Training Course on Occupational Safety and Health: Core Concepts and Principles

Professional Development Training Course Outline

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

Course Introduction

Occupational Safety and Health (OSH) is essential to creating a safe, productive, and compliant workplace. Training Course on Occupational Safety and Health: Core Concepts and Principles is designed to provide a comprehensive foundation in safety standards, risk prevention strategies, and health management techniques. With increasing workplace accidents and regulatory compliance requirements, understanding the core components of OSH is critical for all professionals involved in workplace management and operations.

In this course, participants will gain hands-on knowledge of risk assessment, hazard communication, regulatory compliance, and emergency preparedness. The training will incorporate real-world case studies, interactive safety planning exercises, and industry-specific best practices. Participants will leave equipped to develop proactive safety programs that ensure legal compliance, employee wellbeing, and sustainable operational success.

Programme Curriculum

Training Course on Occupational Safety and Health: Core Concepts and Principles

Introduction

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Course Objectives

1. Define key occupational safety and health (OSH) concepts and legal responsibilities.
2. Identify workplace hazards and assess potential health risks.
3. Understand OSHA standards, ISO guidelines, and compliance protocols.
4. Analyze the role of safety culture in reducing workplace incidents.
5. Create workplace safety policies and procedures for various industries.
6. Implement hazard control measures and engineering solutions.
7. Develop effective emergency response and disaster recovery plans.
8. Apply ergonomics to improve workplace design and reduce injury.
9. Monitor and evaluate safety programs using performance metrics.
10. Conduct safety audits and root cause investigations.
11. Promote mental health and wellness strategies in the workplace.
12. Train and engage employees on safety practices and awareness.
13. Use data analytics and digital tools to enhance safety planning.

Target Audience

1. Safety Officers and Managers
2. Human Resource Professionals
3. Facility Managers
4. Construction Site Supervisors
5. Manufacturing Plant Leaders
6. Healthcare Administrators
7. Environmental Health Practitioners
8. Corporate Trainers and Compliance Officers

Course Duration: 5 days

Course Modules

Module 1: Introduction to OSH Principles

- Definition and importance of OSH
- Key legislative and regulatory frameworks
- OSH roles and responsibilities
- Safety culture and its impact
- Industry-specific OSH challenges
- **Case Study:** Legal consequences of OSH negligence in a factory setting

Module 2: Hazard Identification and Risk Assessment

- Types of workplace hazards (physical, chemical, ergonomic)
- Risk matrix and risk rating systems
- Techniques for conducting hazard analysis
- Safety data sheets (SDS) usage
- Creating risk assessment reports
- **Case Study:** Slip and fall incident at a logistics warehouse

Module 3: Legal Framework and Regulatory Compliance

- Overview of OSHA, ILO, and ISO 45001
- Recordkeeping and reporting obligations
- Key employer and employee duties
- Understanding safety audits and inspections
- Legal penalties and citations
- **Case Study:** OSHA inspection and fine at a construction company

Module 4: Emergency Preparedness and Response

- Elements of emergency action plans
- Fire safety, evacuation drills, and PPE usage
- Business continuity planning
- Incident reporting and follow-up
- Crisis communication techniques
- **Case Study:** Response to a chemical spill in a research facility

Module 5: Health and Wellness at Work

- Identifying psychosocial risks
- Work-related stress and burnout
- Implementing mental health programs
- Promoting physical health initiatives
- Employee assistance programs (EAPs)
- **Case Study:** Addressing mental health post-pandemic in corporate offices

Module 6: Ergonomics and Workplace Design

- Principles of ergonomic safety
- Tools and equipment design improvements
- Office ergonomics: chairs, desks, screens
- Lifting, posture, and repetitive task safety
- Cost-benefit analysis of ergonomic interventions
- **Case Study:** Ergonomic redesign success in a tech company

Module 7: Safety Performance Monitoring and Auditing

- Key performance indicators (KPIs) for safety
- Creating and using audit checklists
- Continuous improvement and feedback loops
- Root cause analysis techniques
- Reporting and documentation standards
- **Case Study:** Post-incident audit in a manufacturing plant

Module 8: Training, Engagement, and Safety Culture

- Effective safety training strategies
- Behavioral safety programs
- Creating engaging toolbox talks
- Leadership roles in safety promotion
- Recognition and reward systems for safety
- **Case Study:** Building a safety-first culture in a construction firm

Training Methodology

- Interactive lectures and multimedia presentations
- Real-world case study analysis

- Group discussions and peer learning
- Hands-on activities and simulation exercises
- Assessment quizzes and feedback evaluations

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

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$6,000

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

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com