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HEALTH SAFETY AND ENVIRONMENT | HSE-003

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

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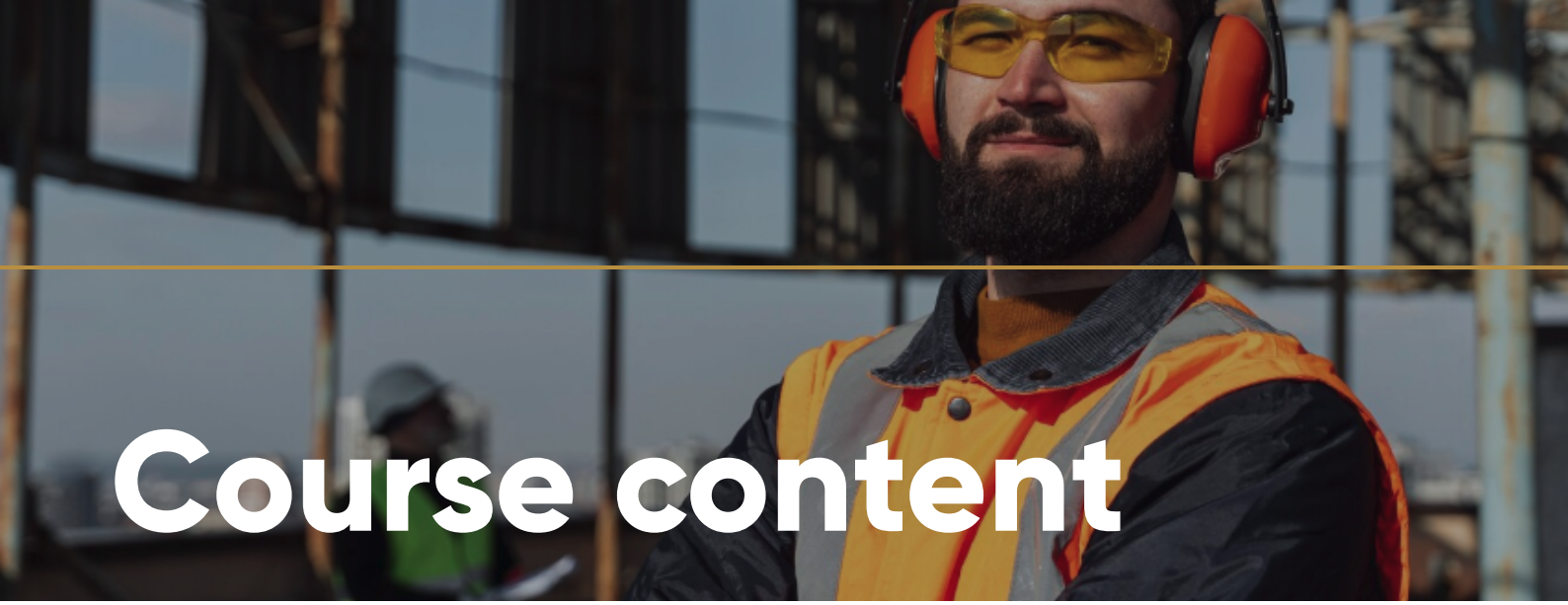


Course content

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

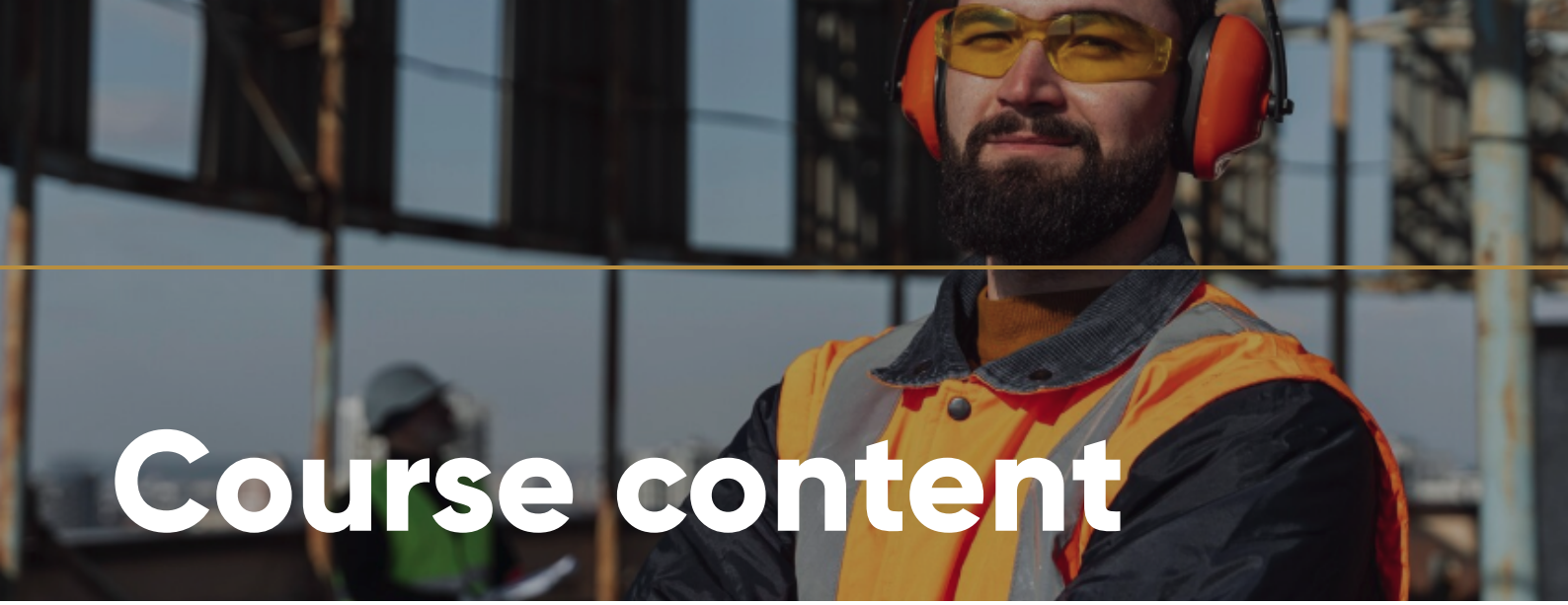
By the end of this course, participants will:

- 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.



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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).

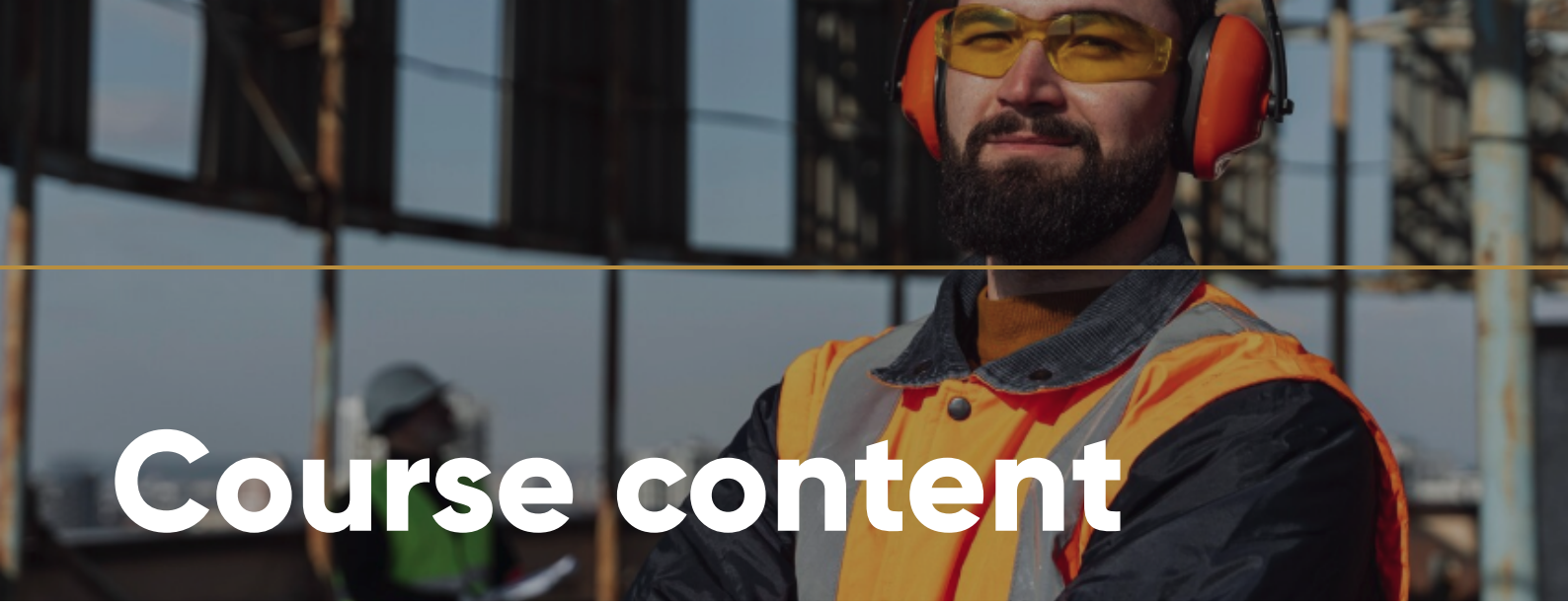
• Activity: Group discussion on workplace safety challenges.

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
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.-.