

## NEBOSH International General Certificate (IGC)

### Day 1: Management of Health and Safety (Part 1)

**Objective:** Understand the foundations of occupational health and safety and key management principles.

#### **Session 1:** Why We Should Manage Workplace Health and Safety

Moral, legal, and financial reasons

Societal expectations and stakeholder influence

The costs of occupational incidents

#### **Session 2:** How Health and Safety Management Systems Work

Plan-Do-Check-Act (PDCA) model

Key elements of an effective management system

Role of ILO conventions and ISO 45001

#### **Session 3:** Managing Risk: Understanding People and Processes

Principles of risk assessment and control

Human factors and organizational culture

Safe systems of work (SSoW) and permits to work

### Day 2: Management of Health and Safety (Part 2)

**Objective:** Gain practical skills to manage health and safety in the workplace.

#### **Session 1:** Health and Safety Monitoring and Measurement

Active vs. reactive monitoring

Incident investigation and root cause analysis

Internal and external audits

#### **Session 2:** Key Leadership and Worker Involvement Principles

Role of leadership in HSE culture

Effective communication and consultation

Worker participation strategies

#### **Session 3:** Review and Practice: IG1 Theory Recap

Exam-style questions

Case study analysis

Tips for NEBOSH open book exams

### **Day 3 Risk Assessment and Practical Application (Part 1)**

**Objective:** Learn practical skills in hazard identification and risk control.

#### **Session 1:** Physical and Psychological Health

Musculoskeletal disorders (MSDs)

Work-related stress, fatigue, and mental health

Manual handling risk controls

#### **Session 2:** Musculoskeletal Health and Chemical/Biological Agents

Hazardous substances (COSHH principles)

Routes of exposure, SDS interpretation

Workplace exposure limits and controls

#### **Session 3:** General Workplace Issues

Welfare, working environment (lighting, temp, noise)

Violence at work, substance abuse

Display screen equipment (DSE)

### **Day 4: Risk Assessment and Practical Application (Part 2)**

**Objective:** Continue with physical hazards and start preparing the practical assessment.

#### **Session 1:** Work Equipment and Machinery

Mechanical hazards and guarding

Maintenance and inspection regimes

PUWER requirements

#### **Session 2:** Fire Safety and Electrical Safety

Fire triangle, prevention and protection

Emergency procedures and evacuation plans

Electrical hazard control and safe systems

#### **Session 3:** Transport and Work at Height

Traffic management plans  
Falls from height and ladder safety  
Confined space entry

### **Day 5: Risk Assessment & Practical Report Writing**

**Objective:** Complete a risk assessment and demonstrate ability to apply knowledge practically.

#### **Session 1:** IG2 Practical Risk Assessment Guidance

NEBOSH format and marking criteria  
How to describe hazards and suggest proportionate controls  
Risk level evaluation and justification

#### **Session 2:** Supervised Risk Assessment Practice

Identify hazards in a simulated or real environment  
Assess risk levels and propose controls  
Prioritize recommendations