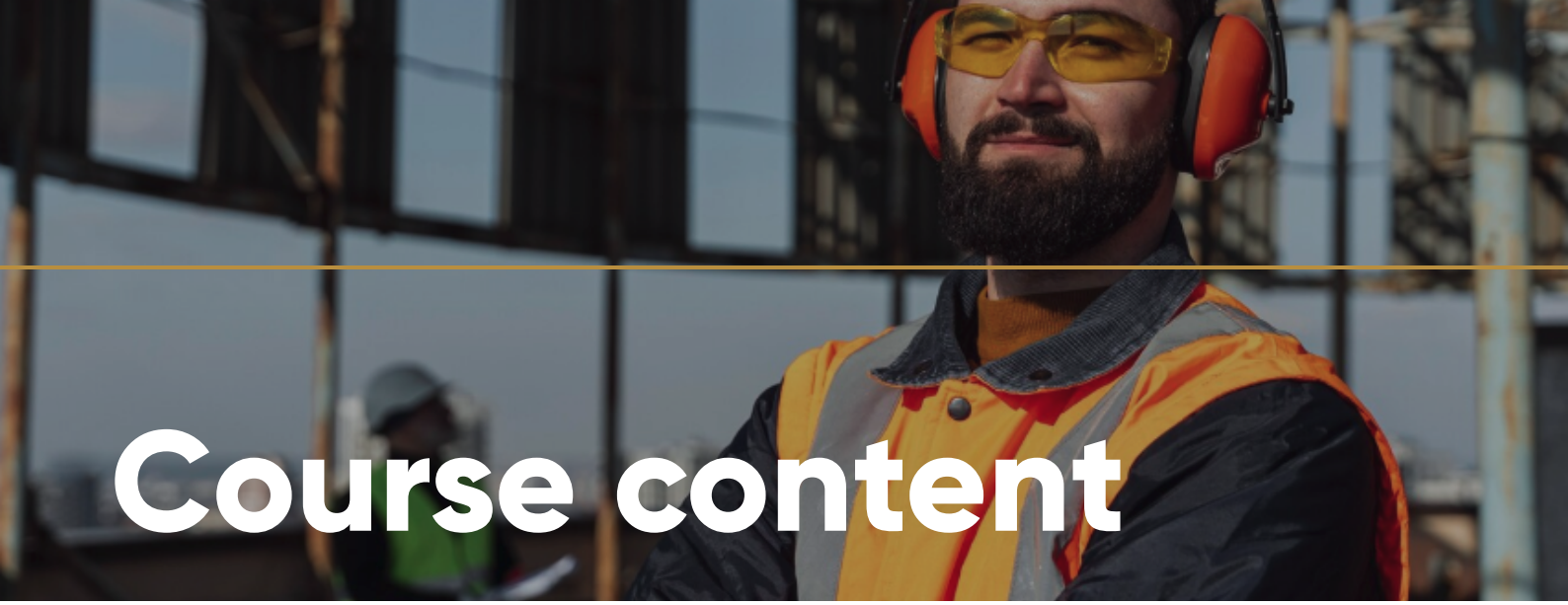
informatech

HEALTH SAFETY AND ENVIRONMENT | HSE-003

# Occupational Health and Safety (OHS): Ensuring Employee Well-Being

**UK**
+44 33 000 111 90
info@informatech.co.uk
https://informatech.uk
63-66 Hatton Garden Hatton Garden
EC1N 8LE , London

**NL**
+31 85 74 444 46
info@infomatech.nl
https://infomatech.nl
Waarderweg 50 - 2031PB
Haarlem - Netherlands



# Course content

## Why Attend

Occupational Health and Safety (OHS) is essential for protecting employees from workplace hazards and ensuring their well-being. This course provides a comprehensive understanding of OHS principles, helping participants create a safe and healthy work environment. By attending, you will learn how to prevent workplace accidents, comply with regulations, and promote a culture of safety.

## Course Methodology

This course is highly interactive and practical, featuring:

- Lectures: Expert-led sessions on OHS principles, regulations, and best practices.
- Case Studies: Real-world examples of OHS successes and failures.
- Group Discussions: Collaborative activities to share ideas and experiences.
- Practical Exercises: Hands-on activities to apply OHS concepts.
- Assessments: Quizzes and exercises to reinforce learning.

## Course Objectives

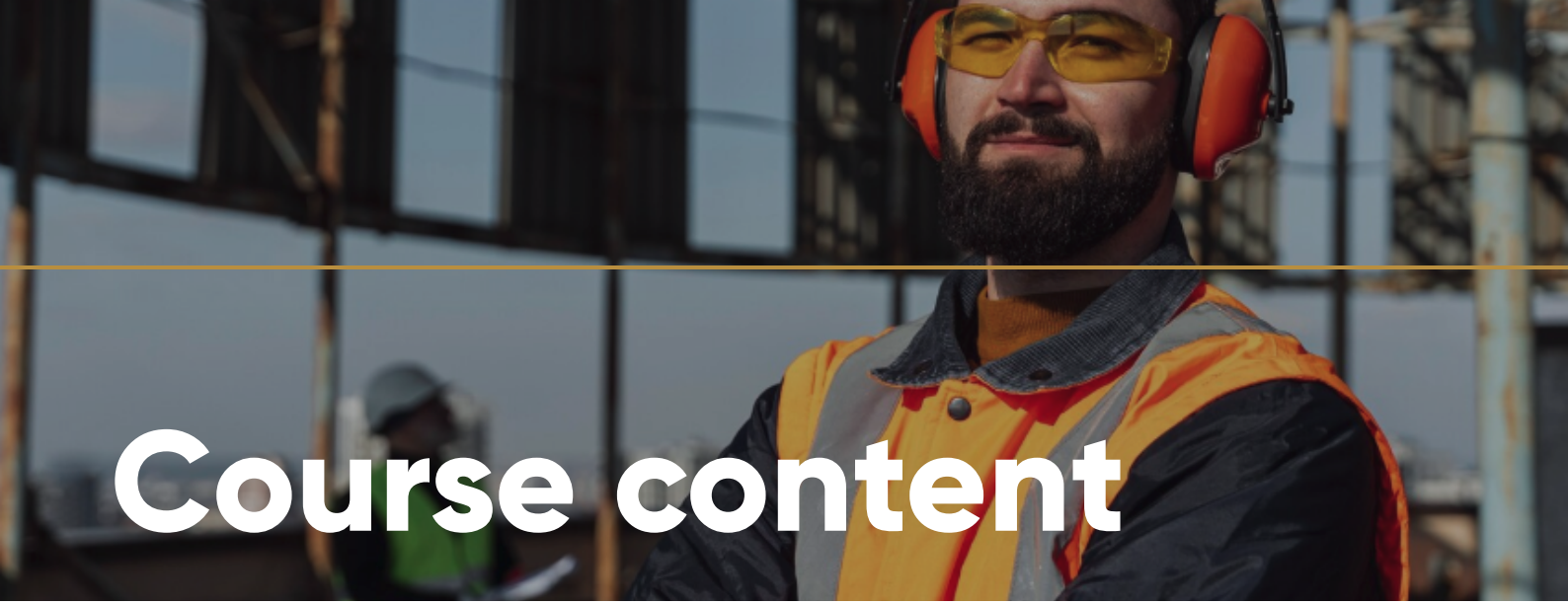
By the end of this course, participants will:

- Understand the principles of Occupational Health and Safety (OHS).
- Learn key OHS regulations and compliance requirements.
- Identify workplace hazards and implement control measures.
- Develop skills to promote a safety-first culture.
- Gain knowledge of health and wellness programs for employees.

## Target Audience

This course is ideal for:

- HSE officers and safety managers.



# Course content

## Target Audience

• HR professionals responsible for employee well-being.

• Managers and supervisors overseeing workplace safety.

• Employees involved in safety and health management.

• Anyone interested in improving workplace health and safety.

## Target Competencies

Participants will develop the following competencies:

• OHS Awareness: Understanding the importance of occupational health and safety.

• Risk Management: Identifying and mitigating workplace hazards.

• Regulatory Compliance: Knowledge of OHS laws and standards.

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

• Employee Well-Being: Implementing health and wellness programs.

## Course outline

### Day 1: Introduction to Occupational Health and Safety (OHS)

• What is OHS? Key concepts and importance.

• The business case for OHS: Benefits of a safe and healthy workplace.

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

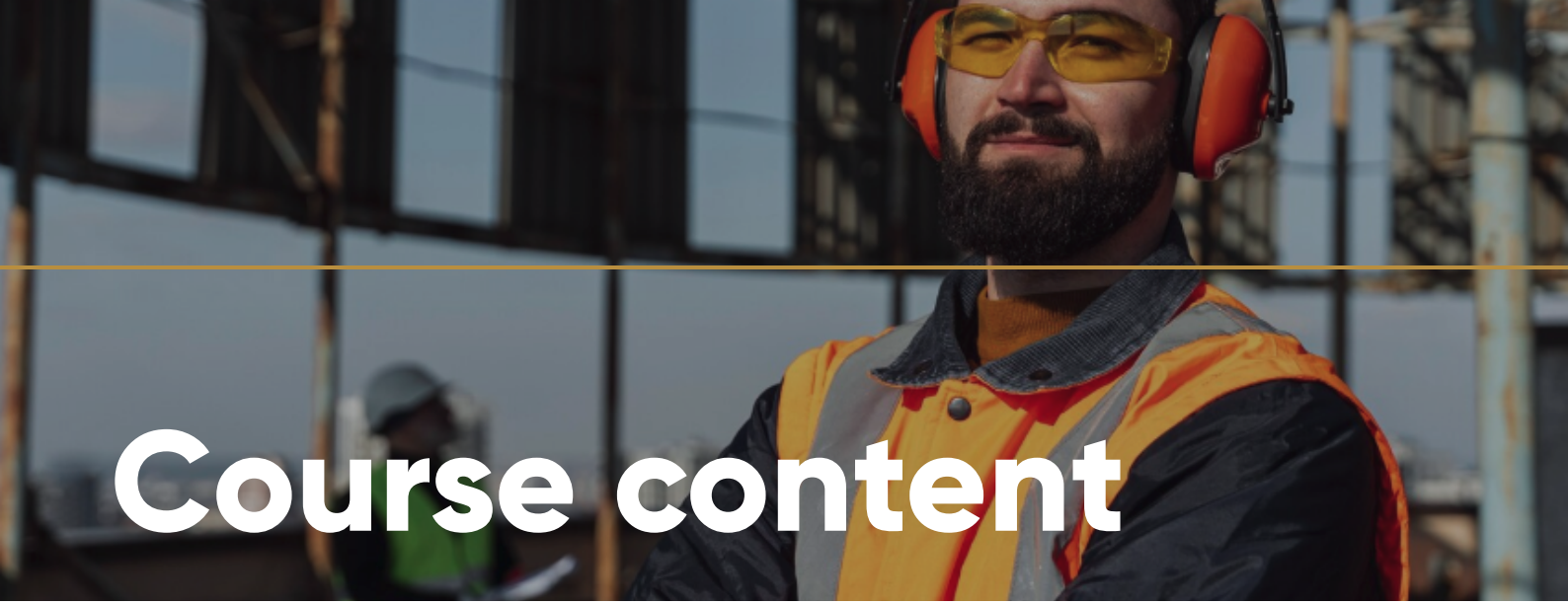
• Activity: Group discussion on workplace safety challenges.

### 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 Wellness Programs**

• Principles of occupational health: Preventing workplace illnesses and injuries.

• Health and wellness programs: Promoting physical and mental well-being.

• Ergonomics: Designing workspaces to prevent strain and injury.

• Activity: Designing a health and wellness program for a simulated organization.

**Day 4: Safety Training and Emergency Preparedness**

• Importance of safety training for employees.

• Developing and delivering effective safety training programs.

• Emergency preparedness: Planning and conducting drills.

• Activity: Conducting a safety training session.

**Day 5: Building a Safety-First Culture**

• The role of leadership in promoting OHS.

• Strategies for fostering a safety-first culture.

• Employee engagement and participation in OHS initiatives.

• 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 Occupational Health and Safety (OHS): Ensuring Employee Well-Being generated from the course details page.

| Date | Location | Format | Fee |
|---|---|---|---|
| 15 - 19 June 2026 | Munich - Germany | Classroom | **€3,450.-** |
| 20 - 24 July 2026 | Amsterdam - Netherlands | Classroom | **€4,250.-** |
| 3 - 7 August 2026 | Istanbul - Turkey | Classroom | **€2,850.-** |
| 7 - 11 September 2026 | Rome - Italy | Classroom | **€4,250.-** |
| 12 - 16 October 2026 | Istanbul - Turkey | Classroom | **€2,850.-** |
| 9 - 13 November 2026 | Vienna - Austria | Classroom | **€4,250.-** |
| 14 - 18 December 2026 | Barcelona - Spain | Classroom | **€3,850.-** |

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