



# General HSE Awareness at Work

HSE229

## Course Overview

General Safety is a multi-disciplinary approach to developing and ensuring compliance with regulatory authority, safe working practices, and maintaining the health and well-being of those employed in an organization. This training promotes General Safety Awareness and the importance of personal protection at workplaces. Which aims to maintain a strong focus on injury prevention through hazard identification, prevention and controls; education & training

**Learning Objectives:** Upon successful completion of the course, participants will be able to:

- Build on the knowledge of general safety aspects in the field
- Reduce injuries and health problems among the workforce
- Learn the fundamentals needed to deal with potential hazards specific to construction and other fields
- Extending knowledge and awareness of workers to act safely and spreading safety

## Course Specifics

- **Duration:** 2 Days
- **Assessment Method**  
Written and Verbal assessment
- **Delivery Options**
  - ✓ Instructor-led.
  - ✓ The course materials are supported by video & group exercises.
- **Credentials**  
OMCT certificate – ACTVET approved training center



## Course Outline

- ✓ Introduction to Health & Safety
- ✓ Basic Terminologies in Health and Safety
- ✓ The Cost of an Accident
- ✓ Hazard Identification & Risk Assessment
- ✓ COSHH - Control of Substances Hazardous to Health
  - Acute Health Effects
  - Chronic Health Effects
- ✓ Main Categories of Hazards
  - Biological
  - Chemical
  - Physical
  - Safety
  - Ergonomic
  - Psychosocial
- ✓ Working at Height
- ✓ Workshop Safety
  - Mechanical Hazards (Hand & Power Tool Safety)
  - Non-Mechanical Hazards
- ✓ Manual Handling
- ✓ Forklift Safe Operation

- ✓ Welding Safety
  - General Requirements
  - Protective Equipment, Hose & Regulators
  - OXYACETYLENE Cutting
  - Hot Works Permit
  - Fire Protection
  - PPE
  - Filter Lens Shade Number Guide
- ✓ Working Environment

