

# € TRAINING

Occupational Health and Safety



14 - 25 October 2024  
Kuala Lumpur (Malaysia)



# Occupational Health and Safety

REF: S1647 DATE: 14 - 25 October 2024 Venue: Kuala Lumpur (Malaysia) - Fee: 8775 Euro

## Introduction:

This training program equips participants with the knowledge and skills necessary to promote workplace safety and prevent occupational hazards. Through it, participants learn to implement effective safety measures, adhere to regulatory standards, and foster a culture of safety within their organizations.

## Program Objectives:

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

- Effectively manage health and safety in the workplace.
- Identify and control common workplace hazards.
- Measure success in health and safety initiatives.
- Understand relevant key international standards.
- Investigate accidents and recommend preventative measures.
- Explain human and organizational influences on health and safety.

## Targeted Audience:

- Managers.
- Supervisors.
- Team Leaders.
- Project Managers.
- All who have health and safety management responsibilities.

## Program Outlines:

Unit 1:

Why We Should Manage Workplace Health and Safety:

- Welcome introduction.

- Introduction to health & safety / key terms.
- The moral, financial, and legal reasons for managing health and safety in the workplace.
- Explain how health and safety are regulated and the consequences of non-compliance.
- Summarise the main health and safety duties of different groups of people at work.
- Explain how contractors should be selected, monitored, and managed.

## Unit 2:

### How Health and Safety Management Systems Work, Defining "Volatility" in the VUCA framework:

- Safety management systems -What they are and the benefits they bring.
- What does a good health and safety management system look like?
- Plan - do - check - act.
- Responsibilities.
- Practical arrangements.

## Unit 3:

### Managing Risk - Understanding People and Processes:

- Health and safety culture.
- How human factors influence behavior positively or negatively.
- Management of change.
- Safe systems of work for general work activities.
- Permit-to-work systems.
- Assessing risk, Emergency procedures.

## Unit 4:

### Health and Safety Monitoring and Measuring:

- Active and reactive monitoring.
- Investigating incidents.

- Health and safety auditing.
- Review of health and safety performance.

## Unit 5:

### Physical and Psychological Health:

- Noise.
- Vibration.
- Radiation.
- Mental ill-health.
- Violence at work.
- Substance abuse at work.

## Unit 6:

### Musculoskeletal Health:

- Work-related upper limb disorders.
- Manual handling.
- Load-handling equipment.

## Unit 7:

### Chemical and Biological Agents:

- Hazardous substances.
- Assessment of health risks.
- Occupational exposure limits.
- Control measures.
- Specific agents.

## Unit 8:

## General Workplace Issues:

- Health, welfare and work environment.
- Working at height.
- Safe working in confined spaces.
- Lone working, Slips and trips.
- Safe movement of people and vehicles in the workplace.
- Work-related driving.

## Unit 9:

### Work Equipment:

- General requirements.
- Hand-held tools.
- Machinery hazards.
- Control measures for machinery.

## Unit 10:

### Fire & Electricity

- Fire principles.
- Preventing fire and fire spread.
- Fire alarms and fire-fighting.
- Fire evacuation.
- Hazards and risks.
- Control measures.