

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

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