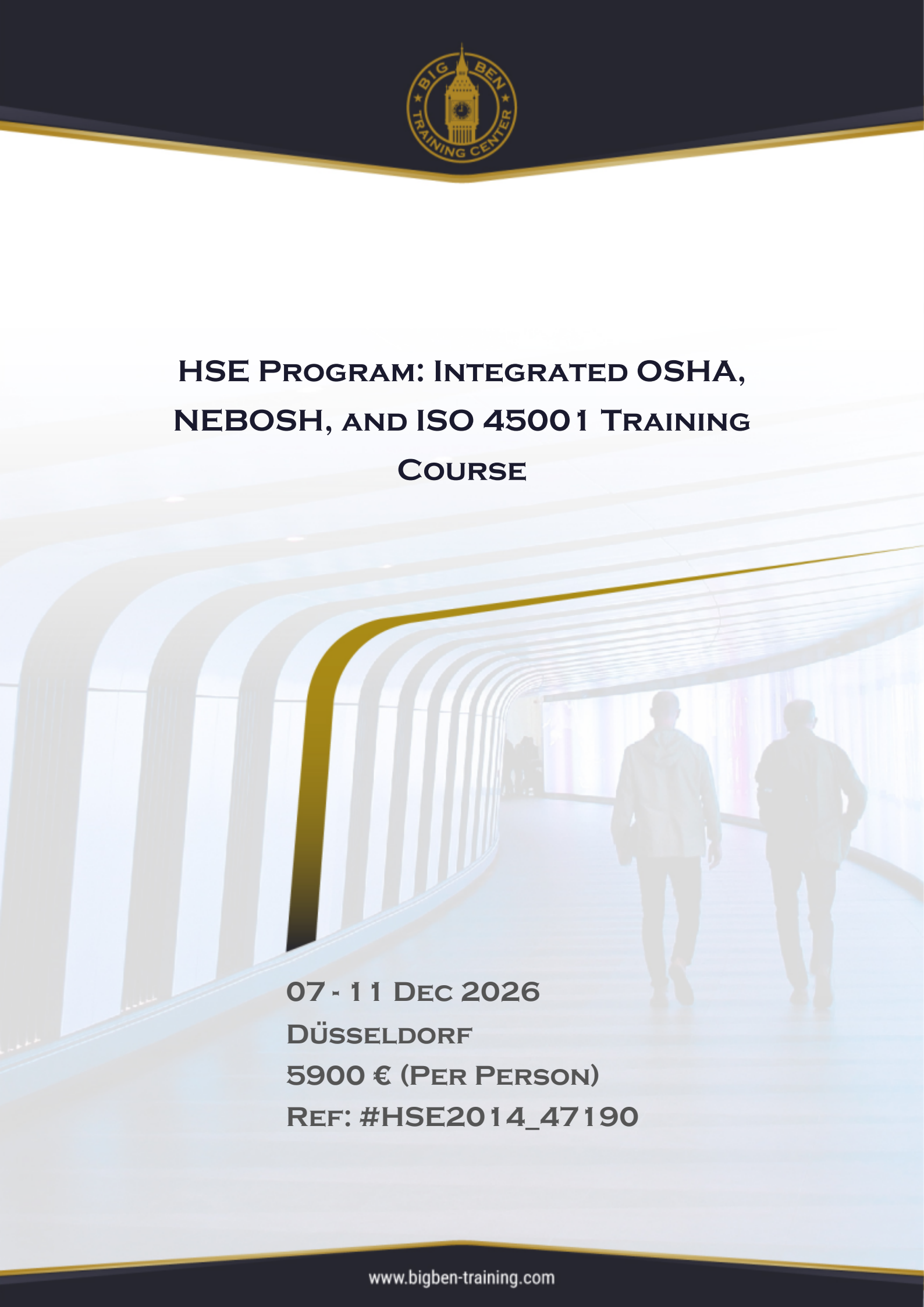
HSE Program: Integrated OSHA, NEBOSH, and ISO 45001 Training Course



07 - 11 Dec 2026

Düsseldorf

5900 € (Per Person)

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Course Introduction / Overview:

The modern workplace requires a proactive and integrated approach to health, safety, and environment (HSE) management. This comprehensive training course, offered by BIG BEN Training Center, is designed to build on existing knowledge and elevate professionals to a new level of expertise. It goes beyond the basics to provide an integrated understanding of three globally recognized frameworks: OSHA, NEBOSH, and ISO 45001. This synergy is critical for creating a holistic and effective HSE management system. Participants will not just memorize regulations but learn how to apply them in a way that truly transforms workplace culture and minimizes risk. This program is for those who seek to become leaders in their field, capable of designing and implementing robust safety protocols that align with international best practices. It covers the core principles of occupational health and safety, hazard communication, risk assessment, and emergency preparedness. Drawing inspiration from foundational works in the field, such as the insights found in "Advances in Occupational Health and Safety Management" edited by Delfina Ramos, the course provides a blend of theoretical knowledge and practical application. It highlights the importance of psychological health and safety, behavior-based safety, and continuous improvement. The program's content is meticulously structured to ensure that participants not only master each standard individually but also understand how to integrate them for maximum organizational benefit and compliance.

Target Audience / This training course is suitable for:

- HSE managers, supervisors, and officers.
- Safety coordinators and engineers.
- Environmental health and safety specialists.
- Risk managers and analysts.
- Operations managers and team leaders.
- Quality assurance professionals.
- Anyone responsible for implementing and maintaining an occupational health and safety management system.
- Government regulators and inspectors.

Target Sectors and Industries:

- Oil and gas.
- Construction and engineering.
- Manufacturing and heavy industries.
- Government agencies and public services.
- Transportation and logistics.
- Chemical and petrochemical.
- Energy and utilities.
- Healthcare and pharmaceuticals.

Target Organizations Departments:

- Health, safety, and environment (HSE) departments.
- Operations and production.
- Human resources.
- Quality assurance and compliance.
- Risk management.
- Engineering and maintenance.
- Corporate training and development.

Course Offerings:

By the end of this course, the participants will have able to:

- Design and implement a comprehensive occupational health and safety management system based on the principles of ISO 45001.
- Conduct effective risk assessments and implement control measures in line with NEBOSH methodologies.
- Interpret and apply OSHA standards to ensure regulatory compliance and workplace safety.
- Develop and lead behavior-based safety initiatives to foster a positive safety culture.
- Perform incident investigations and root cause analysis to prevent future occurrences.
- Integrate multiple international standards to create a single, cohesive HSE framework.
- Manage and respond to emergency situations with confidence.
- Evaluate and improve an organization's overall safety performance.
- Train and mentor others on advanced HSE practices.

Course Methodology:

This training course uses a blend of interactive and practical methodologies to ensure a deep and lasting understanding of the subject matter. The training incorporates detailed lectures with case studies that are drawn from a variety of industries. This allows participants to see how theoretical concepts are applied in real-world situations, helping them to better prepare for complex challenges. Group discussions and role-playing exercises are central to the course, providing a dynamic environment where participants can share their experiences and collaboratively solve problems. The use of workshops and interactive sessions helps to solidify skills in hazard identification, risk assessment, and incident investigation. BIG BEN Training Center believes in a hands-on approach, which means participants will practice developing safety policies, conduct internal audits, and create emergency response plans. The instructor will provide regular feedback to guide learning and ensure that each participant master’s the core competencies. This approach not only builds technical knowledge but also strengthens the soft skills necessary for effective safety leadership, such as communication, teamwork, and decision-making.

Course Agenda (Course Units):

Unit One: Integrating Global HSE Frameworks

- Principles of an integrated HSE management system.
- Synergy between OSHA, NEBOSH, and ISO 45001.
- Understanding the hierarchy of controls.
- Developing a robust HSE policy and objectives.
- Legal and regulatory requirements for international HSE.
- Establishing a positive safety culture.
- Leadership and worker participation in safety management.

Unit Two: Advanced OSHA Standards and Compliance

- Advanced understanding of OSHA regulations.
- Hazard communication and control of hazardous substances.
- Personal protective equipment (PPE) requirements.
- Lockout/tagout procedures and electrical safety.
- Managing safety in confined spaces and at heights.
- Developing an effective safety program.
- Inspections and compliance audits.

Unit Three: Mastering NEBOSH Risk Management

- NEBOSH principles of effective risk management.
- Detailed risk assessment methodologies.
- Risk perception and behavioral safety.
- Control of common workplace hazards.
- Incident investigation and reporting.
- Monitoring and measuring health and safety performance.
- Continual improvement of safety performance.

Unit Four: Implementing and Auditing ISO 45001

- Structure and requirements of ISO 45001.
- Context of the organization and interested parties.
- Planning and support for the management system.
- Operation and performance evaluation.
- Conducting internal audits for ISO 45001.
- Corrective actions and nonconformities.
- Preparing for external certification.

Unit Five: Practical Application and Strategic Leadership

- Case study analysis of major industrial accidents.
- Developing and implementing emergency response plans.
- Managing contractors and external stakeholders.
- Psychological health and safety at work.
- Creating a strategic HSE roadmap for an organization.
- Final project: designing an integrated HSE program.
- Presentation and peer feedback.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

In an increasingly complex and interconnected global economy, how can an organization's commitment to an integrated HSE program be a driver for innovation rather than just a cost of doing business?

What unique qualities does this course offer compared to other courses?

This program stands out by moving beyond a single standard to provide a comprehensive and integrated approach to HSE. Many courses focus on one framework, like OSHA or ISO 45001, but this training unites them, showing participants how to create a cohesive system that meets and exceeds multiple international requirements. This integrated perspective is crucial for multinational organizations or those that operate in diverse regulatory environments. The course emphasizes practical application, using real-world case studies and interactive workshops to turn theoretical knowledge into actionable skills. Participants do not just learn the "what" but also the "how," gaining a deep understanding of how to implement and maintain a successful HSE program. A strong focus on strategic leadership and behavioral safety ensures that participants are not only technically proficient but also equipped to foster a positive and proactive safety culture within their organizations. This program transforms participants from simple practitioners into strategic leaders, capable of driving real change and building a resilient and safe workplace. It is a rare opportunity to master the synergy between the world's most important health and safety standards.