



OHS - Workplace Safety & Mitigating Occupational Health and Safety

PIK808-0526 UK-LDN-1



WESTMINSTER
BUSINESS COUNCIL

Place:	London	Venue:	INDUSTRIOUS (1 and 2, 245 Hammersmith Road Floors, London W6 8PW) - TBC	
Start Date:	04-05-2026	End Date:	15-05-2026	PPP: £5950

**OHS - Workplace Safety & Mitigating Occupational Health and Safety**

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**If you can't train them,
you can't blame them!****Short Description:**

The Occupational Health and Safety training program is designed to provide participants with essential knowledge and skills aimed at enhancing workplace safety and mitigating occupational hazards. This program encompasses a comprehensive curriculum that covers the identification of potential risks, the implementation of effective safety measures, and the importance of adhering to regulatory standards. By engaging in this training, participants develop a deeper understanding of safety protocols and best practices, which are crucial for creating a secure working environment. Furthermore, the program emphasises the significance of fostering a culture of safety within organisations. Participants are encouraged to advocate for safety initiatives and collaborate with colleagues to promote awareness and compliance. This collaborative approach not only aids in the prevention of workplace accidents but also contributes to overall employee well-being and productivity. Ultimately, the training equips individuals to take proactive steps in ensuring a safer workplace for themselves and their peers.

Course Overview:**PROGRAM OBJECTIVES**

- Effectively manage health and safety in the workplace.
- Identify and control common workplace hazards.
- Measure success in health and safety initiatives.
- Understand key international standards related to health and safety.
- Investigate accidents to determine causes and recommend preventative measures.
- Explain the impact of human and organisational factors on health and safety.
- Develop strategies for continuous improvement in health and safety practices.

TARGET AUDIENCE

- Managers responsible for overseeing health and safety protocols.

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- Supervisors ensuring compliance with safety regulations.
- Team Leaders promoting a safe working environment.
- Project Managers managing health and safety in projects.
- Individuals with health and safety management responsibilities.
- Professionals involved in workplace safety training.
- Stakeholders interested in improving health and safety standards.

Program Outline:

DAY 1: The Importance of Managing Workplace Health and Safety

1. Overview of health and safety concepts / essential terminology.
2. Ethical, economic, and legal justifications for overseeing health and safety in the workplace.
3. Description of health and safety regulations and the repercussions of failing to comply.
4. Outline the primary health and safety responsibilities of various individuals in the workplace.
5. Discuss the selection, monitoring, and management of contractors.

DAY 2: Functionality of Health and Safety Management Systems and Understanding 'Volatility' in the VUCA Framework

1. Definition of safety management systems and their advantages.
2. Characteristics of an effective health and safety management system.
3. Plan – do – check – act cycle.
4. Assignment of responsibilities.
5. Practical arrangements for implementation.

DAY 3: Risk Management – Insights on People and Processes

1. Impact of human factors on behaviour, both positively and negatively.
2. Change management strategies.
3. Development of safe systems for routine work activities.
4. Permit-to-work protocols.
5. Risk assessment and emergency response procedures.

DAY 4: Monitoring and Measuring Health and Safety

1. Active monitoring techniques.
2. Reactive monitoring strategies.
3. Incident investigation procedures.
4. Conducting health and safety audits.
5. Evaluation of health and safety performance.

DAY 5: Addressing Physical and Psychological Health

1. Effects of noise, vibration, and radiation.
2. Issues surrounding mental health in the workplace.
3. Workplace violence concerns.
4. Substance abuse challenges in professional environments.
5. Group discussion activity.

DAY 6: Musculoskeletal Health Awareness

1. Overview of work-related upper limb disorders.
2. Recognition of causes and risk factors associated with upper limb disorders.
3. Best practices for safe manual handling techniques.
4. Significance of ergonomics in manual labour.
5. Introduction to load-handling equipment and its correct usage.

DAY 7: Understanding Chemical and Biological Hazards

1. Identification of hazardous substances.
2. Evaluation of health risk factors.
3. Occupational exposure limits and guidelines.
4. Implementing control measures.
5. Specific hazardous agents to be aware of.

DAY 8: Addressing General Workplace Concerns

1. Health, welfare, and workplace environment considerations.
2. Safety protocols for working at heights.

3. Procedures for safe operations in confined spaces.
4. Guidelines for lone working, slips, and trips prevention.
5. Safe movement practices for individuals and vehicles within the workplace.

DAY 9: Work Equipment Safety

1. Basic requirements for work equipment.
2. Guidelines for the use of hand-held tools.
3. Recognising hazards associated with machinery.
4. Safety measures for machinery operation.
5. Importance of adhering to established safety protocols.

DAY 10: Fire Safety and Electrical Hazards

1. Fundamental principles of fire safety.
2. Fire alarms and firefighting methods.
3. Fire evacuation procedures.
4. Identification of hazards and associated risks.
5. Implementing effective control measures.