



*Training Course:
NEBOSH International General Certificate*

*13 - 17 September 2026
Manama (Bahrain)*

Training Course: NEBOSH International General Certificate

Training Course code: HE234638 From: 13 - 17 September 2026 Venue: Manama (Bahrain) - Training Course Fees: 5150
€ 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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