Essential NEBOSH International Occupational Health and Safety Training Course



06 - 10 Dec 2026

Manama

4400 € (Per Person)

Ref: #HSE4005_210573

Course Introduction / Overview:

In today's globalized world, a strong understanding of occupational health and safety is not just a regulatory requirement, it is a business imperative. This course, provided by BIG BEN Training Center, is designed to give you a deep and practical understanding of health and safety principles according to the internationally recognized NEBOSH standard. It is a comprehensive program that goes beyond simple theory, focusing instead on how to apply effective health and safety management in any workplace, anywhere in the world. Participants will learn how to identify, assess, and control a wide range of workplace hazards and develop robust safety management systems. Drawing on foundational texts like "International Health and Safety at Work" by Phil Hughes and Ed Ferrett, the program is built on a solid academic foundation. It covers key topics like risk assessment, incident investigation, and the promotion of a positive health and safety culture. BIG BEN Training Center is committed to providing a learning experience that is both rigorous and engaging, ensuring that participants not only pass their exams, but also become confident and capable health and safety professionals. This course is your first step toward a rewarding career, equipping you with the knowledge to make a tangible difference in any organization's safety performance and legal compliance.

Target Audience / This training course is suitable for:

- Managers and supervisors.
- Safety officers and coordinators.
- Employees with health and safety responsibilities.
- Human resources personnel.
- Team leaders.
- Aspiring health and safety professionals.
- Engineers and site managers.
- Government agencies and regulators.

Target Sectors and Industries:

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

Target Organizations Departments:

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

Course Offerings:

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

- Understand the moral, legal, and financial reasons for managing health and safety.
- Explain how health and safety management systems work and what they should contain.
- Identify common workplace hazards and methods for controlling them.
- Conduct effective risk assessments in various work environments.
- Investigate incidents and accidents and develop preventative measures.
- Measure and review health and safety performance.
- Develop and implement an effective health and safety policy.
- Promote a positive safety culture within an organization.
- Influence behavior to improve workplace safety.

Course Methodology:

This training course at BIG BEN Training Center uses a dynamic and participant-focused methodology to ensure a deep understanding of the NEBOSH principles. The program combines clear, detailed lectures with practical, real-world case studies from various industries. This allows participants to apply theoretical knowledge to complex situations. Interactive group discussions and role-playing scenarios are used to explore key topics, such as risk assessment and incident investigation. These sessions help participants develop the skills needed to communicate effectively and collaborate on safety solutions. The course also includes practical exercises that simulate real workplace challenges, such as creating a safe system of work or preparing an audit report. The instructor provides personalized feedback and guidance throughout the program, helping each participant master the necessary competencies. The goal is to build not just knowledge, but the confidence and practical skills required to become a successful health and safety professional. The program is designed to be engaging, making complex topics accessible and memorable.

Course Agenda (Course Units):

Unit One: Foundations of Health and Safety Management

- The moral, legal, and financial drivers for health and safety.
- Defining health and safety management systems.
- The role of international organizations and conventions.
- Risk perception and human factors in safety.
- Management of international health and safety.
- Leadership and management systems.
- Competence and training in health and safety.

Unit Two: Risk Assessment and Control

- Risk assessment principles and methodologies.
- Hazard identification techniques.
- The hierarchy of control measures.
- Implementing safe systems of work.
- Workplace hazards and control measures.
- Personal protective equipment (PPE).
- Emergency procedures and first aid.

Unit Three: Monitoring and Measuring Performance

- Active and reactive monitoring of health and safety.
- Incident investigation and reporting.
- Root cause analysis techniques.
- Auditing and reviewing health and safety performance.
- Legal and regulatory frameworks.
- Communication and consultation with workers.
- Continual improvement.

Unit Four: Workplace Hazards and Control Measures

- Musculoskeletal risks and controls.
- Work equipment and machinery safety.
- Electrical safety.
- Fire safety and explosion hazards.
- Chemical and biological hazards.
- Workplace transport.
- Construction site hazards.

Unit Five: Applied Health and Safety in Practice

- Applying principles to a real-world scenario.
- Creating a health and safety plan.
- Promoting a positive safety culture.
- Managing contractors and external suppliers.
- Responding to and managing crises.
- Review of key concepts.
- Final assessment preparation and discussion.

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 can a strong health and safety culture contribute to a company's financial success beyond simply avoiding fines and litigation?

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

This program stands out by offering a comprehensive and structured approach to occupational health and safety that is globally recognized and respected. Unlike many generic safety courses, this training follows the specific NEBOSH standard, which is a benchmark for excellence in the field. The course content is meticulously designed to provide participants with the practical skills needed to manage safety in any workplace. The focus is on application rather than just memorization, using case studies and real-world examples to make learning relevant and impactful. The program's design, which includes a detailed focus on risk assessment, incident investigation, and the principles of safety culture, ensures that participants are prepared for the challenges of a modern workplace. This course is not just about passing an exam; it is about gaining confidence and competence to become a leader in health and safety. It provides a solid foundation for those looking to start or advance a career in the field, setting them apart from others with less specialized qualifications.