



Health & Safety in the Workplace Training Course

12 – 16 October 2026
Nairobi (Kenya)



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Ref: 7003_1052633 **Date:** 12 – 16 October 2026 **Location:** Nairobi (Kenya) **Fees:** 5300 Euro

Introduction

Health and safety in the workplace provides those in managerial and supervisory positions with appropriate knowledge and understanding of the issues involved. You will learn how to effectively implement safety management training courses to reduce costs and improve profits with effective safety management.

Health and safety technology and procedures are fundamental health and safety management aspects. Moreover, achieving a certificate in workplace safety and health requires more than just knowledge of procedures; the workplace health and safety course demands a comprehensive strategy that continuously improves health and safety in the workplace.

This workplace health and safety course covers all the primary areas of health and safety in the workplace, including safety management, promoting a safety culture, recognizing workplace equipment hazards, dealing with hazardous agents, and staying updated with the latest legislation.

Health and Safety Basics and Tips in the Workplace

Understanding the importance of health and safety in the workplace is central to this essential health and safety course. Organizations protect their staff and ensure operational continuity by respecting health and safety rules in the workplace and aligning with health and safety requirements.

Throughout this basic health and safety training, participants will learn essential health and safety basics and gain practical health and safety tips in the workplace. These skills are crucial for fostering an environment where improving health and safety in the workplace is a continual process embraced by all stakeholders.

Participants will also engage in safety exercises for the workplace designed to reinforce the principles taught and ensure they can practically apply their knowledge to enhance workplace safety and recognize the myriad benefits of health and safety in the workplace.

In conclusion, this health and safety in the workplace course provides individuals with a foundational understanding of essential health and safety knowledge and how to manage and champion health and safety initiatives that can positively impact organizations.

Targeted Groups

- Process Managers.
- Process Engineers.
- Team Leaders/Supervisors.
- Maintenance Engineers.
- Health and Safety Personnel.

Course Objectives

At the end of this health and safety in the workplace training, participants will be able to:

- Advise on aspects of the management of health and safety in the workplace
- Determine health and safety training requirements
- Identify areas where specific legal requirements apply
- Determine good health and safety practice
- Identify areas for improvement through a risk assessment approach

Targeted Competencies

At the end of this workplace health and safety course, the audience will be able to:

- Health and safety management systems.
- Safety legislation.
- Health and safety culture.
- Work equipment hazards and control.
- Hazardous agents control.

Course Content

Unit 1: Legislation

- Duties and responsibilities.
- Safety law in the UK and EU.
- The role and powers of enforcing agencies.
- Consequences of non-compliance with the law.

Unit 2: Health and Safety Management

- Elements of a safety management system.
- Health and safety policy.
- Safe systems of work.
- Inspections and audits.

Unit 3: Safety Management and Culture

- Accidents and incidents.
- What is a safe culture?
- Developing a positive safety culture.
- Communication.
- Safety committees.

Unit 4: Workplace and Work Equipment

- Welfare arrangements.
- First aid.
- Minimizing hazards of work equipment.
- Electrical safety.
- Emergency arrangements.

Unit 5: Hazardous Agents

- Occupational health.
- Chemical hazards control.
- Physical hazards with noise, vibration, radiation, and manual handling.
- Psychological hazards stress.