

Preparation Course for the NEBOSH Award in Health and Safety at Work

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Overview

Preparation Course for the NEBOSH Award in Health and Safety at Work is a 1-week foundation course for supervisors, team leaders and staff candidates who leave with a rehearsed NEBOSH HSA1 site appraisal ready for marking practice. Frontline staff often notice dangers on shift yet struggle to judge them against a syllabus, explain existing precautions and write improvement recommendations that satisfy an examiner. The course walks through all four syllabus elements, then coaches candidates through the HSA1 format step by step. NEBOSH award candidate preparation is delivered by Agile Leaders Training Center.

Who Should Attend

- Supervisors who allocate daily tasks, sign off permits and correct unsafe behavior in their crews
- Team leaders who brief shifts, log near misses and escalate defects to managers
- Operators who run machinery, drive vehicles or handle chemicals during routine duties
- Site coordinators who look after housekeeping, fire precautions and contractor access
- Human resources officers who handle induction, wellbeing and absence linked to occupational ill-health

The course assumes participants already work in or oversee an operational area, and it leaves out engineering design, occupational hygiene sampling and legal advice.

Departments and Industries

The course serves departments and industries whose frontline staff face physical, chemical and psychosocial dangers.

- Construction sites and building maintenance crews
- Manufacturing plants and production lines
- Warehousing, logistics and fleet operations
- Hospitals, clinics and facility services
- Retail stores and hospitality outlets
- Office administration and human resources departments

Learning Objectives

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

- Apply the moral, legal and financial arguments for managing occupational wellbeing
- Compare precautions for the common dangers listed in the NEBOSH syllabus
- Use a five-step method to rate the danger of a real task
- Use a structured checklist to inspect a site
- Analyze a mishap to find immediate and underlying causes
- Build an HSA1-style site appraisal with prioritized recommendations

Course Agenda

Day 1: Why and How Occupational Wellbeing Is Managed

- Moral, Legal and Financial Arguments in the NEBOSH Syllabus
- Direct and Indirect Costs of Injuries and Occupational Ill-Health
- Plan-Do-Check-Act Cycle for Consistent Management
- Culture Indicators and Leadership Behaviors of Supervisors
- Duties of Employers, Supervisors and Workers on Site

Day 2: Physical Dangers and Precautions

- General Site Conditions: Slips, Trips, Housekeeping and Welfare Facilities
- Work at Height and the Hierarchy of Control
- Machinery Guarding, Maintenance and Safe Operation
- Vehicle Routes, Pedestrian Segregation and Reversing Precautions
- Electricity, Isolation and Checks of Portable Appliances

Day 3: Chemical, Ergonomic and Psychosocial Dangers

- Hazardous Substances: Labels, Safety Data Sheets and Routes of Entry
- Fire Triangle, Fire Prevention and Evacuation Arrangements
- Manual Handling Using the Task, Individual, Load and Environment Method
- Noise, Vibration and Display Screen Workstation Setup
- Mental Ill-Health, Violence and Aggression, and Substance Abuse Warning Signs

Day 4: Stopping Harm Before It Happens and Learning After It

- Site Inspection Checklists and Recording Unsafe Conditions
- Five-Step Method: Dangers, People Affected, Evaluation, Recording and Revisiting
- Likelihood and Severity Matrix for Prioritizing Action
- Mishap Investigation: Immediate and Root Causes
- Writing Corrective Actions with Owners and Target Timescales

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Day 5: HSA1 Rehearsal and Capstone

- Exercise: Walk-Through Inspection of a Warehouse Loading Bay
- Exercise: Rating a Lifting Task in a Hospital Store
- Exercise: Investigating a Forklift Near-Miss Scenario
- Exercise: Drafting Justified Recommendations with the Hierarchy of Control
- Capstone: Presenting a Mock HSA1 Site Appraisal for Peer Marking

Practical Exercises

The course includes suggested activities that tie each syllabus element to real sites.

- Suggested activity: spot dangers in photographs of a building site and an office
- Suggested activity: rank precautions for a chemical cleaning task by the hierarchy of control
- Suggested activity: map immediate and underlying causes of a supermarket slip
- Suggested activity: peer-mark a mock HSA1 appraisal against the published marking guidance

FAQs

Who is the preparation course for the NEBOSH Health and Safety at Work Award suited to?

It suits supervisors, team leaders and staff in any sector who want a first qualification in occupational wellbeing. It assumes everyday experience of an operational site and needs no earlier NEBOSH study.

How does the NEBOSH Health and Safety at Work Award differ from a NEBOSH general certificate course?

The award is a short foundation qualification centered on common dangers and one site appraisal. A general certificate is longer and more advanced, aimed at people who will hold occupational safety duties as a core part of their job.

How is the NEBOSH Health and Safety at Work Award assessed?

The current award uses one practical assessment, unit HSA1. Candidates examine how a site is managed, identify dangers and existing precautions, and recommend improvements.

What is the five-step method used in the NEBOSH Health and Safety at Work syllabus?

The five-step method identifies dangers, decides who might be harmed, evaluates existing precautions, records findings and revisits them whenever tasks or conditions change.

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Why does the NEBOSH Health and Safety at Work syllabus stress investigating near misses?

Investigating near misses exposes immediate and underlying causes before anyone is hurt, prevents repeat events and shows staff that reporting leads to action.

Conclusion

Participants take back a mock HSA1 site appraisal of a real area of their own organization. The appraisal gives supervisors and team leaders a repeatable routine for inspecting, rating dangers and recommending precautions. It also prepares candidates for the NEBOSH award assessment by rehearsing each stage before they sit it.

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