
Table of Contents: NEBOSH General Certificate in Occupational Health & Safety

Duration: **40 Hours (5 Sessions)**

OUTLINES

Day 1: Foundations of Occupational Health & Safety

Module 1: Introduction to NEBOSH

- Course Overview & Learning Outcomes
- Roles and Responsibilities
- Benefits of Health & Safety Management
- Legal Framework and Compliance

Activity: Safety Culture Self-Assessment

Module 2: Health & Safety Management Systems

- HSG65 & PDCA Cycle
- Safety Leadership
- Safety Culture
- Worker Consultation & Communication

Activity: Leadership Case Study

Module 3: Hazard Identification Fundamentals

- Types of Workplace Hazards
- Hazard Recognition Techniques
- Introduction to Risk Assessment

Activity: Hazard Spotting Exercise

Module 4: Practical Workshop

- Workplace Hazard Identification
 - Group Discussion
-

Day 2: Risk Assessment & Control Measures

Module 1: Risk Assessment Process

- Five Steps of Risk Assessment
- Risk Matrix
- Likelihood & Severity
- ALARP Principle

Activity: Risk Assessment Workshop

Module 2: Hierarchy of Controls

- Elimination
- Substitution
- Engineering Controls
- Administrative Controls
- PPE

Activity: Control Selection Exercise

Module 3: Physical & Chemical Hazards

- Noise
- Vibration
- Radiation
- Hazardous Substances
- COSHH Principles

Activity: Chemical Spill Case Study

Module 4: Practical Exercise

- Workplace Risk Assessment
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Day 3: Workplace Safety Controls

Module 1: Fire Safety

- Fire Triangle
- Fire Prevention
- Fire Protection Systems
- Emergency Evacuation

Activity: Fire Emergency Simulation

Module 2: Electrical & Mechanical Safety

- Electrical Hazards
- Lockout/Tagout (LOTO)
- Machinery Guarding

Activity: Machine Hazard Identification

Module 3: Working at Height & Confined Spaces

- Safe Access
- Fall Protection
- Permit-to-Work
- Confined Space Hazards

Activity: Permit-to-Work Exercise

Module 4: Manual Handling & Ergonomics

Activity: Manual Handling Demonstration

Day 4: Occupational Health & Incident Management

Module 1: Occupational Health

- Health Surveillance
- Occupational Diseases
- Stress Management
- Wellbeing

Activity: Health Risk Assessment

Module 2: Incident Investigation

- Accident Reporting

- Root Cause Analysis
- Corrective & Preventive Actions

Activity: Accident Investigation Workshop

Module 3: Emergency Preparedness

- Emergency Planning
- Business Continuity
- First Aid Essentials

Activity: Emergency Response Drill

Module 4: Monitoring & Auditing

- Active & Reactive Monitoring
- Safety Audits
- Performance Measurement

Activity: Audit Checklist Exercise

Day 5: Practical Application & Assessment Preparation

Module 1: Workplace Inspection

- Inspection Techniques
- Recording Findings
- Reporting Observations

Activity: Mock Workplace Inspection

Module 2: Practical Risk Assessment

- Hazard Identification
- Control Recommendations
- Report Writing

Activity: Group Practical Assessment

Module 3: NEBOSH Assessment Preparation

- Examination Techniques
- Command Words
- Answer Writing Strategy
- Common Mistakes

Activity: Mock Assessment

Module 4: Final Review & Action Planning

- Key Learning Recap
- Open Discussion
- Feedback & Certification Guidance

Activity: Final Quiz & Group Presentation
