

INTRODUCTION TO OCCUPATIONAL HEALTH **COURSE**



Limerick IT

Commencing

23 September 2015

for 13 weeks

7pm - 9pm

Contact: Flexible Learning Office

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National Irish Safety Organisation

A11 Calmount Park,

Ballymount, Dublin

NISO Introduction To Occupational Safety and Health



Occupational Health and Safety is a major concern to all employers and employees. Preventable accidents cost businesses both time and money, not to mention the pain and suffering that many accidents cause the individual involved and all the people close to him. As a consequence, these workplaces have low employee morale, further reducing productivity. It makes sense, therefore, that businesses with a strategic Occupational Health and Safety plan show lower injury and illness rates while enjoying higher productivity and employee morale. As a result, Occupational Health and Safety is being widely taught. Students report being better informed about their rights and responsibilities at work and on entering employment and better equipped to contribute to the implementation of the organisation's health and safety strategy.

Health and Safety Training is a cost effective investment that raises awareness, sharpens and focuses the mind in order to increase and promote health and safety at work and it helps reduce risks of incidents. Analysis and research have shown

Aim

To provide the participants with the knowledge and skills to manage Occupational Safety and Health, to enable them to communicate safety and health information to peers and supervisors and to advise management on a range of occupational safety and health issues in the workplace. It also gives the participants the necessary tools to help promote a culture of safety and health in the workplace.

Course Objectives

- Understand the scope of the Safety, Health and Welfare at Work Act 2005
- Understand the requirements of the 2007 General Application Regulations
- Complete a risk assessment and draft a safety statement
- Understand the various occupational hazards and risks that can occur in the workplace.

Duration

13 modules of 2 hours taking place at various times depending on the venue. To be awarded the NISO Introduction to Occupational Safety & Health certificate, an assignment and a 2 hour examination will need to be completed successfully and NISO requirements will have to be met. This is widely recognised within industry and the public service. Attendance at a minimum of eight lectures is required to sit the examination.

Overview

This Course is a multidisciplinary course covering the important aspects related to the safe operation of all types of businesses and organisations.

It's our flagship Health and Safety Course since 1990. It was developed in the foot step of the successful and well estimated NISO Occupational Safety and Health Foundation Certificate. These courses are and have been the first step on the health and safety career ladder of many professionals who subsequently applied and gained entry on higher level courses in health and safety.

Who Should Attend?

The course is suitable for: persons wishing to obtain a general introduction to health and safety in the workplace; persons wishing to expand and update their knowledge including directors of SMEs, production managers; safety representatives; safety committee members; any persons with

responsibility for health and safety; any persons interested in health and safety.

Course Content

- 1. Irish Law:** Introduction to the EU and Irish legal systems (both statute and civil) in relation to the regulation of Safety and Health in the workplace.
- 2. Safety, Health and Welfare at Work Act 2005:** Implications and requirements for employers and employees. The roles of the Safety Officer and safety Representative; the role and powers of the Health and Safety Authority. The significance of the safety statement as a valuable management tool.
- 3. Risk Management:** Concepts of hazard and risk, the distinctions between the two and the concept of control.
- 4. Safety Management:** Strategies and documentation. How to create a safety statement following the completion of a risk assessment.
- 5. Fire Safety, Emergency Planning & First Aid:** The statutory requirements. Identification of fire hazards and assessment of their risks. Fire prevention and protection including means of escape, emergency evacuation procedures, fire evacuation drills and fire fighting equipment, fire register and record keeping. The role of emergency planning in fire risk management serves to introduce emergency planning and first aid requirements.
- 6. Ergonomics:** Management of risks associated with ergonomic hazards. Principles of safe lifting; template for a manual handling risk assessment is provided and illustrated with a relevant case study.
- 7. Physical Hazards:** Electricity, Machinery, Noise, Vibration and Radiation. Management of risks. Protection and Prevention controls; emergency planning.
- 8. Chemical Safety:** Management of risks associated with chemical hazards. Protection and prevention controls; relevant emergency planning. A risk assessment template for chemical risk assessment is provided and illustrated with a relevant case study.
- 9. Psychosocial Hazards:** the major psychosocial hazards at work i.e. stress and bullying. Identifying what stress is and recognising the main workplace stressors. Recognition and management of stress at both

organisational and individual level is key to developing effective policies to deal with this hazard. Coping strategies and organisational measures to prevent bullying in the workplace. Violence or the threat of violence in the workplace is also explored.

10. Occupational Health: An introduction to occupational health. Promotion and maintenance of the physical, mental and social well being of workers; means of prevention of risks resulting from factors adverse to health. The different roles in occupational health are also discussed.

11. Accident Causation and Investigation: The many causes of accidents in the workplace. The accident process. The impact that safety culture has at individual and organisation level. Methodology of carrying out and recording accident investigations.

12. Construction Safety: The main hazards

Reservations:

various stages of design and construction of projects. Protection and preventative measures used to manage the risks associated with construction work.

13. Agriculture Safety: Common hazards on farms and how farm accidents can be prevented.

Course Material:

NISO provides a training pack and an e-resource CD.

Methodology:

Lecture based, presented in modular format including problem based learning and practical exercises.

Please reserve spaces on the above course in my/our name.

Venue _____

Commencement

Date _____

Company Name _____

National Irish Safety Organisation

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