

Managing Health and Safety in the Workplace





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Introduction:

This training program equips participants with the knowledge and skills necessary to ensure a safe and healthy work environment. It allows them to cultivate a safety-oriented culture within organizations while empowering individuals to proactively manage health and safety concerns.

Program Objectives:

At the end of this program, participants will be able to:

- Understand the legal and regulatory framework for workplace health and safety and recognize the roles of employers, employees, and regulatory bodies.
- Conduct effective risk assessments, identify potential hazards, and implement mitigation measures to manage workplace risks.
- Develop skills in incident investigation and root cause analysis, applying findings to improve safety practices.
- Promote a positive safety culture, enhance leadership involvement, and improve communication of health and safety information.
- Implement and continuously improve health and safety management systems through audits, inspections, and performance metrics.

Targeted Audience:

- Supervisors, managers, and team leaders responsible for overseeing workplace health and safety.
- Human resources professionals involved in developing and implementing health and safety policies.
- Health and safety officers, coordinators, or representatives tasked with ensuring compliance with regulations.
- Employees at all levels seeking to enhance their understanding of health and safety principles and practices.

Program Outlines:

Unit 1:

Introduction to Health and Safety Management:



- Understanding the legal framework and regulations governing workplace health and safety.
- Identifying roles and responsibilities of employers, employees, and regulatory bodies.
- Recognizing the importance of a proactive approach to health and safety management.
- Exploring the benefits of integrating health and safety into organizational culture.
- Overview of common workplace hazards and their potential impacts.

Unit 2:

Risk Assessment and Hazard Identification:

- Methods of conducting thorough risk assessments to identify potential hazards in the workplace.
- · Utilizing various risk assessment methods and tools effectively.
- Prioritizing risks based on severity and likelihood of occurrence.
- Implementing controls and mitigation measures to reduce identified risks.
- Regular review and reassessment of risk management strategies.

Unit 3:

Incident Investigation and Root Cause Analysis:

- Understanding the importance of investigating incidents and near misses.
- Developing skills in conducting thorough incident investigations.
- Applying root cause analysis techniques to identify underlying causes of incidents.
- Implementing corrective and preventive actions to address root causes.
- Utilizing incident investigation findings to improve health and safety practices.

Unit 4:

Safety Culture and Communication:

- Promoting a positive safety culture within the organization.
- Recognizing the role of leadership in shaping safety attitudes and behaviors.
- Effective communication strategies for disseminating health and safety information.
- Encouraging employee involvement and engagement in safety initiatives.



• Addressing barriers to effective communication and fostering open dialogue.

Unit 5:

Health and Safety Management Systems:

- Understanding the components of an effective health and safety management system.
- Implementing policies, procedures, and protocols to support safety objectives.
- Utilizing performance indicators and metrics to measure safety performance.
- Conducting regular audits and inspections to assess compliance and effectiveness.