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HEALTH SAFETY AND ENVIRONMENT | HSE-005

Fundamentals of Health, Safety, and Environment (HSE): Building a Safe Workplace

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Course content

Why Attend

Health, Safety, and Environment (HSE) are critical components of any successful organization. This course provides a comprehensive introduction to HSE principles, helping participants understand how to create a safe, healthy, and environmentally responsible workplace. By attending, you will gain the knowledge and skills needed to comply with regulations, prevent accidents, and foster a culture of safety.

Course Methodology

This course is highly interactive and practical, featuring:

• Lectures : Expert-led sessions on HSE principles, regulations, and best practices.

• Case Studies : Real-world examples of HSE successes and failures.

• Group Discussions : Collaborative activities to share ideas and experiences.

• Practical Exercises : Hands-on activities to apply HSE concepts.

• Assessments : Quizzes and exercises to reinforce learning.

Course Objectives

By the end of this course, participants will:

• Understand the fundamentals of HSE and its importance in the workplace.

• Learn key HSE regulations and compliance requirements.

• Identify workplace hazards and implement risk control measures.

• Develop skills to promote a safety-first culture.

• Gain knowledge of environmental management practices and sustainability.

Target Audience

This course is ideal for:

• HSE officers and coordinators.



Course content

Target Audience

• Managers and supervisors responsible for workplace safety.

• Employees involved in safety and environmental management.

• New hires or professionals new to the field of HSE.

• Anyone interested in building a safe and sustainable workplace.

Target Competencies

Participants will develop the following competencies:

• HSE Awareness : Understanding the importance of health, safety, and environment.

• Risk Management : Identifying and mitigating workplace hazards.

• Regulatory Compliance : Knowledge of HSE laws and standards.

• Safety Culture : Promoting a culture of safety and accountability.

• Environmental Stewardship : Implementing sustainable practices.

Course outline

Day 1: Introduction to Health, Safety, and Environment (HSE)

• What is HSE? Key concepts and importance.

• The business case for HSE: Benefits of a safe and sustainable workplace.

• Overview of HSE regulations and standards (e.g., OSHA, ISO 45001, ISO 14001).

• Activity: Group discussion on workplace safety challenges.

Day 2: Workplace Hazards and Risk Assessment

• Types of workplace hazards: Physical, chemical, biological, and ergonomic.

• Risk assessment methodologies: Identifying, analyzing, and evaluating risks.

• Implementing control measures to mitigate risks.



Course content

Course outline

• Activity: Conducting a risk assessment for a simulated workplace scenario.

Day 3: Occupational Health and Safety (OHS)

• Principles of occupational health and safety.

• Preventing workplace accidents and illnesses.

• Personal protective equipment (PPE): Selection, use, and maintenance.

• Activity: Demonstrating proper use of PPE.

Day 4: Environmental Management and Sustainability

• Introduction to environmental management systems (EMS).

• Key environmental issues: Waste management, pollution, and resource conservation.

• Sustainable practices for organizations.

• Activity: Developing an action plan for environmental sustainability.

Day 5: Building a Safety-First Culture

• The role of leadership in promoting HSE.

• Strategies for fostering a safety-first culture.

• Employee engagement and training in HSE.

• Course wrap-up: Key takeaways and action plans for continued improvement.

Additional Notes :

• Each day includes breaks and time for Q&A.

• Participants will receive a workbook with templates, checklists, and resources.

• A certificate of completion will be awarded at the end of the course.



Seminar dates

Available seminar dates

Live dates and pricing for Fundamentals of Health, Safety, and Environment (HSE): Building a Safe Workplace generated from the course details page.

Date	Location	Format	Fee
21 - 25 December 2026	Istanbul - Turkey	Classroom	**€2,280.-**
18 - 22 January 2027	Istanbul - Turkey	Classroom	**€2,280.-**
15 - 19 February 2027	Cape Town - South Africa	Classroom	**€3,400.-**
15 - 19 March 2027	Barcelona - Spain	Classroom	**€3,080.-**
19 - 23 April 2027	Rome - Italy	Classroom	**€3,400.-**
17 - 21 May 2027	Geneva - Switzerland	Classroom	**€4,200.-**
21 - 25 June 2027	Dubai - UAE	Classroom	**€2,040.-**
19 - 23 July 2027	London - U.K	Classroom	**€3,360.-**
16 - 20 August 2027	Istanbul - Turkey	Classroom	**€2,280.-**
20 - 24 September 2027	Istanbul - Turkey	Classroom	**€2,280.-**
18 - 22 October 2027	Cape Town - South Africa	Classroom	**€3,400.-**
15 - 19 November 2027	Barcelona - Spain	Classroom	**€3,080.-**
20 - 24 December 2027	Rome - Italy	Classroom	**€3,400.-**

Live online option	Online delivery is available at €1,850.-.