

niso.ie



# NISO CERTIFICATE IN SAFETY, HEALTH AND WELFARE AT WORK COURSE

13 weeks; 1 evening per week



**Commencing**

**Athlone Institute of Technology (AIT)**

**Monday, 4 February 2019**

**19:00hrs - 21:00hrs**

## DETAILS AND CONTACTS:

**National Irish Safety Organisation**  
**A11 Calmount Park, Ballymount, Dublin 12, D12 EH21**

**T 1850 SAFETY F 01 4659765**

**E [info@niso.ie](mailto:info@niso.ie) W [niso.ie](http://niso.ie)**

**Course Price: €425 (NISO members); €525 (Non members)**

## Contact Details:

**Dr Seán Reidy**

**Department of Life and Physical Sciences**

**T: 090 647 1842 M: 087 297 4505**

**E: [sreidy@ait.ie](mailto:sreidy@ait.ie)**



Occupational Safety, Health and Welfare is a major concern to all employers and employees. Preventable accidents cost businesses both time and money, not to mention the pain and suffering. Accidents have a devastating effect not only on the individual but on their families, friends and work colleagues. As a consequence, these workplaces have low employee morale, further reducing productivity. It makes sense, therefore, that businesses with a strategic Occupational Health and Safety plan show lower injury and illness rates while enjoying higher productivity and employee morale. Persons who have undertaken health and safety courses are better informed about their rights and responsibilities at work and on entering employment are better equipped to contribute to the implementation of the organisation's health and safety strategy.

Health and Safety Training is a cost effective investment that raises awareness, sharpens and focuses the mind in order to increase and promote health and safety at work and it helps reduce risks of incidents. Analysis and research have shown they are often caused by lack of awareness and human error.

## Aim

To provide the learner with the knowledge and skills to enable them to communicate safety and health information to peers and supervisors on a range of occupational safety and health issues in the workplace. It also gives the participants the necessary tools to help promote a culture of safety and health in the workplace.

## Course Objectives

- Understand the scope of the Safety, Health and Welfare at Work Act 2005 and the requirements of the 2007 General Application Regulations
- Understand the various occupational hazards and risks that can occur in the workplace.
- Complete a risk assessment.

## Duration

12 modules of 2 hours taking place at various times depending on the venue. To be awarded the NISO Certificate in Occupational Safety, Health and Welfare at Work, an assignment and a 2 hour examination will need to be completed successfully and NISO requirements will have to be met. The course is widely recognised within industry and the public service. Attendance at a minimum of eight lectures is required to sit the examination.

## Overview

The NISO Certificate in Occupational Safety, Health and Welfare at Work is a multidisciplinary course covering the important aspects related to the safe operation of all types of businesses and organisations.

It's our flagship Safety and Health Course since 1990. It was developed in the foot step of the successful and well esteemed NISO Occupational Safety and Health Foundation Certificate. These courses are and have been the first step on the safety and health career ladder for many professionals who subsequently applied and gained entry on higher level courses in health and safety.

## Who Should Attend?

The course is suitable for: persons wishing to obtain a general introduction to safety and health in the workplace; persons wishing to expand and update their knowledge including directors of SMEs, production managers; safety representatives; safety committee members; supervisors; line managers and persons interested in occupational health and safety.

## Course Content

**1. Introduction to Irish Law:** Introduction to the EU and Irish legal systems (both statute and civil) in relation to the regulation of Safety, Health and Welfare in the workplace.

**2. Safety, Health and Welfare at Work Act 2005:** Implications and requirements for employers and employees. The roles of the Safety Officer and Safety Representative; the role and powers of the Health and Safety Authority. The significance of the safety statement as a valuable management tool.

**3. Hazard Identification and Risk Assessment:** Concepts of hazard and risk, the distinctions between the two and the concept of control. How to create a safety statement following the completion of a risk assessment. Upon completion of this module, students will be asked to complete a risk assessment assignment.

**4. Fire and Emergency Management:** The statutory requirements. Identification of fire hazards and assessment of their risks. Fire prevention and protection including means of escape, emergency evacuation procedures, fire evacuation drills and fire fighting equipment, importance of maintaining a fire register and record keeping. The role of emergency planning in fire risk management serves to introduce emergency planning and first aid requirements.

**5. Ergonomics:** Management of risks associated with ergonomic hazards. The importance of adopting correct manual handling procedures, workplace design and the correct use of work equipment. The importance of the correct use of Display Screen Equipment is emphasised.

**6. Physical Hazards:** Electricity, Work Equipment, Machinery, Noise, Vibration and Radiation. Management of risks. Protection and Prevention controls.

**7. Chemical Safety:** Management of risks associated with chemical hazards; legislation relevant to chemicals; protection and prevention controls; relevant emergency planning; classification of chemicals and labelling; hazard statements; safety data sheet requirements; exposure to chemicals; hygiene. A risk assessment template for chemical risk assessment is provided and illustrated with a relevant case study.

**8. Psychosocial Hazards:** The major psychosocial hazards at work i.e. stress and bullying. Identifying what stress is and recognising the main workplace stressors. Recognition and management of stress; coping strategies and organisational measures to prevent bullying in the workplace. Violence or threats in the workplace is also explored together with Employee Assistant Programmes (EAPs) and workplace health promotion.

**9. Occupational Health:** An introduction to occupational health. Promotion and maintenance of the physical, mental and social well being of workers; means of prevention of risks resulting from factors adverse to health. The different roles in occupational health are also discussed.

**10. Construction Safety:** The main hazards. Duties of the relevant persons throughout the various stages of design and construction of projects. Protection and preventative measures used to manage the risks associated with construction work.

**11. Agriculture Safety:** Common hazards on farms and how farm accidents can be prevented.

**12. Accident Investigation and Course Review:** The many causes of accidents in the workplace. The accident process. The impact that safety culture has at individual and organisation level. Methodology of carrying out and recording accident investigations. A review of the course will be conducted.

## Reservations:

### Course Material:

NISO provides a training pack and a web resource of additional material and publications.

### Methodology:

Lecture based, presented in modular format including problem based learning and practical exercises.

Please reserve spaces on the above course in my/our name.

Venue \_\_\_\_\_

Commencement Date \_\_\_\_\_

Learner's name(s) \_\_\_\_\_

Company Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Learner's Phone \_\_\_\_\_

Learner's Email \_\_\_\_\_

Booker's Name: \_\_\_\_\_

Bookers Email: / phone \_\_\_\_\_

I enclose € \_\_\_\_\_ payment for the NISO Certificate in Safety, Health and Welfare at Work.

**Fees: See details overleaf. Please return this form with fees to the address below.**



**National Irish Safety Organisation**  
A11 Calmount Park, Ballymount, Dublin 12

T 01 465 9760 F 01 465 9765  
E [info@niso.ie](mailto:info@niso.ie) W [www.niso.ie](http://www.niso.ie)