

The Complete Programme of Health & Safety
Management & Measurement

Cape Town (South Africa)

10 - 14 November 2025

UK Training

PARTNER



The Complete Programme of Health & Safety Management & Measurement

Code: HS28 From: 10 - 14 November 2025 City: Cape Town (South Africa) Fees: 4000 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.



Blackbird Training Cities

Europe



Malaga (Spain)



Sarajevo (Bosnia and Herzegovina)



Oporto (Portugal)



Glasgow (Scotland)



Edinburgh (UK)



Oslo (Norway)



Anney (France)



Bordeaux (France)



Copenhagen (Denmark)



Birmingham (UK)



Lyon (France)



Moscow (Russia)



Stockholm (Sweden)
(Netherlands)



Podgorica (Montenegro)



Batumi (Georgia)



London (UK)



Istanbul (Turkey)



Amsterdam



Düsseldorf (Germany)



Paris (France)



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)

Africa



Baku (Azerbaijan)
(Thailand)



Maldives (Maldives)



Doha (Qatar)



Manila (Philippines)



Bali (Indonesia)



Bangkok



Beijing (China)



Singapore (Singapore)



Sydney (Australia)



Tokyo (Japan)



Jeddah (KSA)



Riyadh (KSA)



Dubai (UAE)



Kuala Lumpur (Malaysia)



Kuwait City (Kuwait)



Pulau Ujong (Singapore)



Jakarta (Indonesia)



Amman (Jordan)



Beirut (Lebanon)



Blackbird Training Cities

Asia



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



UK Training
PARTNER



Blackbird Training Categories

Management & Admin

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

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



BLACKBIRD
FOR 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

