

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

Course code: HSE-005



SPARK TRAINING

Professional training courses for leaders, specialists, and organizations seeking practical capability development.

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— Workshop Overview

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.

Why Attend

This course is highly interactive and practical, featuring:

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Who Should Attend

HSE officers and coordinators.

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

— Learning Objectives

- 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.

— 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.
- 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.

— Upcoming Classroom Dates

DATE	LOCATION	FEE
19 - 23 October 2026	Amsterdam - Netherlands	€2,125
2 - 6 November 2026	London - United Kingdom	€2,100
21 - 25 December 2026	Istanbul - Türkiye	€1,425
18 - 22 January 2027	Istanbul - Türkiye	€1,425
15 - 19 February 2027	Cape Town - South Africa	€2,125
15 - 19 March 2027	Barcelona - Spain	€1,925
19 - 23 April 2027	Rome - Italy	€2,125
17 - 21 May 2027	Geneva - Switzerland	€2,625

— Certificate and Registration

Participants who attend and complete the full programme receive a SPARK Training Certificate of Completion. For registration, in-house delivery, or availability questions, contact info@sparktraining.eu or +31 85 115 0004.