MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

Phone: +601116373203 | **Email:** info@mawaevents.net

NEBOSH INTERNATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL HEALTH & SAFETY

""Equipping Professionals with the Knowledge and Skills to Manage Workplace Health and Safety Risks Effectively""

Schedule

Date	Venue	Fees
01 – 12 Feb 2026	Doha, Qatar	USD 6990 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

The NEBOSH International General Certificate in Occupational Health and Safety is one of the most widely recognized qualifications for health and safety professionals around the world. This certification equips participants with a comprehensive understanding of occupational health and safety principles, enabling them to manage and reduce workplace risks effectively. This 10-day course provides detailed training on key health and safety topics, including risk assessments, workplace hazards, and legal frameworks, preparing individuals to create safer work environments.

Participants will gain the knowledge required to implement health and safety best practices, comply with regulations, and promote a culture of safety within their organization. The course is designed for those who want to develop a solid foundation in occupational health and safety or progress in their careers within the field.

Objectives

By the end of this course, participants will be able to:

- Understand the principles and importance of occupational health and safety (OHS)
- Identify common workplace hazards and assess their associated risks
- Implement and monitor effective risk management strategies to ensure workplace safety
- Understand the legal frameworks surrounding occupational health and safety
- Conduct risk assessments and develop safe systems of work
- Develop and promote a safety culture within the organization
- Prepare for the NEBOSH International General Certificate exam

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Why Attend

- Gain a globally recognized qualification that enhances your credibility in health and safety
- Learn to manage workplace hazards and risks to improve employee safety
- Understand legal and regulatory requirements related to occupational health and safety
- Learn how to conduct effective risk assessments and establish safety systems in the workplace
- Build a strong foundation in health and safety management, suitable for various industries

Target Audience

This program is designed for:

- Health and safety managers and officers
- HR professionals responsible for workplace safety
- Facilities managers and supervisors
- Risk managers and project managers in construction, manufacturing, and other industries
- Anyone looking to start or enhance a career in occupational health and safety

Individual Benefits

Key competencies that will be developed include:

- Proficiency in identifying and assessing workplace hazards and risks
- Ability to develop, implement, and monitor health and safety policies and procedures
- Enhanced ability to conduct safety audits, inspections, and risk assessments
- Stronger leadership skills in promoting a health and safety culture
- Confidence in handling occupational health and safety challenges across various industries

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Improved health and safety standards across the organization
- Reduced workplace accidents, injuries, and related costs
- Enhanced compliance with local and international health and safety regulations
- Better risk management strategies and safer working environments
- A proactive approach to health and safety that supports organizational growth and reputation

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- **Strategy Briefings** – Core concepts of occupational health and safety, including risk assessments and hazard management
- **Case Studies** – Real-life examples of workplace accidents, safety management systems, and regulatory compliance
- **Workshops** – Hands-on activities to practice risk assessments and develop health and safety strategies
- **Peer Exchange** – Group discussions on challenges and solutions in the health and safety field
- **Tools** – Risk assessment templates, safety management system frameworks, and legal compliance checklists

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Course Outline

Detailed 5-Day Course Outline

Training Hours: 7:30 AM – 3:30 PM Daily Format: 3–4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

Day 1: Introduction to Occupational Health and Safety

- **Module 1: Health and Safety Management Systems** (07:30 – 09:30)
- Understanding the role of health and safety in the workplace
- Key health and safety legislation and regulations
- The role of the health and safety manager
- Overview of risk management and its importance in safety
- **Module 2: Risk Assessment Process** (09:45 – 11:15)
- The principles of risk assessment and hazard identification
- Methods for assessing risk and prioritizing hazards
- Understanding the risk matrix and calculating risk levels
- **Module 3: Hazardous Substances and Their Effects** (11:30 – 01:00)
- Types of hazardous substances in the workplace
- Health risks associated with hazardous substances
- Safe handling and storage of hazardous materials
- **Module 4: Workshop – Identifying Workplace Hazards** (02:00 – 03:30)
- Participants conduct a hazard identification exercise for a sample workplace
- Group feedback and discussion on hazard prioritization

DAY 2 – Health and Safety Systems, Control Measures, and Legal Requirements

- **Module 5: Legal Framework for Occupational Health and Safety** (07:30 – 09:30)
- Key international and national health and safety regulations
- Understanding the legal duties of employers and employees
- Consequences of non-compliance with health and safety laws
- **Module 6: Control Measures and Safe Work Practices** (09:45 – 11:15)
- Engineering controls, administrative controls, and personal protective equipment (PPE)
- Developing safe work procedures and practices
- Implementing control measures to eliminate or reduce risks
- **Module 7: Workplace Safety Inspections and Audits** (11:30 – 01:00)
- Conducting regular safety audits and inspections
- Identifying hazards and corrective actions
- Reporting safety hazards and documenting improvements
- **Module 8: Workshop – Legal Compliance and Risk Control Measures** (02:00 – 03:30)
- Participants work through a case study to identify legal requirements and control measures for safety
- Group discussions on risk control strategies

DAY 3 – Workplace Hazards and Safe Work Practices

- **Module 9: Fire Safety and Emergency Procedures** (07:30 – 09:30)
- Identifying fire hazards and understanding fire prevention methods
- Emergency evacuation procedures and drills
- Firefighting equipment and their proper use
- **Module 10: Electrical Safety** (09:45 – 11:15)
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Identifying electrical hazards in the workplace

- Preventing electrical accidents and providing training
- The role of grounding, circuit protection, and lockout/tagout procedures
- **Module 11: Manual Handling and Ergonomics** (11:30 – 01:00)
- Safe manual handling techniques
- Ergonomic practices to reduce injury risks
- Training workers to avoid repetitive strain injuries
- **Module 12: Workshop – Workplace Hazard Assessment and Control** (02:00 – 03:30)
- Participants conduct risk assessments for specific workplace hazards (fire, electrical, manual handling)
- Group discussions on implementing control measures and best practices

DAY 4 – Risk Management, Accident Investigation, and Reporting

- **Module 13: Accident Investigation and Reporting** (07:30 – 09:30)
- How to investigate accidents and near-misses
- Root cause analysis techniques
- Reporting and documenting incidents and corrective actions
- **Module 14: Occupational Health and Well-Being** (09:45 – 11:15)
- Managing workplace health risks (e.g., stress, fatigue, mental health)
- Promoting employee well-being and work-life balance
- Managing workplace wellness programs
- **Module 15: Emergency Planning and Response** (11:30 – 01:00)
- Developing and implementing emergency response plans
- Training employees on emergency procedures and evacuation plans
- The role of first aid and medical emergency preparedness
- **Module 16: Workshop – Accident Investigation and Emergency Response** (02:00 – 03:30)
- Participants role-play an accident investigation scenario and present their findings
- Group discussions on emergency response planning and improvements

DAY 5 – Preparing for the NEBOSH Exam and Review

- **Module 17: Preparing for the NEBOSH International General Certificate Exam** (07:30 – 09:30)
- Overview of the NEBOSH exam format and requirements
- Key study areas and exam strategies
- Tips for time management and answering exam questions
- **Module 18: Health and Safety Management Systems Review** (09:45 – 11:15)
- Review of key concepts covered throughout the course
- Understanding key health and safety management tools and systems
- How to apply health and safety management in real-world situations
- **Module 19: Final Q&A and Exam Preparation** (11:30 – 01:00)
- Open Q&A session to clarify any questions or doubts about course material
- Final review of important topics and exam tips
- **Module 20: Course Wrap-Up and Feedback** (02:00 – 03:30)
- Review of course objectives and key takeaways
- Participant feedback and course evaluations
- Distribution of certificates of completion

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Certification

Participants will receive a **Certificate of Completion in NEBOSH International General Certificate in Occupational Health & Safety** , validating their knowledge and understanding of occupational health and safety principles.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

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