



## **NISO Certificate in Occupational Safety & Health**

### **Venues and Course fees:**

Contact your region or see our website in the training section:  
<http://www.niso.ie>

This certificate is a great starting point to gaining knowledge in Occupational Safety and Health in Ireland. It is considered to be a first step towards a new career in Safety and Health. It equips participants with a good general basic knowledge of Occupational Health and Safety (OHS), and it outlines what is required to provide a safe place of work and hence comply with the statutory requirements and best practice.

While attending the course, you start to notice you have a new skill, a new way of looking at your environment; you can identify hazards and the potential risk posed by these hazards. You can find solutions to eliminate, reduce or control these and you can devise strategies and documents to secure the Safety, Health and Welfare of persons in the workplace.

### **Who should attend?**

Managers, supervisors, safety representatives, engineers, nurses and anyone with responsibility or interest in safety and health.

### **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.

### **General objectives / outcomes of the course:**

On completion of the course, you will be able to:  
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 & Time:** 13 modules of 2 hours taking place at various times depending on the venue

### **Methodology:**

The course is presented in a modular format and includes problem based learning and practical exercises. There will be an assignment and a two-hour exam consisting in multi-choice questions and essay questions.

**Course material:** NISO provides a training pack and an e-resource CD.

**Certification:** NISO Occupational Safety & Health Certificate



## **Course content and brief description of each module:**

### **1. Irish Law**

This module introduces participants to the EU and Irish legal systems (both statute and civil) and concentrates on aspects that pertain to the regulation of Safety and Health in the workplace.

### **2. Safety, Health and Welfare at Work Act 2005**

This module examines the Safety Health and Welfare at Work Act 2005 and its implications and requirements for employers and employees. The roles of the Safety Officer and Safety Representative are outlined as well as the powers of the Health and Safety Authority. The significance of the safety statement as a valuable management tool is also discussed.

### **3. Risk Management**

Participants are introduced to the concepts of hazard and risk, the distinctions between the two and the concept of control.

### **4. Safety Management**

Safety management strategies and documentation is explored. The module teaches how to create a safety statement following the completion of a risk assessment.

### **5. Fire Safety, Emergency Planning & First Aid**

The statutory requirements are outlined and the identification of fire hazards and the assessment of their risks are introduced. Fire prevention and protection is explored and includes 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**

The management of the risks associated with ergonomic hazards are explored in the context of compliance with the relevant statutory requirements and guidance. The principles of safe lifting are discussed and a 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**

The management of the risks associated with physical hazards is explored in the context of compliance with the relevant statutory requirements for each of the hazards. Protection and Prevention controls are explored and the relevant emergency planning for each of the hazards is outlined within the requirements of the relevant Regulation.



### **8. Chemical Safety**

The management of the risks associated with chemical hazards is explored in the context of compliance with the relevant statutory requirements. Protection and Prevention controls are explored and the relevant emergency planning relating to chemical hazards is outlined within the requirements of the relevant Regulation. A risk assessment template for chemical risk assessment is provided and illustrated with a relevant case study.

### **9. Psychosocial Hazards**

Deals with the major psychosocial hazards at work i.e. stress and bullying, that recent research has highlighted as impacting negatively on the well-being and behaviour of workers and ultimately on performance at work. Identifying what stress is and recognising the main workplace stressors are explored. 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 are explored and effective policies are evaluated. Violence or the threat of violence in the workplace is also explored.

### **10. Occupational Health**

This module is an introduction to occupational health. Promotion and maintenance of the physical, mental and social well being of workers is explored as well as the 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 are identified and explored. The accident process is outlined and the impact that safety culture has at individual and organisation level. Methodology of carrying out and recording accident investigations is presented.

### **12. Construction Safety**

Identification of the main hazards that arise during construction work is undertaken in this module. Duties of the relevant persons throughout the various stages of design and construction of projects are explained along with compliance with the statutory requirements. Protection and preventative measures used to manage the risks associated with construction work are also discussed.

### **13. Agriculture Safety**

This module identifies common hazards on farms and how farm accidents can be prevented.

# Application Form

## NISO Certificate in Safety and Health

The following wish to attend the NISO Certificate in Safety and Health

### Attendee Details (BLOCK CAPITALS PLEASE):

Name & Title : \_\_\_\_\_

Name & Title : \_\_\_\_\_

Name & Title : \_\_\_\_\_

Name & Title : \_\_\_\_\_

Any Special Requirements: \_\_\_\_\_

### Venue and Finance Details

Venue: \_\_\_\_\_ Commencement Date: \_\_\_\_\_

Purchase Order Number: \_\_\_\_\_ Membership Number \_\_\_\_\_  
[if known]

Total Amount Enclosed: \_\_\_\_\_

Please make cheques payable to 'National Irish Safety Organisation'

### Contact Details

Signed: \_\_\_\_\_

Name [Block Letters]: \_\_\_\_\_

Job Title: \_\_\_\_\_

Date: \_\_\_\_\_

Company /Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone No.: \_\_\_\_\_ Fax No.: \_\_\_\_\_

Mobile No.: \_\_\_\_\_ Email: \_\_\_\_\_

Please send completed Application Form with Fee to:  
Your NISO regional representative [See details online at [www.niso.ie](http://www.niso.ie)]:

NISO may store the information you provide on its database and fully respect the confidentiality of any personal data provided. NISO will use the data provided for administering the course and may use the data from time to time to inform you of health and safety information, events and newsletters. Please tick here if you do not wish to receive any correspondence other than information relating to this course.

National Irish Safety Organisation, A11 Calmount Park, Ballymount, Dublin 12.  
Tel: 01 465 9760 Fax: 01 465 9765 Email: [info@niso.ie](mailto:info@niso.ie); Web: [www.niso.ie](http://www.niso.ie)