Occupational Health and Safety in Construction Training Course

Professional Development Training Course Outline

Category	Construction Institute	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Occupational Health and Safety in Construction Training Course is designed to develop safety leadership, risk prevention capabilities, workplace compliance awareness, and hazard management expertise within the construction sector. With the growing demand for zero-harm workplaces, sustainable construction practices, digital safety management, ESG compliance, and global occupational safety standards, this course equips professionals with the knowledge and practical skills required to identify, assess, and control construction-related risks. Participants gain advanced understanding of construction safety regulations, hazard identification, emergency preparedness, incident prevention, occupational health management, and safety culture transformation.

Construction projects involve complex environments with multiple hazards, including working at height, heavy equipment operations, electrical risks, confined spaces, excavation activities, and exposure to hazardous materials. This training integrates international best practices, real-world case studies, proactive safety strategies, behavioral safety principles, and modern safety technologies to help organizations achieve improved productivity, regulatory compliance, and employee wellbeing. The course prepares safety professionals, engineers, supervisors, and project teams to build resilient and future-ready construction workplaces.

Programme Curriculum

Occupational Health and Safety in Construction Training Course

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Course Duration

5 days

Course Objectives

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

1. Understand global occupational health and safety (OHS) standards and construction safety frameworks.
2. Develop advanced skills in hazard identification, risk assessment, and risk mitigation strategies.
3. Apply zero accident and zero-harm safety management principles in construction projects.
4. Implement effective Safety Management Systems (SMS) and ISO 45001 occupational safety practices.
5. Improve construction site safety leadership and safety culture transformation.
6. Conduct professional Job Safety Analysis (JSA), Risk Assessment, and Method Statement (RAMS) reviews.
7. Manage high-risk construction activities including lifting, excavation, scaffolding, and work at height.
8. Strengthen incident investigation, root cause analysis, and corrective action planning.
9. Promote behavior-based safety (BBS) programs and workforce engagement initiatives.
10. Enhance knowledge of emergency response planning, crisis management, and disaster preparedness.
11. Apply digital safety technologies, mobile inspections, and data-driven safety analytics.
12. Integrate environmental sustainability, ESG principles, and occupational health practices.
13. Develop effective strategies for achieving continuous safety improvement and operational excellence.

Target Audience

1. Construction Project Managers
2. Health, Safety, and Environment (HSE) Managers
3. Safety Officers and Safety Supervisors
4. Civil, Mechanical, and Electrical Engineers
5. Site Managers and Construction Supervisors
6. Contractors and Subcontractor Management Teams
7. Architects, Consultants, and Project Coordinators
8. Government Inspectors and Compliance Professionals

Course Modules

Module 1: Fundamentals of Occupational Health and Safety in Construction

- Introduction to **construction safety management systems and global OHS frameworks**

- Roles and responsibilities of employers, workers, and safety professionals
- Understanding construction hazards and workplace safety challenges
- Overview of **ISO 45001 and international safety standards**
- Building a proactive **safety-first organizational culture**
- **Case Study:** Analysis of a major construction project that reduced workplace incidents through improved safety leadership and workforce engagement.

Module 2: Construction Hazard Identification and Risk Assessment

- Hazard recognition techniques and workplace inspections
- Risk assessment methodologies and risk ranking systems
- Job Safety Analysis (JSA) and Safe Work Method Statements (SWMS)
- Control measures using the **Hierarchy of Controls**
- Digital risk assessment and safety reporting tools
- **Case Study:** Review of a high-rise construction project where proactive risk assessments prevented multiple workplace incidents.

Module 3: Working at Height and Fall Prevention Safety

- Fall hazards in construction environments
- Scaffolding safety requirements and inspection procedures
- Personal fall protection systems and rescue planning
- Ladder safety and elevated work platforms
- Developing effective work-at-height management programs
- **Case Study:** Investigation of a construction fall incident and implementation of corrective safety controls.

Module 4: Construction Equipment, Machinery, and Lifting Safety

- Safe operation of cranes, forklifts, and heavy machinery
- Lifting plans and critical lifting operations
- Equipment inspection and maintenance programs
- Mobile plant safety management
- Preventing struck-by and caught-between incidents
- **Case Study:** A crane lifting failure analysis demonstrating the importance of planning, communication, and equipment control.

Module 5: Electrical Safety, Excavation, and Confined Space Management

- Electrical hazard identification and control measures
- Lockout/Tagout (LOTO) procedures
- Excavation collapse prevention strategies
- Confined space entry requirements
- Permit-to-work systems and monitoring processes
- **Case Study:** Evaluation of an excavation project where improved permit systems eliminated repeated safety violations.

Module 6: Occupational Health, Environmental Risks, and Worker Wellbeing

- Construction-related occupational diseases
- Noise, dust, chemical, and vibration exposure control
- Personal Protective Equipment (PPE) management

- Workplace wellness and fatigue management
- Sustainable construction health practices
- **Case Study:** A construction company's dust-control program that improved worker health outcomes and regulatory compliance.

Module 7: Incident Investigation, Emergency Response, and Crisis Management

- Accident reporting and investigation techniques
- Root Cause Analysis (RCA) and corrective actions
- Emergency preparedness and response planning
- Fire safety and first aid management
- Crisis communication strategies
- **Case Study:** Analysis of a construction emergency response program that improved evacuation efficiency and incident recovery.

Module 8: Safety Leadership, Digital Transformation, and Future Trends

- Developing safety leadership competencies
- Behavioral-Based Safety (BBS) implementation
- Safety analytics and digital inspection platforms
- Artificial Intelligence (AI), IoT, and smart construction safety
- Creating a sustainable zero-incident safety culture
- **Case Study:** A smart construction site project using digital monitoring technologies to reduce unsafe behaviors.

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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