



HEALTH SAFETY AND ENVIRONMENT | HSE-005

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

UK

+44 33 000 111 90
info@informatech.co.uk
<https://informatech.uk>
63-66 Hatton Garden Hatton Garden
EC1N 8LE, London

NL

+31 85 74 444 46
info@infomatech.nl
<https://infomatech.nl>
Waarderweg 50 - 2031PB
Haarlem - Netherlands



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.



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- 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
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.-.