



# **A Prep Course for the NEBOSH Award in Health and Safety at Work**

20 - 24 Jan 2026  
Tokyo



# A Prep Course for the NEBOSH Award in Health and Safety at Work

**Ref.:** 36214\_16464 **Date:** 20 - 24 Jan 2026 **Location:** Tokyo **Fees:** 6500 **Euro**

## A Prep Course for the NEBOSH Award in Health and Safety at Work Overview:

This course is designed to equip professionals with the essential knowledge and skills required to excel in workplace health and safety management. The "A Prep Course for the NEBOSH Award in Health and Safety at Work" integrates a comprehensive curriculum covering key aspects such as Health and Safety Responsibilities, Risk Assessment Techniques, and Managing Health and Safety Systems. Participants will delve into specialized areas including Work Equipment Safety, Transport Safety Measures, and Fire Safety Management, aligning with Workplace Health and Safety Standards. The course uniquely combines practical insights with theoretical knowledge, ensuring learners are well-prepared for the NEBOSH Award Course. Through our Online Safety Management Course and Certified Health and Safety Training, we offer unparalleled flexibility and accessibility, making this course ideal for professionals aiming for Health and Safety Leadership Training and Performance Improvement in their organizations.

## Target Audience:

- Safety Officers
- HR Professionals
- Operations Managers
- Facilities Managers
- Those aspiring for a career in health and safety This course addresses the gap in understanding and implementing effective Accident Prevention Strategies and compliance with Health and Safety Legislation.

## Targeted Organizational Departments:

- Human Resources
- Operations
- Facilities Management
- Logistics and Transport These departments will greatly benefit from enhanced knowledge in Hazardous Substances Control and Workplace Environmental Hazards management.

## Targeted Industries:

- Manufacturing
- Construction
- Logistics
- Healthcare Industries facing challenges with Manual Handling Safety, Electrical Safety, and Psycho-social Workplace Issues will find this course particularly beneficial.

## Course Offerings:

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

- Implement effective Health and Safety Training Online.
- Conduct thorough Risk Assessment Training Courses.
- Enhance Fire Safety and Electrical Safety in the Workplace.
- Apply First Aid in the Workplace efficiently.
- Navigate Health and Safety Legislation Compliance with ease.

## Training Methodology:

Our training methodology is designed to engage participants in an immersive learning experience. Utilizing case studies, participants will explore real-world scenarios to understand the complexities of Workplace Safety Training Programs. Interactive sessions will encourage dialogue on Health and Safety Compliance Training, while group work fosters collaboration on developing Accident Prevention Strategies. Feedback sessions are integral, allowing for personalized advice on improving Health and Safety Performance. This blend of methodologies ensures a deep understanding of Occupational Health and Safety Courses Online, making our course a leader in Professional Safety Training Courses.

## Course Toolbox:

- Comprehensive workbooks detailing Risk Assessment Techniques and Safety Signage and Information.
- Access to an advanced online learning platform for Health and Safety Training Online.
- Checklists and templates for implementing Workplace Health and Safety Standards.
- A subscription to newsletters with the latest in Health and Safety Legislation Compliance and Performance Improvement.

## Course Agenda:



## Day 1: Foundations of Health and Safety

- **Topic 1:** The Scope and Nature of Workplace Health and Safety
- **Topic 2:** The Reasons for Practising Good Standards of Health and Safety
- **Topic 3:** The Sources of Health and Safety Information
- **Topic 4:** Common Safety Signs
- **Topic 5:** Overview of Health and Safety Legislation Compliance
- **Reflection & Review:** Discussion on the importance of establishing a strong foundation in health and safety practices.

## Day 2: Responsibility and Management of Health and Safety

- **Topic 1:** The Health and Safety Role and Responsibilities of Relevant Parties
- **Topic 2:** Systems for Managing Health and Safety
- **Topic 3:** How Accidents are Caused and Prevention Strategies
- **Topic 4:** Improving Health and Safety Performance
- **Topic 5:** Health and Safety Training Online and Officer Training
- **Reflection & Review:** Reflect on the role of leadership and management in promoting health and safety.

## Day 3: Risk Assessment and Control

- **Topic 1:** The Aim and Objectives of Risk Assessment
- **Topic 2:** Adequate Risk Assessment
- **Topic 3:** The Stages of Risk Assessment Based on the UK Health and Safety Executive's 5 Steps
- **Topic 4:** Controlling Health and Safety Risks
- **Topic 5:** Safety Risk Assessment Training
- **Reflection & Review:** Review risk assessment techniques and their application in the workplace.

## Day 4: Workplace Hazards and Controls

- **Topic 1:** Hazards and Controls Associated with Work Equipment
- **Topic 2:** Transport Safety Measures
- **Topic 3:** Hazards and Controls Associated with Working with Electricity
- **Topic 4:** Fire Safety Management
- **Topic 5:** Manual Handling Safety and Hazardous Substances Control
- **Reflection & Review:** Discuss the challenges and strategies in managing specific workplace hazards.



## Day 5: Specialized Topics in Health and Safety

- **Topic 1:** Workplace Environmental Hazards
- **Topic 2:** Psycho-social Workplace Issues
- **Topic 3:** The Health Effects and Controls Associated with Noise and Vibration
- **Topic 4:** First-aid Requirements in the Workplace
- **Topic 5:** Advanced Health and Safety Courses and Certification
- **Reflection & Review:** Reflect on the comprehensive nature of health and safety management and the path towards NEBOSH certification.

## How This Course is Different from Other Health and Safety Courses:

"A Prep Course for the NEBOSH Award in Health and Safety at Work" stands out through its comprehensive approach, blending traditional learning with cutting-edge online resources. Unlike other courses, we offer a deep dive into Workplace Safety Training Programs and Online Safety Management Courses, tailored to meet the needs of today's dynamic work environments. Our focus on real-world application, from Hazardous Material Handling Course to Safety Risk Assessment Training, ensures participants not only learn but are ready to apply this knowledge effectively. The inclusion of current trends, such as Psycho-social Workplace Issues and Environmental Health and Safety Training Online



## Training Course Categories



**Finance and  
Accounting Training  
Courses**



**Agile PM and Project  
Management Training  
Courses**



**Certified Courses By  
International Bodies**



**Communication and  
Public Relations  
Training Courses**



**Data Analytics Training  
and Data Science  
Courses**



**Environment &  
Sustainability Training  
Courses**



**Governance, Risk and  
Compliance Training  
Courses**



**Human Resources  
Training and  
Development Courses**



**IT Security Training & IT  
Training Courses**



**Leadership and  
Management Training  
Courses**



**Legal Training,  
Procurement and  
Contracting Courses**



**Maintenance Training  
and Engineering  
Training Courses**





# Training Course Categories



**Marketing, Customer Relations, and Sales Courses**



**Occupational Health, Safety and Security Training Courses**



**Oil & Gas Training and Other Technical Courses**



**Personal & Self-Development Training Courses**



**Quality and Operations Management Training Courses**



**Secretarial and Administration Training Courses**



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**Cape town - South Africa**



**Casablanca - Morocco**



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# Training Cities



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**Paris - France**



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**Tokyo - Japan**



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# Training Cities



**Zoom - Online  
Training**

# WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

## OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

## OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

## WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



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