

The Complete Programme of Health & Safety
Management & Measurement

Manama (Bahrain)

19 - 23 October 2025

UK Training

PARTNER



The Complete Programme of Health & Safety Management & Measurement

Code: HS28 From: 19 - 23 October 2025 City: Manama (Bahrain) Fees: 4400 Pound

Introduction

Who is responsible for health and safety in your organization? Who should be held accountable to meet legal obligations in safety requirements? Through this course, it will be apparent that workplace safety is the responsibility of everyone in the organization. Moreover, a thorough review of common hazards, as well as root causes of accidents and incidents, will allow participants to be armed with various tools to help them create, follow, and more importantly, implement the standards of health and safety.

Course Objectives of Health & Safety Management & Measurement

- Identify the sources of harmful acts.
- Explain how safety is everybody's responsibility.
- Recognize that accidental injuries are caused by unsafe acts, behaviors, and conditions.
- Prepare a job safety analysis and give job safety instructions.
- Conduct an accident investigation and complete a meaningful accident report.
- Respond to various work accidents and emergencies.
- Plan and conduct a safety audit.

Course Outline of Health & Safety Management & Measurement

Day 1

Definitions and overview

- Why the concerns for safety?
- Various definitions of accident, safety, and health.
- World Health Organization WHO and the Occupational Safety and Health Administration OSHA.
- Reaching threshold limit values.
- The 6 Es in safety.

Day 2

Industrial hygiene

- Recognition, evaluation, and control.
- Types of hazards in the workplace.
- The four categories of hazards.
- Control methods used in a safe environment.
- Accident costs and reporting.

Job Safety Analysis JSA and safety audit



- Objectives of JSA.
- JSA uses.
- Benefits of JSA.
- Procedures to follow for an effective JSA.
- How to keep accurate recordings.
- Importance of an audit.
- Safety audit tools.
- Benefits of a safety audit.
- Consequences after the audit.

Day 3

Accident investigation, reporting, and prevention

- Accidents and injuries at work.
- Identifying the causes of accidents.
- Contributing causes of accidents.
- Immediate causes of accidents.
- Effects and costs of accidents.
- Reporting requirements.
- Importance of prevention.

Day 4

Management of health and safety

- Planning and setting objectives.
- Organizing to ensure accomplishment.
- Leading to inspire action.
- Controlling performance.
- Concerns for management: safe and sound.

Proper behavior in case of an accident

- Types of work-related accidents.
- First aid basics and their needs.
- Cardiopulmonary Resuscitation CPR in an emergency.
- Calling for help when you need it.

Day 5

Ergonomics and good posture

- Bad work habits and their effects.
- Negative effects of bad ergonomics.
- Correction of bad habits.



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