



Samah Hamad
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Virtual Training

NEBOSH International General Certificate in Occupational Health & Safety



NEBOSH INTERNATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL SAFETY & HEALTH



Introduction

An internationally recognized qualification set by the National Examination Board in Occupational Safety and Health (NEBOSH), this is an examined qualification for those involved in Health and Safety at work. Relevant to every workplace, the NEBOSH International General Certificate (IGC) is ideal for Managers, Supervisors and anyone with health and safety management responsibilities. It's also perfect for those embarking on a health and safety career – giving a stepping stone to success.

With in-depth focus on the things that matter, the IGC covers:

- How to effectively manage health and safety
- How to identify and control common workplace hazards
- How to measure if you've been successful
- The legal requirements

Risk assessment is central to the qualification. Through study and workplace application, successful learners will be able to:

- Confidently carry out risk assessments
- Develop and implement a detailed action plan
- Manage and minimize workplace risks
- Support and develop the company health and safety culture

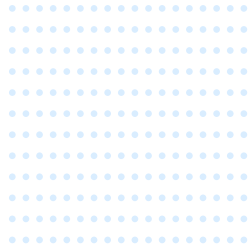
Who is the qualification designed for?

This qualification is designed for anyone (managers, supervisors and workers) in any type of organization. It's ideal for anyone who needs a broad understanding of health and safety issues to be able to manage day-to-day risks effectively. Many people take the International General Certificate in Occupational Health and Safety (IGC) as a first step in a career in health and safety. It gives a valuable overview, and is a sound basis for further professional study.

Benefits for learners

The IGC looks at everyday solutions for general workplace health and safety issues. When you have completed the qualification, you will be able to:

- justify the need for health and safety improvements;



- advise on duties for health and safety in the workplace;
- help your organization to manage contractors;
- work within a health and safety management system;
- positively influence health and safety culture and behavior;
- carry out a general risk assessment (using a 5-step approach) of your workplace;
- recognize workplace changes and their impacts and understand how to minimize these impacts;
- develop basic safe systems of work that include emergency arrangements and know when to use a permit-to-work system;
- take part in incident investigations; and
- help your employer check the effectiveness of their health and safety management system through monitoring, auditing and review.

Benefits for employers

When you achieve the IGC, you will be a huge asset to your employer. You will make a real difference in the workplace. You will have the knowledge, understanding and skills to help protect the health and safety of all workers. You will also be able help your employer to comply with the law and good practice, as well as help them avoid the huge costs from incidents and ill-health.

Professional membership

Once you have your qualification parchment for the IGC, you can apply for the following memberships.

| Membership body | Membership Designatory category | letters |
|---|---------------------------------|---|
| International Institute of Risk and Safety Management | Associate | International Institute of Risk and Safety Management (IIRSM) |
| Institution of Occupational Safety and Health (IOSH) | Associate | AIOSH |
| | Technical | Tech IOSH |

Course Content

- Element 1: Why we should manage workplace health and Safety
- Element 2: How health and safety management systems work and what they look like
- Element 3: Managing risk – understanding people and processes
- Element 4: Health and safety monitoring and measuring
- Element 5: Physical and psychological health
- Element 6: Musculoskeletal health
- Element 7: Chemical and biological agents
- Element 8: General workplace issues
- Element 9: Work equipment
- Element 10: Fire
- Element 11: Electricity

Qualification assessment

This updated, modern qualification focus on key skills that means learners can instantly apply the knowledge gained in order to add value to their organization. Assessment is a 2 – step process.

A question paper (IG1) – to assess what the learner knows and, A practical risk assessment (IG2) – to assess what the learner can do

IG1

The IG syllabus contains 11 (taught) units. Only units 1-4 (IG1) are subject to a written examination
A minimum of 45 marks are required for a pass standard.

IG2

The aim of this assessment (IG2) is for learners to practically apply the knowledge and understanding that they have gained from their studies. To do this, learners will need to complete a risk assessment of their own workplace. Before starting the assessment, learners must have completed their studies of the whole of the NG syllabus (elements 1 to 11). The practical must normally be taken within 10 working days of the written examination. There is no time limit for actually carrying out the practical (although NEBOSH recommends 3 hours.) The practical is internally assessed by the accredited course provider and moderated by NEBOSH.

Certification

IG1: A minimum of 45 marks, IG2: A minimum of “Pass” (the unit is a simple “pass” or “refer”.)

Candidates are required to obtain a “Pass” in each unit in order to be awarded the qualification parchment from NEBOSH.

Course Duration:

65 hours, 11 days including exams – Exam will be on 30th September 2020



Instructor

Samah Hamad,



Samah Hamad, Master Degree holder in Occupational Health and Safety and Bachelor Degree holder in Chemistry and Oil and Gas Certified Safety and Health Official. Fourteen years' experience at Bahrain Petroleum Company (Refinery). Three Years as Superintendent Business Resilience Management; involved mainly in managing enterprise risk management process and maintaining the ISO 22301 Business Continuity Management System BCMS implementation throughout the organization, where Business impact assessment and conducted and Business Continuity Plans (BCP's) are developed based on high risk areas identified. Four years as Operational Excellence Management System Leader, involved in the implementation of the OEMS in BAPCO. Five years as Occupational Hygienist all aspects of Occupational Hygiene as well as ergonomics. Have experience in risk assessment development, and training. Lectured training sessions such as NEBOSH certificate and NEBOSH Diploma, conferences and technical presentations in Bahrain and the regional area. In addition have managed OHSAS 18001 for 5 years and qualified as a Lead auditor for ISO 9001, ISO 14001, and OHSAS 18001. . In addition to that was awarded by the National Safety Council Global Safety Award in October 2011 as Rising Stars of Safety for a recognized contributions to safety.

