BLACKBIRD FOR TRAINING

The Complete Programme of Health & Safety Management & Measurement



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Introduction

Ensuring health and safety in the workplace is not just the responsibility of one person but of everyone within the organization. This course will provide a comprehensive understanding of the importance of health and safety management and the role of a health and safety manager. Participants will learn how to identify potential risks, the root causes of accidents, and how to implement effective safety standards to ensure a safer work environment. The course offers valuable tools and techniques to design, manage, and improve your health and safety management system effectively, with a focus on practical application to meet legal obligations and reduce workplace hazards.

Course Objectives

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

- Identify the sources of harmful acts and unsafe behaviors within the workplace.
- Understand that health and safety management is everyone's responsibility, not just the health and safety manager's role.
- Recognize that accidents and injuries result from unsafe acts, behaviors, and conditions.
- Conduct a job safety analysis JSA and provide clear safety instructions.
- Investigate accidents and complete meaningful accident reports to help prevent future incidents.
- Respond effectively to workplace accidents and emergencies.
- Plan and conduct a safety audit to ensure compliance and improve safety standards.

Course Outlines

Day 1: Definitions and Overview

- Why are concerns about safety critical in the workplace?
- Understanding key definitions such as accidents, safety, and health.
- The roles of organizations like the World Health Organization WHO and Occupational Safety and Health Administration OSHA in safety.
- Reaching threshold limit values for safety and health.
- The 6 Es in safety: Education, Engineering, Enforcement, Evaluation, Environment, and Emergency.



Day 2: Industrial Hygiene and Hazard Control

- Recognition, evaluation, and control of workplace hazards.
- Types of workplace hazards: physical, chemical, ergonomic, and biological.
- Implementing health and safety measures to create a safe environment.
- Accident costs and the importance of reporting.
- Job Safety Analysis JSA and safety audit: procedures, benefits, and tools.
- The importance of keeping accurate records during safety audits.

Day 3: Accident Investigation, Reporting, and Prevention

- Identifying the causes and contributing factors of workplace accidents.
- Understanding immediate and root causes of incidents.
- Accident reporting requirements and the significance of prevention.
- Health and safety risk management in preventing accidents.
- The effects and costs associated with workplace accidents.

Day 4: Management of Health and Safety

- Planning and setting objectives for health and safety management.
- Organizing and ensuring the implementation of safety goals.
- Leadership strategies to inspire safety culture and compliance.
- How to measure and control performance regarding safety measures.
- Proper behavior in case of work-related accidents and emergencies.
- Basic first aid and CPR techniques in emergencies.
- The importance of calling for help when necessary during an emergency.

Day 5: Ergonomics and Good Posture

- Understanding the negative effects of bad ergonomics in the workplace.
- Health and safety risk management to correct poor ergonomics and work habits.
- How to foster good posture and ergonomics to improve employee well-being.

Why Attend This Course: Wins & Losses!

Attending this course will provide you with the critical skills and knowledge necessary to become a successful health and safety manager or enhance your existing skills in health and safety management. Here's why you should attend:



- Comprehensive Knowledge: Gain a thorough understanding of health and safety risk management systems, helping you manage and implement effective safety measures.
- Effective Safety Practices: Learn to conduct job safety analysis JSA, safety audits, and accident investigations to improve workplace safety.
- Accident Prevention: Understand the root causes of accidents and how to prevent them by implementing effective health and safety management systems.
- Leadership in Safety: Develop the leadership skills required for a health and safety manager role, ensuring safety standards are adhered to at every level of the organization.
- Regulatory Compliance: Learn how to meet legal safety requirements and help your organization comply with international standards like those set by OSHA.
- Practical Application: Apply what you learn through real-world examples and safety scenarios to ensure immediate results in your workplace.

Not attending this course may leave your organization vulnerable to safety risks, accidents, and legal consequences. Ensure your workplace is safe and compliant by acquiring the expertise provided in this course.

Conclusion

The Health & Safety Management & Measurement course is an essential program for anyone involved in managing or overseeing workplace safety. With an emphasis on practical, actionable strategies, this course will help you develop a robust health and safety management system that can minimize risks, reduce accidents, and create a safer, healthier work environment. Whether you're a health and safety manager or someone involved in safety planning, this course will enhance your skills and ensure your organization meets the highest standards in health and safety management.

