



*Training Course:  
NEBOSH International General Certificate*

*16 - 20 February 2025  
Manama (Bahrain)  
Fraser Suites*

## Training Course: NEBOSH International General Certificate

Training Course code: HE234638 From: 16 - 20 February 2025 Venue: Manama (Bahrain) - Fraser Suites Training Course  
Fees: 4900 € Euro

### Introduction

The NEBOSH International General Certificate in Occupational Health and Safety IGC is a globally recognized qualification designed to teach essential skills for managing workplace risks effectively. Developed with input from NEBOSH and 3,000 leading organizations, it reflects the latest syllabus and best practices. The course is based on international standards, including those from the International Labour Organization ILO, ensuring its relevance across industries and countries. It equips professionals to confidently identify and manage everyday occupational health and safety challenges.

### Objectives

- 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

- Health and Safety Officers
- General Managers and Supervisors
- HR Managers
- Directors

- Security workers
- Public Service workers

## Outlines

### 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  
booking form with cheque  
to: Global Horizon  
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