



*Training Course:  
NEBOSH International General Certificate*

*1 - 5 December 2024  
Cairo (Egypt)  
Holiday Inn & Suites Cairo Maadi, an IHG Hotel*

## Training Course: NEBOSH International General Certificate

Training Course code: HE234638 From: 1 - 5 December 2024 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 3575 € Euro

### Introduction

This course reflects the latest syllabus. Developed and updated by NEBOSH and 3000 of the world's leading organizations and industry experts.

The NEBOSH International General Certificate in Occupational Health and Safety IGC is a leading qualification in health and safety management. It'll teach you the essential skills to be able to identify and manage real, everyday risks in your workplace.

The course is based on international standards, such as the International Labour Organisation ILO, so you can confidently apply what you've learned in whatever industry or country you work in.

### Course Objectives of NEBOSH International General Certificate

By the end of the course, you'll be able to:

- Justify the need for health and safety improvements
- Advice 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
- Help your employer check the effectiveness of their health and safety management system through monitoring, auditing, and review.

### Target Audience of NEBOSH International General Certificate

The course is for anyone who needs a broad understanding of health and safety issues to be able to manage day-to-day risks effectively, including:

- Health and Safety Officers
- General Managers and Supervisors
- HR Managers
- Directors
- Security workers
- Public Service workers

### Course Outlines of NEBOSH International General Certificate

## Unit IG1: Management of Health and Safety

### Day 1:

#### Element 1: Why we should manage workplace health and safety

- 1.1 Morals and money
- 1.2 Regulating health and safety
- 1.3 Who does what in organizations

#### Element 2: How health and safety management systems work and what they look like

- 2.1 What they are and the benefits they bring
- 2.2 What good health and safety management systems look like

### Day 2:

#### Element 3: Managing risk - understanding people and processes

- 3.1 Health and safety culture
- 3.2 Improving health and safety culture
- 3.3 How human factors influence behavior
- 3.4 Assessing risk
- 3.5 Management of change
- 3.6 Safe systems of work
- 3.7 Permit-to-work systems
- 3.8 Emergency procedures

#### Element 4: Health and safety monitoring and measuring

- 4.1 Active and reactive monitoring
- 4.2 Investigating incidents
- 4.3 Health and safety auditing
- 4.4 Review of health and safety performance

### Day 3:

#### Element 5: Physical and psychological health

- 5.1 Noise
- 5.2 Vibration
- 5.3 Radiation
- 5.4 Mental ill-health
- 5.5 Violence at work
- 5.6 Substance abuse at work

#### Element 6: Musculoskeletal health

- 6.1 Work-related upper limb disorders
- 6.2 Manual handling
- 6.3 Load-handling equipment

Day 4:

Element 7: Chemical and biological agents

- 7.1 Hazardous substances
- 7.2 Assessment of health risks
- 7.4 Control measures
- 7.5 Specific agents

Element 8: General workplace issues

- 8.1 Health, welfare and work environment
- 8.2 Working at height
- 8.3 Safe working in confined spaces
- 8.4 Lone working
- 8.5 Slips and trips
- 8.6 Safe movement of people and vehicles
- 8.7 Work-related driving

Day 5:

Element 9: Work equipment

- 9.1 General requirements
- 9.2 Hand-held tools
- 9.3 Machinery hazards
- 9.4 Control measures for machinery

Element 10: Fire

- 10.1 Fire principles
- 10.2 Preventing fire and fire spread
- 10.3 Fire alarms and fire-fighting
- 10.4 Fire evacuation

Element 11: Electricity

- 11.1 Hazards and risks
- 11.2 Control measures

## Registration form on the Training Course: NEBOSH International General Certificate

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Company Information

Company Name: .....  
 Address: .....  
 City / Country: .....

### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Payment Method

- Please find enclosed a cheque made payable to Global Horizon
- Please invoice me
- Please invoice my company

### Easy Ways To Register

Telephone:  
+201095004484 to  
provisionally reserve your  
place.

Fax your completed  
registration  
form to: +20233379764

E-mail to us :  
info@gh4t.com  
or training@gh4t.com

Complete & return the  
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to: Global Horizon  
3 Oudai street, Aldouki,  
Giza, Giza Governorate,  
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