

# Occupational Safety and Health Course



## Intended for:

Managers, Supervisors, Team Leaders, and Workers who wants to develop and improve their health and safety management system in their organization. This is also an opportunity for an individual who wants to further develop their knowledge and skill in this particular field.

## Course Content:

### Element 1: Introduction to OSH

- Managing Occupational Safety and Health
- Employer Responsibilities
- Employee Responsibilities
- OSH Regulations

### Element 2: Hazard Awareness

- Category of Hazards
- Computer Workstations
- Work at Heights
- Electrical
- Fire
- Manual Handling
- Aggression, Violence, and Bullying
- Hazardous Chemicals
- Housekeeping
- Slips and Trips
- Stress

### Element 3: Risk Assessment

- Hazard Identification
- Risk Evaluation
- Hazard Control

### Element 4: Incident Reporting and Investigation

- Incident Reporting
- Incident Investigation

### Element 5: Emergency Response Plan

- First Aid Arrangements
- Emergency Evacuation Arrangements

### Element 6: OSH Performance Measurement

- Proactive and Reactive Monitoring
- OSH Auditing

Upon accomplishing this course, candidates will gain adequate knowledge that will help them prevent and control occupational safety and health risks in the organization as well as the capability to apply necessary actions by their own.

## Course duration:

The course will be accomplished within 1 day.

## For inquiries, please contact us.

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