

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

Course code: HSE-003



SPARK TRAINING

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

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— Workshop Overview

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.

Why Attend

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

Who Should Attend

HSE officers and safety managers.

HR professionals responsible for employee well-being.

Managers and supervisors overseeing workplace safety.

Employees involved in safety and health management.

— Learning Objectives

- 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.

— 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.
- 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.

— Upcoming Classroom Dates

Schedule available on request. Contact SPARK Training for current dates, locations, and fees.

— 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.