HSE Fundamentals for Building a Career in Health, Safety, and Environment Training Course



09 - 13 Nov 2026

Tokyo

5800 € (Per Person)

Ref: #HSE2092_47120

Course Introduction / Overview:

A career in Health, Safety, and Environment (HSE) is both challenging and incredibly rewarding, offering the chance to make a tangible difference in people's lives and an organization's performance. This comprehensive training course, offered by BIG BEN Training Center, is designed to provide aspiring and new HSE professionals with the fundamental knowledge and practical skills needed to start a successful career. The program goes beyond a simple overview of regulations, focusing on the core principles of risk management, hazard identification, and safety culture. Participants will learn the essential terminology, best practices, and systematic approaches used by top-tier HSE professionals worldwide. This training is for those who are ready to build a solid foundation for a career in this critical field. Drawing on the expertise of global academic figures like Professor Patrick L. Croll, known for his work in occupational health and safety management, the course provides a solid foundation of theoretical knowledge combined with practical, real-world application. It addresses key topics from a foundational perspective, making complex concepts easy to understand for beginners. BIG BEN Training Center is committed to equipping professionals with the essential skills necessary to build a rewarding and impactful career in HSE.

Target Audience / This training course is suitable for:

- Individuals new to an HSE role.
- Aspiring HSE professionals.
- Safety committee members.
- Supervisors and team lead.
- Human resources professionals.
- Operational staff with safety responsibilities.
- Students seeking a career in HSE.
- Government employees with safety roles.

Target Sectors and Industries:

- Oil and gas.
- Construction.
- Manufacturing.
- Energy and utilities.
- Healthcare.
- Transportation and logistics.
- Mining.
- Government agencies and public services.

Target Organizations Departments:

- Health, safety, and environment (HSE) departments.
- Operations.
- Human resources.
- Quality assurance.
- Facilities management.
- Risk management.
- Administration.

Course Offerings:

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

- Understand the fundamental principles of HSE management.
- Identify and assess common workplace hazards.
- Apply basic risk management techniques.
- Conduct a simple workplace inspection.
- Recognize and report incidents and near misses.
- Understand the importance of a positive safety culture.
- Ensure compliance with basic safety regulations.
- Communicate effectively about safety.
- Contribute to a safer work environment.

Course Methodology:

This training course at BIG BEN Training Center uses a highly practical and accessible methodology to ensure that beginners can grasp complex concepts. The program combines clear, detailed lectures with interactive discussions and group exercises. This allows participants to engage with the material and apply it to real-world scenarios. The core of the course is built around practical workshops where participants will practice identifying hazards and conducting a basic risk assessment. They will also learn how to use a simple safety checklist. The instructor provides personalized feedback and guidance throughout the program, helping each participant build a strong foundation. By focusing on practical application and foundational knowledge, BIG BEN Training Center ensures that participants leave with the confidence and skills needed to start their career in HSE.

Course Agenda (Course Units):

Unit One: Introduction to HSE

- What is HSE and why is it important?
- The role of the HSE professional.
- Key HSE terminology.
- The benefits of a strong safety culture.
- Legal and ethical responsibilities.
- Types of hazards (physical, chemical, biological, etc.).
- The business case for safety.

Unit Two: Basic Risk Assessment and Control

- Understanding the concept of risk.
- Steps in a basic risk assessment.
- Identifying hazards in the workplace.
- The hierarchy of controls.
- Implementing basic control measures.
- Personal protective equipment (PPE).
- Creating a risk matrix.

Unit Three: Incident and Near Miss Management

- Defining an incident and a near miss.
- The importance of reporting.
- Conducting a basic incident investigation.
- Root cause analysis introduction.
- The "Swiss Cheese" model of accident causation.
- Learning from incidents and near misses.
- Developing a corrective action.

Unit Four: Workplace Inspections and Audits

- Purpose of inspections and audits.
- Developing a simple inspection checklist.
- Conducting a safety inspection.
- Documenting findings and observations.
- Following up on corrective actions.
- The difference between an inspection and an audit.
- Leading a safety walk-through.

Unit Five: Communication and Training

- Communicating safely to the workforce.
- The importance of toolbox talks.
- Delivering a basic safety training session.
- Engaging employees in safety.
- Safety meetings and committees.
- Fostering a culture of shared responsibility.
- Continuous improvement in HSE.

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:

How does a strong understanding of HSE fundamentals provide a competitive advantage to both the professional and the organization they serve?

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

This program stands out by providing a comprehensive and foundational overview of the entire HSE field, making it the perfect starting point for a new professional. While many courses focus on a single topic, this training is designed to provide a broad set of skills that are essential for any entry-level HSE role. The course's unique quality lies in its accessibility and practical approach, using simple language and hands-on exercises to make complex concepts easy to understand. The curriculum is highly interactive, featuring discussions and group activities that are directly relevant to the day-to-day responsibilities of an HSE professional. This makes the program a valuable opportunity for individuals to gain the confidence and skills needed to start a rewarding and impactful career in health, safety, and environment.