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HEALTH SAFETY AND ENVIRONMENT | HSE-005

## Fundamentals of Health, Safety, and Environment (HSE): Building a Safe Workplace

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# Course content

## Why Attend

Health, Safety, and Environment (HSE) are critical components of any successful organization. This course provides a comprehensive introduction to HSE principles, helping participants understand how to create a safe, healthy, and environmentally responsible workplace. By attending, you will gain the knowledge and skills needed to comply with regulations, prevent accidents, and foster a culture of safety.

## Course Methodology

This course is highly interactive and practical, featuring:

- Lectures : Expert-led sessions on HSE principles, regulations, and best practices.
- Case Studies : Real-world examples of HSE successes and failures.
- Group Discussions : Collaborative activities to share ideas and experiences.
- Practical Exercises : Hands-on activities to apply HSE concepts.
- Assessments : Quizzes and exercises to reinforce learning.

## Course Objectives

By the end of this course, participants will:

- Understand the fundamentals of HSE and its importance in the workplace.
- Learn key HSE regulations and compliance requirements.
- Identify workplace hazards and implement risk control measures.
- Develop skills to promote a safety-first culture.
- Gain knowledge of environmental management practices and sustainability.

## Target Audience

This course is ideal for:

- HSE officers and coordinators.



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## Target Audience

- Managers and supervisors responsible for workplace safety.
- Employees involved in safety and environmental management.
- New hires or professionals new to the field of HSE.
- Anyone interested in building a safe and sustainable workplace.

## Target Competencies

Participants will develop the following competencies:

- HSE Awareness : Understanding the importance of health, safety, and environment.
- Risk Management : Identifying and mitigating workplace hazards.
- Regulatory Compliance : Knowledge of HSE laws and standards.
- Safety Culture : Promoting a culture of safety and accountability.
- Environmental Stewardship : Implementing sustainable practices.

## Course outline

### Day 1: Introduction to Health, Safety, and Environment (HSE)

- What is HSE? Key concepts and importance.
- The business case for HSE: Benefits of a safe and sustainable workplace.
- Overview of HSE regulations and standards (e.g., OSHA, ISO 45001, ISO 14001).
- 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.



# Course content

## Course outline

- Activity: Conducting a risk assessment for a simulated workplace scenario.

### Day 3: Occupational Health and Safety (OHS)

- Principles of occupational health and safety.
- Preventing workplace accidents and illnesses.
- Personal protective equipment (PPE): Selection, use, and maintenance.
- Activity: Demonstrating proper use of PPE.

### Day 4: Environmental Management and Sustainability

- Introduction to environmental management systems (EMS).
- Key environmental issues: Waste management, pollution, and resource conservation.
- Sustainable practices for organizations.
- Activity: Developing an action plan for environmental sustainability.

### Day 5: Building a Safety-First Culture

- The role of leadership in promoting HSE.
- Strategies for fostering a safety-first culture.
- Employee engagement and training in HSE.
- Course wrap-up: Key takeaways and action plans for continued improvement.

#### Additional Notes :

- Each day includes breaks and time for Q&A.
- Participants will receive a workbook with templates, checklists, and resources.
- A certificate of completion will be awarded at the end of the course.



# Seminar dates

## Available seminar dates

Live dates and pricing for Fundamentals of Health, Safety, and Environment (HSE): Building a Safe Workplace generated from the course details page.

| Date                   | Location                | Format    | Fee      |
|------------------------|-------------------------|-----------|----------|
| 13 - 17 July 2026      | Barcelona - Spain       | Classroom | €3,850.- |
| 17 - 21 August 2026    | Rome - Italy            | Classroom | €4,250.- |
| 21 - 25 September 2026 | Munich - Germany        | Classroom | €3,450.- |
| 19 - 23 October 2026   | Amsterdam - Netherlands | Classroom | €4,250.- |
| 2 - 6 November 2026    | London - U.K            | Classroom | €4,200.- |
| 21 - 25 December 2026  | Istanbul - Turkey       | Classroom | €2,850.- |

### Live online option

Online delivery is available at €1,850.-.