

# The Complete Programme of Health & Safety Management & Measurement

*London (UK)*

*19 - 23 January 2026*

UK Training

# PARTNER



# The Complete Programme of Health & Safety Management & Measurement

Code: HS28 From: 19 - 23 January 2026 City: London (UK) Fees: 5100 Pound

## 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.





# Blackbird Training Cities

## Europe



Malaga (Spain)



Sarajevo (Bosnia and Herzegovina)



Oporto (Portugal)



Glasgow (Scotland)



Edinburgh (UK)



Oslo (Norway)



Annecy (France)



Bordeaux (France)



Copenhagen (Denmark)



Birmingham (UK)



Lyon (France)



Moscow (Russia)



Stockholm (Sweden)



Podgorica (Montenegro)



Batumi (Georgia)



Salzburg (Austria)



Florence (Italy)



London (UK)



Istanbul (Turkey)



Amsterdam



Düsseldorf (Germany)



Paris (France)



Athens (Greece)



Barcelona (Spain)



Munich (Germany)



Geneva (Switzerland)



Prague (Czech)



Vienna (Austria)



Rome (Italy)



Brussels (Belgium)



Madrid (Spain)



Berlin (Germany)



Lisbon (Portugal)



Zurich (Switzerland)



Manchester (UK)



Milan (Italy)



## Blackbird Training Cities

### USA & Canada



Los Angeles (USA)



Orlando, Florida (USA)



Online



Phoenix, Arizona (USA)



Houston, Texas (USA)



Boston, MA (USA)



Washington (USA)



Miami, Florida (USA)



New York City (USA)



Seattle, Washington (USA)



Washington DC (USA)



In House



Jersey, New Jersey (USA)



Toronto (Canada)

### ASIA



Baku (Azerbaijan)  
(Thailand)



Maldives (Maldives)



Doha (Qatar)



Manila (Philippines)



Bali (Indonesia)



Bangkok



Beijing (China)



Singapore (Singapore)



Sydney



Tokyo (Japan)



Jeddah (KSA)



Riyadh (KSA)



Melbourne (Australia)  
(Kuwait)



Phuket (Thailand)



Shanghai (China)



Dubai (UAE)



Kuala Lumpur (Malaysia)



Kuwait City



Seoul (South Korea)



Pulau Ujong (Singapore)



Irbid (Jordan)



Jakarta (Indonesia)



Amman (Jordan)



Beirut





## Blackbird Training Cities

### AFRICA



Kigali (Rwanda)



Cape Town ( South Africa)



Accra (Ghana)



Lagos (Nigeria)



Marrakesh (Morocco)



Nairobi (Kenya)



Zanzibar (Tanzania)



Tangier (Morocco)



Cairo (Egypt)



Sharm El-Sheikh (Egypt)



Casablanca (Morocco)



Tunis (Tunisia)



## Blackbird Training Clients



MANNAI Trading  
Company WLL,  
Qatar



Alumina Corporation  
Guinea



Booking.com  
Netherlands



Oxfam GB International  
Organization,  
Yemen



Capital Markets  
Authority,  
Kuwait



Waltersmith Petroman Oil Limited  
Nigeria



Qatar National Bank  
(QNB),  
Qatar



Qatar Foundation,  
Qatar



AFRICAN UNION ADVISORY  
BOARD ON CORRUPTION,  
Tanzania



KFAS  
Kuwait



Reserve Bank of  
Malawi,  
Malawi



Central Bank of Nigeria  
Nigeria



Ministry of Interior  
Kingdom of Saudi Arabia  
KSA



Mabruk Oil Company  
Libya



Saudi Electricity  
Company,  
KSA



BADAN PENGELOLA  
KEUANGAN Haji,  
Indonesia



NATO  
Italy



ENI CORPORATE  
UNIVERSITY,  
Italy



Gulf Bank  
Kuwait



General Organization for  
Social Insurance  
KSA



Defence Space Administration  
Nigeria



National Industries  
Group (Holding),  
Kuwait



Hamad Medical  
Corporation,  
Qatar



USAID  
Pakistan



STC Solutions,  
KSA



North Oil company,



EKO Electricity



Oman Broadband



UNITED NATIONS  
UN.



Authority for

UK Training  
**PARTNER**





## Blackbird Training Categories

### Management & Admin

Entertainment & Leisure  
Professional Skills  
Finance, Accounting, Budgeting  
Media & Public Relations  
Project Management  
Human Resources  
Audit & Quality Assurance  
Marketing, Sales, Customer Service  
Secretary & Admin  
Supply Chain & Logistics  
Management & Leadership  
Agile and Elevation

### Technical Courses

Artificial Intelligence (AI)  
Hospital Management  
Public Sector  
Special Workshops  
Oil & Gas Engineering  
Telecom Engineering  
IT & IT Engineering  
Health & Safety  
Law and Contract Management  
Customs & Safety  
Aviation  
C-Suite Training



 International House 185 Tower Bridge  
Road London SE1 2UF United Kingdom

 +44 7401 1773 35  
+44 7480 775526

 Sales@blackbird-training.com

 www.blackbird-training.com

