive either an IOSH Working Safety Certificate or the equivalent in the form of a credit-card sized Health and Safety Passport Card.

Materials

Each delegate receives a workbook that includes sections for notes and Q&A sessions.

Course Content

Introducing Working Safely

Covers the realities of the suffering behind the statistics and emphasises the importance of personal responsibility.

Defining hazard and risk

Delegates think about hazards and risks in their own places of work.

Identifying common hazards

Crystal clear examples of

- Entrances, exits & work traffic,
- Fire
- Chemicals
- Electricity
- Physical and verbal abuse
- Bullying
- Stress
- Noise
- Slips trips and falls
- Manual handling

Improving safety performance

Examines systems and processes from the delegate's point of view, with jargon explained in everyday language. Includes

- Contractor work
- Inspections
- Safe Systems of Work
- Permits to Work
- Personal Protective Equipment
- Signage
- Emergency Procedures
- Reporting and Health Checks

Protecting our environment

A short introduction to waste and pollution, using memorable and thought-provoking facts to emphasise the points.

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