BLACKBIRD FOR TRAINING

NEBOSH IGC NEBOSH International General Certificate in Occupational Health and Safety

Istanbul (Turkey)

5 - 16 April 2026

NEBOSH IGC NEBOSH International General Certificate in Occupational Health and Safety

Code: HS28 From: 5 - 16 April 2026 City: Istanbul (Turkey) Fees: 7800 Pound

Introduction

The NEBOSH International General Certificate in Occupational Health and Safety IGC is designed for those who aspire to ensure safe and healthy work environments across industries worldwide. As one of the most widely recognized health and safety certifications, this comprehensive 10-day course provides essential knowledge and practical experience in managing workplace hazards and promoting a culture of safety. The program covers key topics including risk assessment, hazard control, and legal compliance, helping participants confidently navigate their roles in health and safety management.

By the end of this intensive training, you will have a solid understanding of occupational health and safety best practices and be fully prepared to successfully pass the NEBOSH IGC exam, a crucial step in advancing your health and safety career.

Course Objectives

By the end of this NEBOSH IGC training, participants will be able to:

- Understand key principles and practices of workplace health and safety management.
- Identify and manage common workplace hazards effectively.
- Conduct comprehensive risk assessments and develop appropriate control measures.
- Apply health and safety legislation and international best practices in real-world scenarios.
- Promote a proactive safety culture within their organizations.
- Confidently prepare for and pass the NEBOSH IGC certification exam.

Course Outlines

Day 1: Foundations of Health and Safety

- The role and importance of health and safety in the workplace.
- Key health and safety terminology and concepts.
- Moral, legal, and financial justifications for managing health and safety.
- Introduction to health and safety management systems Plan-Do-Check-Act.
- Key international standards and conventions ILO.

Day 2: Health and Safety Management Systems: Policy & Organizing

- Purpose and content of health and safety policies.
- Roles and responsibilities of managers and employees in health and safety.
- Consultation and communication strategies to engage workers.
- Creating a positive health and safety culture.

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- Human factors influencing workplace safety.

Day 3: Planning and Risk Assessment

- Principles of risk assessment and its importance.
- The five steps to conducting effective risk assessments.
- Hierarchy of controls and safe systems of work SSW.
- Permits to work PTW and their role in safety management.
- Emergency preparedness and procedures.

Day 4: Monitoring, Review, and Audit

- Active and reactive monitoring techniques.
- Investigating incidents and accidents to identify root causes.
- Auditing health and safety performance.
- Reviewing and updating health and safety policies and practices.
- Strategies for continual improvement.

Day 5: Physical and Psychological Health Hazards

- Manual handling, ergonomics, and musculoskeletal hazards.
- Managing work-related stress and mental health issues.
- Controlling noise and vibration hazards.
- Radiation hazards and protective measures.
- Welfare facilities and first aid arrangements.

Day 6: Chemical and Biological Health Hazards

- Understanding the classification and labelling of hazardous substances GHS.
- Routes of entry and health effects of exposure.
- Control of Substances Hazardous to Health COSHH principles.
- Workplace Exposure Limits WELs.
- Safe storage and handling of hazardous substances.

Day 7: General Workplace Hazards

- Hazards associated with working at height.
- Preventing slips, trips, and falls.
- Designing safe and efficient workplace layouts.
- Display Screen Equipment DSE risks and safe practices.
- Effective housekeeping and maintenance for safety.

Day 8: Fire and Electrical Safety

- Principles of fire safety and the fire triangle.
- Conducting fire risk assessments and implementing control measures.
- Fire prevention, detection, and emergency planning.
- Identifying and controlling electrical hazards.
- Portable Appliance Testing PAT and electrical safety measures.

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Day 9: Work Equipment, Transport, and Construction Hazards

- Machinery safety and PUWER principles.
- Safe lifting operations and equipment.
- Workplace transport and vehicle safety.
- Managing construction site hazards and best practices.
- Work-related vehicle safety and controls.

Day 10: Revision and Examination Preparation

- Comprehensive recap of key course concepts.
- Practice NEBOSH questions and model answers.
- Examination techniques, tips, and time management.
- Personalized guidance on areas for improvement.
- Final Q&A session and course wrap-up.

Why Attend This Course: Wins & Losses!

- Gain practical, actionable skills to identify and manage workplace hazards confidently.
- Learn to apply health and safety best practices and comply with international standards and legislation.
- Build a strong foundation in risk assessment, accident investigation, and health and safety auditing.
- Enhance your leadership capabilities and promote a proactive safety culture within your organization.
- Prepare for and pass the NEBOSH IGC exam, boosting your career prospects in health and safety management.
- Learn from real-world case studies and experienced instructors with industry knowledge.
- Connect with peers and expand your professional network in the field of occupational health and safety.
- Become a trusted health and safety advisor, capable of driving continuous improvement in your workplace.

Conclusion

Upon completing the NEBOSH International General Certificate in Occupational Health and Safety IGC, participants will be fully equipped to create safer, healthier work environments and drive continuous improvement in workplace health and safety practices. This course offers the practical skills and confidence needed to manage risks, promote compliance, and ensure the well-being of workers across industries worldwide.

Whether you're seeking to become a dedicated health and safety professional or aiming to integrate health and safety management into your broader leadership role, this course will provide the essential tools and insights to achieve your goals and protect your most valuable asset—your people.

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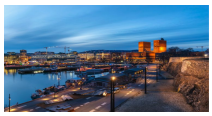
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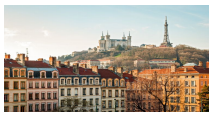
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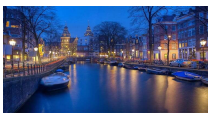
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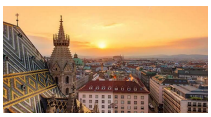
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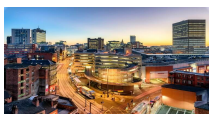
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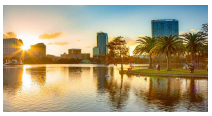
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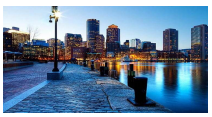
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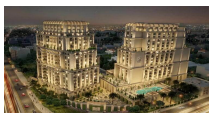
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