

NEBOSH IGC 1&2

Day 1: Foundations of Health and Safety

Objective: Understand fundamental principles, H&S management systems, and regulatory frameworks.

Session 1: Why We Should Manage Workplace Health and Safety

Moral, legal, and financial reasons

Consequences of poor H&S

Key health & safety terms and principles

Session 2: How Health and Safety Management Systems Work and What They Look Like

HSG65 and ISO 45001 overview

Plan-Do-Check-Act (PDCA) cycle

Policy and organizational structure

Session 3: Managing Risk – Understanding People and Processes

Risk assessment principles

Types of hazards and control measures

Behavioral factors in health and safety

Day 2: Health & Safety Risk Assessment and Control

Objective: Equip learners with risk management techniques and legal knowledge.

Session 1: Health and Safety Monitoring and Measuring

Active vs. reactive monitoring

Incident investigation process

Auditing and performance review

Session 2: Understanding Legislation and Enforcement (International Context)

ILO conventions and recommendations

Role of enforcement agencies

Employer/employee duties

Session 3: NEBOSH Exam Technique for IG1

Command words, answer planning

Sample scenario walkthroughs

Day 3: Physical and Psychological Health Hazards

Objective: Identify common workplace hazards and implement appropriate controls.

Session 1: Physical Hazards

Noise, vibration, radiation, temperature

Workplace transport, slips and trips

Session 2: Psychological and Musculoskeletal Health

Work-related stress and mental well-being

Manual handling, repetitive strain injuries

Session 3: DSE & Ergonomic Principles

Safe workstation setup

Office and remote work considerations

Day 4: Chemical, Biological, and General Workplace Hazards

Objective: Address chemical and fire hazards using a structured approach.

Session 1: Chemical and Biological Agents

Hazardous substances (COSHH principles)

PPE, SDS, routes of entry

Session 2: General Workplace Issues

Work at height, confined spaces

Electricity, fire, emergency procedures

Session 3: Fire Safety and Evacuation

Fire triangle, ignition sources

Extinguishers, evacuation plans, drills

Day 5: Final Assessment Preparation & Practical Risk Assessment

Objective: Develop practical risk assessment skills and prepare for certification.

Session 1: Conducting a NEBOSH Risk Assessment

Hazard identification

Risk evaluation and control selection

Completing the IG2 practical template

Session 2: Writing and Submitting IG2

Assessment marking criteria

Do's and don'ts for the practical submission

Session 3: Exam Techniques and Final Q&A

Review of IG1 & IG2 key topics

Final prep for open-book assessment

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