

IOSH Level 3: Certified Safety & Health Exam Prep Course

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Course Overview:

The course is a comprehensive, industry-driven training program designed to prepare participants for the IOSH Level 3 Certificate in Occupational Safety and Health Principles and Practice. Based on the official IOSH competency framework, this course equips learners with the knowledge, practical skills, and exam readiness to achieve a globally recognised qualification. With a strong focus on IOSH Level 3 exam preparation, this IOSH certification training integrates both technical safety principles and behavioral competencies to help participants apply best practices in workplace safety, incident management, and risk mitigation. As an IOSH-accredited course, it also supports the path to TechIOSH membership.

Target Audience:

- Safety Officers and OSH Coordinators
- HSE Managers and Advisors
- Risk Management Professionals
- Line Managers and Supervisors
- Professionals seeking TechIOSH membership

Targeted Organizational Departments:

- Health, Safety, and Environment HSE
- Operations and Production
- Human Resources
- Compliance and Risk Management
- Facilities and Maintenance by strengthening safety culture improvement, safety officer certification training, and stakeholder management safety.

Targeted Industries:

- Manufacturing
- Oil & Gas and Energy
- Construction and Infrastructure
- Transportation and Logistics
- Public Sector and Education
- Healthcare and Pharmaceuticals

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Course Offerings:

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

- Apply OSH principles and management systems in workplace settings
- Conduct effective risk assessments and workplace inspection
- Manage safety incidents using incident management techniques
- Interpret health and safety law UK in the context of compliance
- Improve safety culture and behavioural safety strategies within teams
- Communicate and collaborate effectively using OSH communication strategies
- Prepare thoroughly for the IOSH Level 3 exam and TechIOSH preparation course pathways

Training Methodology:

This course uses a learner-centred approach combining theory and hands-on application. Training methods include interactive lectures, case studies of real-world workplace safety scenarios, structured group discussions, practical exercises, and feedback-driven simulations to reinforce safety management systems. Participants will engage with methods such as risk assessment techniques and safety officer certification training checklists. The blended format ensures flexibility for diverse learning preferences, integrating e-learning, classroom engagement, and reflective practice.

Course Toolbox:

- Course ebook
- Safety risk assessment templates
- Workplace audit & inspection checklists
- Legislation summaries and case law documents
- Stakeholder communication strategy guide

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Course Agenda:

Day 1: Introduction to IOSH Framework & OSH Fundamentals

- **Topic 1:** Overview of the IOSH Level 3 Certificate and its global recognition
- **Topic 2:** Understanding the IOSH competency framework Technical, Core, Behavioural
- **Topic 3:** Importance of occupational safety and health OSH in the modern workplace
- **Topic 4:** Career pathways: TechIOSH membership and professional development
- **Topic 5:** Overview of IOSH student membership and CPD tools
- **Topic 6:** Guided tour of IOSH learning platforms and exam structure
- **Reflection & Review:** Recap of foundational principles and learning outcomes

Day 2: OSH Principles and Safety Management Systems

- **Topic 1:** Key principles of OSH and how they influence workplace safety
- **Topic 2:** Components of effective safety management systems SMS
- **Topic 3:** Policy, planning, and organizational roles in SMS
- **Topic 4:** Safety planning and integration into business operations
- **Topic 5:** Aligning SMS with organizational strategy and sustainability
- **Topic 6:** Measuring OSH performance through audits and KPIs
- **Reflection & Review:** Real-world SMS case reviews

Day 3: OSH Risk Management – Concepts and Tools

- **Topic 1:** Fundamentals of risk management in workplace safety
- **Topic 2:** Hazard identification and control measures
- **Topic 3:** Risk assessment techniques and legal compliance
- **Topic 4:** The hierarchy of risk controls and ALARP principle
- **Topic 5:** Safety inspections and workplace monitoring
- **Topic 6:** Documentation, reporting, and communication
- **Reflection & Review:** Apply tools to sample scenarios

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Day 4: Practical Application of Risk Assessment

- **Topic 1:** Conducting site-specific risk assessments
- **Topic 2:** Implementing control measures in dynamic work environments
- **Topic 3:** Using checklists and risk templates effectively
- **Topic 4:** Reporting risks to stakeholders and management
- **Topic 5:** Review of relevant legislation and health and safety law UK
- **Topic 6:** Evaluation of existing risk controls for improvement
- **Reflection & Review:** Hands-on risk assessment simulation

Day 5: Principles of OSH Incident Management

- **Topic 1:** Understanding incident causation models e.g., Swiss Cheese Model
- **Topic 2:** The role of human factors in incident development
- **Topic 3:** Immediate and root cause analysis of incidents
- **Topic 4:** Investigating workplace incidents systematically
- **Topic 5:** Recording and reporting procedures under UK regulations
- **Topic 6:** Linking incident findings to risk management processes
- **Reflection & Review:** Group activity – investigate a sample case

Day 6: Leadership in OSH Culture and Performance

- **Topic 1:** Characteristics of a positive safety culture
- **Topic 2:** Leadership styles and influence on safety outcomes
- **Topic 3:** Encouraging employee involvement and ownership
- **Topic 4:** Leading by example: behaviours that promote safety
- **Topic 5:** Stakeholder engagement and safety communication
- **Topic 6:** Building team accountability and trust
- **Reflection & Review:** Self-assessment and discussion

Day 7: Enhancing Behavioural Competence and Collaboration

- **Topic 1:** Behavioural safety strategies and interventions
- **Topic 2:** Core communication skills for OSH professionals
- **Topic 3:** Handling safety-related resistance or non-compliance
- **Topic 4:** Conflict resolution in safety-critical situations
- **Topic 5:** Working with others: interdepartmental collaboration
- **Topic 6:** Empowering others to take responsibility for OSH
- **Reflection & Review:** Role-playing collaboration exercises

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Day 8: Legal, Ethical and Strategic OSH Integration

- **Topic 1:** Key UK legal frameworks for occupational health and safety
- **Topic 2:** Ethical responsibilities in safety leadership
- **Topic 3:** Integrating OSH into organizational goals
- **Topic 4:** Strategic planning for long-term OSH impact
- **Topic 5:** Influencing senior leadership and board-level decisions
- **Topic 6:** Reporting safety performance at the strategic level
- **Reflection & Review:** Aligning vision and safety priorities

Day 9: Exam Preparation and Scenario-Based Applications

- **Topic 1:** Reviewing all four IOSH Level 3 Certificate units
- **Topic 2:** Tackling scenario-based exam questions
- **Topic 3:** Exam tips: time management and structure
- **Topic 4:** Reviewing mock test answers and scoring
- **Topic 5:** Feedback on common learner challenges
- **Topic 6:** Preparing a personal action plan for final assessment
- **Reflection & Review:** Mock exam debrief

Day 10: Professional Growth, CPD & Certification Pathways

- **Topic 1:** Introduction to IOSH Blueprint CPD tool
- **Topic 2:** Mapping a career path to TechIOSH or Chartered status
- **Topic 3:** Planning lifelong learning and training progression
- **Topic 4:** Becoming a safety leader in your organization
- **Topic 5:** Final Q&A and evaluation session
- **Topic 6:** Course wrap-up and next steps
- **Reflection & Review:** Certification checklist and closing remarks

FAQ:

What specific qualifications or prerequisites are needed for participants before enrolling in the course?

No formal qualifications are required, but a basic understanding of workplace safety concepts is beneficial. The course is ideal for professionals with safety responsibilities or those aiming to earn TechIOSH status.

How long is each day's session, and is there a total number of hours required for the entire course?

Each day's session is generally structured to last around 4-5 hours, with breaks and interactive activities included. The total course duration spans two weeks, approximately 40-50 hours of instruction.

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What are the four mandatory units required for IOSH Level 3 certification?

1. Fundamentals of OSH principles and management systems
2. Principles and application of OSH risk management
3. Principles and application of OSH incident management
4. Improving OSH performance and culture

How This Course is Different from Other IOSH Level 3 Courses:

Unlike standard IOSH courses, this course is uniquely tailored for exam readiness, professional advancement, and real-world application. Built directly on the IOSH competency framework, this IOSH-accredited course integrates scenario-based exercises and mock assessments to mirror actual exam conditions. It offers extensive coverage of health and safety law UK, audit and compliance course procedures, stakeholder management safety, and behavioural safety strategies. Through blended learning options, including face-to-face and e-learning, participants gain flexibility while preparing to meet IOSH qualification UK standards.

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