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# NISO CERTIFICATE IN SAFETY, HEALTH AND WELFARE AT WORK COURSE

13 weeks; 1 evening per week



**Commencing**

**Cork**

14 September 2020

**GMIT Castlebar**

15 September 2020

**Ballymount, Dublin 12**

15 September 2020

**Limerick IT**

15 September 2020

**Tralee**

15 September 2020

**Waterford IT**

15 September 2020

**Athlone IT**

21 September 2020

**Contact Details**

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## DETAILS AND CONTACTS:

**National Irish Safety Organisation**

**A11 Calmount Park, Ballymount, Dublin 12**

T 1850 SAFETY F 01 4659765

E info@niso.ie W niso.ie

Course Price: €425 (NISO members); €525 (Non members)



Occupational Safety, Health and Welfare is a major concern to all employers and employees. Preventable accidents cost businesses both time and money, not to mention the pain and suffering. Accidents have a devastating effect not only on the individual but on their families, friends and work colleagues. 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. Persons who have undertaken health and safety courses are better informed about their rights and responsibilities at work and on entering employment are 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 they are often caused by lack of awareness and human error.

## Aim

To provide the learner with the knowledge and skills to enable them to communicate safety and health information to peers and supervisors 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 and the requirements of the 2007 General Application Regulations
- Understand the various occupational hazards and risks that can occur in the workplace.
- Complete a risk assessment.

## Duration

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

## Overview

The NISO Certificate in Occupational Safety, Health and Welfare at Work is a multidisciplinary course covering the important aspects related to the safe operation of all types of businesses and organisations.

It's our flagship Safety and Health Course since 1990. It was developed in the foot step of the successful and well esteemed NISO Occupational Safety and Health Foundation Certificate. These courses are and have been the first step on the safety and health career ladder for 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 safety and health in the workplace; persons wishing to expand and update their knowledge including directors of SMEs, production managers; safety representatives; safety committee members; supervisors; line managers and persons interested in occupational health and safety.

## Course Content

**1. Introduction to Irish Law:** Introduction to the EU and Irish legal systems (both statute and civil) in relation to the regulation of Safety, Health and Welfare in the workplace.

**2. Safety, Health and Welfare at Work Act 2005 and the General Application Regulations 2007:** Implications and requirements for employers and employees; roles of the Safety Officer and Safety Representative; role and powers of the Health and Safety Authority (HSA); significance of the safety statement as a valuable management tool; understand the provisions of the General Application Regulations.

**3. Hazard Identification and Risk Assessment:** Concepts of hazard and risk, the distinctions between the two; the hierarchy of control when controlling risks; how to create a safety statement following the completion of a risk assessment. Upon completion of this module, students will be asked to complete a risk assessment assignment.

**4. Fire and Emergency Management:** 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; importance of maintaining a fire register and record keeping; role of emergency planning in fire risk management; emergency planning; first aid requirements.

**5. Ergonomics:** Understand the importance of ergonomics in the workplace; legislative requirements for control of musculoskeletal risks to employees in the workplace; management of risks associated with ergonomic hazards; the importance of adopting correct manual handling procedures, workplace design and the correct use of work equipment; importance of the correct use of Display Screen Equipment is emphasised.

**6. Physical Hazards:** Legislative control of equipment in the workplace; understand the types of hazards associated with machines; how different types of guards are employed to control machine hazards; requirements for employees to be fully trained on the use of the machines they operate; exposure to electricity and noise in the workplace; how electricity and noise can be controlled to reduce the level of risk of workers; protection and prevention controls.

**7. Chemical Safety:** Identify the statutory requirements in relation to working with chemicals; management of risks associated with chemical hazards, legislation relevant to chemicals; protection and prevention controls; relevant emergency planning; classification of chemicals and labelling; hazard and precautionary statements; safety data sheet requirements; exposure to chemicals, information and training.

**8. Psychosocial Hazards:** The major psychosocial hazards at work i.e. stress, violence and bullying; the nature and forms which bullying can manifest itself in the workplace; what managers must do to combat bullying; identification and prevention; what constitutes violence in the workplace; which workers could be subjected to violent actions; identifying potential violent situations; controls to reduce or eliminate the occurrences of violence; identifying what stress and workplace environments lead to workers being unable to cope; employee behaviour which may lead to heightened levels

of stress; strategies to undertake for recognised stressful situations and once identified how they can be reduced.

**9. Occupational Health:** An introduction to occupational health; exam how workplace hazards exposure could lead to ill health; understand the routes of entry of contaminants which can affect the health of a worker; the organisation of work and exposure to substances in the workplace which could result in ill health; how this must be understood by both managers and workers and the need to prevent undue exposure which can lead to acute and chronic injury; how different biological systems are attacked by various agents and how to protect against them.

**10. Construction Safety:** Duties of the relevant persons throughout the various stages of design and construction of projects; the construction hazards and how workers can be protected from their effect; protection and preventative measures used to manage the risks associated with construction work.

**11. Agriculture Safety:** Common hazards on farms and how farm accidents can be prevented; why farming is one of the most dangerous workplaces in Ireland.; injury effects not only farmers but also their family; why children are so vulnerable on the farm more than any other situation; control of live stock as well as the use of machinery; why the farm is a unique workplace where there is exposure to a wide range of hazards which may be beyond training or expertise.

**12. Accident Investigation and Course Review:** Causes of accidents in the workplace and why their investigation is important to help prevent recurrence. Exam the accident process lto develop a methodology to gather information and prepare an accident report; evidence preparation; witnesses interviewed to be able to decide on the preconditions which lead to the accident. A review of the course will be conducted

## Course Material:

NISO provides a training pack of slide notes; a comprehensive set of text notes covering all modules and a web resource of additional material and publications.

## Methodology:

Lecture based, presented in modular format including problem based learning and practical exercises. This course can also be delivered online.

**Fees:** See details overleaf. Please return this form with fees to the address below.

## Reservations:



**National Irish Safety Organisation**

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