



Foundations of Workplace Health and Safety: A 10-Day Practical Training Program

05 - 16 Oct 2026
Jakarta



Foundations of Workplace Health and Safety: A 10-Day Practical Training Program

Ref.: 103600351_48939 **Date:** 05 - 16 Oct 2026 **Location:** Jakarta **Fees:** 10000 **Euro**

Course Overview:

This course is designed to equip professionals with the essential knowledge and skills required to excel in workplace health and safety management. The "A Prep Course for the NEBOSH Award in Health and Safety at Work" integrates a comprehensive curriculum covering key aspects such as Health and Safety Responsibilities, Risk Assessment Techniques, and Managing Health and Safety Systems. Participants will delve into specialized areas including Work Equipment Safety, Transport Safety Measures, and Fire Safety Management, aligning with Workplace Health and Safety Standards. The course uniquely combines practical insights with theoretical knowledge, ensuring learners are well-prepared for the NEBOSH Award Course. Through our Online Safety Management Course and Certified Health and Safety Training, we offer unparalleled flexibility and accessibility, making this course ideal for professionals aiming for Health and Safety Leadership Training and Performance Improvement in their organizations.

Target Audience:

- Safety Officers
- HR Professionals
- Operations Managers
- Facilities Managers

Targeted Organizational Departments:

- Human Resources
- Operations
- Facilities Management
- Logistics and Transport

Targeted Industries:

- Manufacturing
- Construction
- Logistics
- Healthcare Industries facing challenges with Manual Handling Safety, Electrical Safety, and Psycho-social Workplace Issues will find this course particularly beneficial.



Course Offerings:

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

- Implement effective Health and Safety Training Online.
- Conduct thorough Risk Assessment Training Courses.
- Enhance Fire Safety and Electrical Safety in the Workplace.
- Apply First Aid in the Workplace efficiently.
- Navigate Health and Safety Legislation Compliance with ease.

Training Methodology:

Our training methodology is designed to engage participants in an immersive learning experience. Utilizing case studies, participants will explore real-world scenarios to understand the complexities of Workplace Safety Training Programs. Interactive sessions will encourage dialogue on Health and Safety Compliance Training, while group work fosters collaboration on developing Accident Prevention Strategies. Feedback sessions are integral, allowing for personalized advice on improving Health and Safety Performance. This blend of methodologies ensures a deep understanding of Occupational Health and Safety Courses Online, making our course a leader in Professional Safety Training Courses.

Course Toolbox:

- Comprehensive workbooks detailing Risk Assessment Techniques and Safety Signage and Information.
- Access to an advanced online learning platform for Health and Safety Training Online.
- Checklists and templates for implementing Workplace Health and Safety Standards.
- A subscription to newsletters with the latest in Health and Safety Legislation Compliance and Performance Improvement.

Course Agenda:

Day 1: Introduction to Workplace Health and Safety

- **Topic 1:** Scope and Nature of Workplace Health and Safety
- **Topic 2:** Reasons for Practising Good Health and Safety Standards
- **Topic 3:** Importance of Safety Culture in Organizations
- **Topic 4:** Types of Workplace Hazards and Incidents
- **Topic 5:** Safety Terminology and Key Concepts
- **Topic 6:** Health and Safety Information Sources
- **Reflection & Review:** Importance of proactive safety awareness



Day 2: Health and Safety Legislation and Compliance

- **Topic 1:** Overview of Health and Safety Laws UK and International
- **Topic 2:** Key Duties of Employers and Employees
- **Topic 3:** Understanding Legal Consequences of Non-compliance
- **Topic 4:** Safety Policies and Implementation
- **Topic 5:** Introduction to NEBOSH Certification Structure
- **Topic 6:** Common Safety Signs and Symbols
- **Reflection & Review:** Legal foundations for safe work environments

Day 3: Roles and Responsibilities

- **Topic 1:** Roles of Health and Safety Officers and Supervisors
- **Topic 2:** Stakeholder Responsibilities in Safety
- **Topic 3:** Safety Committees and Worker Representation
- **Topic 4:** Leadership in Health and Safety Performance
- **Topic 5:** Safety Induction and Ongoing Training
- **Topic 6:** Case Study: Role Failures in Safety Management
- **Reflection & Review:** Enhancing safety accountability across teams

Day 4: Incident Causation and Prevention Strategies

- **Topic 1:** The Domino and Swiss Cheese Models
- **Topic 2:** Immediate, Root, and Underlying Causes
- **Topic 3:** Near Miss Reporting Systems
- **Topic 4:** Designing Preventative Safety Systems
- **Topic 5:** Behavioral Safety Approaches
- **Topic 6:** Common Failures in Safety Culture
- **Reflection & Review:** Shifting from reactive to proactive safety

Day 5: Principles of Risk Assessment

- **Topic 1:** Definition and Importance of Risk Assessment
- **Topic 2:** UK HSE's 5 Steps to Risk Assessment
- **Topic 3:** Hazard Identification Techniques
- **Topic 4:** Risk Matrix and Scoring
- **Topic 5:** Evaluating Existing Controls
- **Topic 6:** Documentation and Reporting
- **Reflection & Review:** Improving decision-making through assessment



Day 6: Risk Control Strategies

- **Topic 1:** The Hierarchy of Controls
- **Topic 2:** Personal Protective Equipment PPE Use and Limitations
- **Topic 3:** Engineering vs Administrative Controls
- **Topic 4:** Isolation and Substitution Methods
- **Topic 5:** Risk Communication Techniques
- **Topic 6:** Toolbox Talks and Safety Briefings
- **Reflection & Review:** Selecting effective controls for various hazards

Day 7: Hazardous Environments and Workplace Conditions

- **Topic 1:** Equipment-related Hazards and Safe Operation
- **Topic 2:** Slips, Trips, and Falls Prevention
- **Topic 3:** Electrical Safety and Emergency Isolation
- **Topic 4:** Transport and Vehicle Safety
- **Topic 5:** Fire Prevention and Firefighting Equipment
- **Topic 6:** Manual Handling Techniques and Ergonomics
- **Reflection & Review:** Ensuring safety in high-risk environments

Day 8: Specialized Hazards and Emerging Issues

- **Topic 1:** Hazardous Substances and COSHH Overview
- **Topic 2:** Noise and Vibration Hazards
- **Topic 3:** Thermal Stress and Workplace Conditions
- **Topic 4:** Stress, Bullying, and Psycho-social Risks
- **Topic 5:** Indoor Air Quality and Ventilation
- **Topic 6:** Case Analysis: Emerging Occupational Risks
- **Reflection & Review:** Modernizing hazard management

Day 9: Emergency Response and First Aid

- **Topic 1:** Workplace Emergency Preparedness Plans
- **Topic 2:** First Aid Requirements and Kits
- **Topic 3:** Incident Response and Evacuation Procedures
- **Topic 4:** Roles of Emergency Coordinators
- **Topic 5:** Post-incident Review and Learning
- **Topic 6:** Mock Drill and Tabletop Exercise
- **Reflection & Review:** Response readiness for workplace incidents



Day 10: NEBOSH Exam Preparation and Course Wrap-Up

- **Topic 1:** NEBOSH Award Assessment Criteria and Format
- **Topic 2:** Sample Questions and Answering Techniques
- **Topic 3:** Revision of Core Topics Interactive Q&A
- **Topic 4:** Individual Case Study Presentations
- **Topic 5:** Trainer Feedback and Performance Tips
- **Topic 6:** Final Course Evaluation and Next Steps
- **Reflection & Review:** Confidence-building and final wrap-up

FAQs

What specific qualifications or prerequisites are needed for participants before enrolling in the course?

This course does not require formal qualifications, making it ideal for individuals who are new to workplace health and safety. However, it is particularly beneficial for safety officers, HR professionals, operations and facilities managers, and anyone responsible for implementing safety protocols or aiming to pursue the NEBOSH Award in Health and Safety at Work.

How long is each day's session, and is there a total number of hours required for the entire course?

Each day's session is generally structured to last around 4-5 hours, including interactive activities and breaks. With the updated 10-day structure, the total course duration is approximately 40-50 hours of guided instruction and practical application.

What is the difference between this NEBOSH prep course and taking the NEBOSH Award directly?

This prep course is designed to bridge the knowledge gap by offering structured guidance, practical examples, and interactive training that align with NEBOSH exam expectations. While the NEBOSH Award focuses on assessment and certification, this course emphasizes skill development, confidence-building, and hands-on application to ensure participants are fully prepared before pursuing the official certification.



How This Course is Different from Other Health and Safety Courses:

"A Prep Course for the NEBOSH Award in Health and Safety at Work" stands out through its comprehensive approach, blending traditional learning with cutting-edge online resources. Unlike other courses, we offer a deep dive into Workplace Safety Training Programs and Online Safety Management Courses, tailored to meet the needs of today's dynamic work environments. Our focus on real-world application, from Hazardous Material Handling Course to Safety Risk Assessment Training, ensures participants not only learn but are ready to apply this knowledge effectively. The inclusion of current trends, such as Psycho-social Workplace Issues and Environmental Health and Safety Training Online



Training Course Categories

Agile PM and Project Management Training Courses

Certified Courses By International Bodies

Communication and Public Relations Training Courses

Data Analytics Training and Data Science Courses

Environment & Sustainability Training Courses

Finance and Accounting Training Courses

Governance, Risk and Compliance Training Courses

Human Resources Training and Development Courses

IT Security Training & IT Training Courses

Leadership and Management Training Courses

Legal Training, Procurement and Contracting Courses

Maintenance Training and Engineering Training Courses

Marketing, Customer Relations, and Sales Courses

Occupational Health, Safety and Security Training Courses

Personal & Self-Development Training Courses

Quality and Operations Management Training Courses

Secretarial and Administration Training Courses



Training Cities

Accra Ghana	Al Jubail Saudi Arabia	Amman Jordan
Amsterdam Netherlands	Athens Greece	Baku Azerbaijan
Bangkok Thailand	Barcelona Spain	Berlin Germany
Cairo Egypt	Cape town South Africa	Casablanca Morocco
Chicago USA	Doha Qatar	Dubai UAE
Frankfurt Germany	Geneva Switzerland	Istanbul Turkey
Jakarta Indonesia	Johannesburg South Africa	Kuala Lumpur Malaysia
Kuwait Kuwait	Langkawi Malaysia	Lisbon Portugal
London UK	Madrid Spain	Manama Bahrain
Marbella Spain	Milan Italy	Montreux Switzerland
Munich Germany	Muscat Oman	Nairobi Kenya
New York USA	Paris France	Phuket Thailand
Porto Portugal	Prague Czech Republic	Riyadh Saudi Arabia



Training Cities

Rome

Italy

San Diego

USA

Seoul

South Korea

Sharm El-Sheikh

Egypt

Singapore

Singapore

Tashkent

Uzbekistan

Tbilisi

Georgia

Tokyo

Japan

Toronto

Canada

Trabzon

Turkey

Vienna

Austria

Zanzibar

Tanzania

Zoom

Online Training