BLACKBIRD FOR TRAINING

Comprehensive Workplace Health and Safety Training Course

2027 □□□□□□ 26 – 22
Kuala Lumpur (Malaysia)



Comprehensive Workplace Health and Safety Training Course

Ref: 20230006_221352 Date: Kuala Lumpur (Malaysia) Fees: 4900 GBP

Course Description

This intensive 1-week course provides a comprehensive overview of workplace health and safety principles and practices. Participants will gain essential knowledge and skills to identify hazards, assess risks, implement control measures, and foster a culture of safety in their organizations. The course covers key topics including OSHA regulations, hazard communication, emergency preparedness, and ergonomics.

Learning Objectives

- Understand and apply OSHA regulations and standards to workplace scenarios
- Develop skills in hazard identification, risk assessment, and control measures
- Learn to create and implement effective safety programs and policies
- Gain practical knowledge of emergency preparedness and response procedures
- Understand the principles of ergonomics and how to apply them in the workplace

Course Modules

Day 1: Introduction to Workplace Health and Safety

- Overview of OSHA regulations and standards
- Principles of hazard identification and risk assessment
- Introduction to safety management systems
- Creating a culture of safety in the workplace

Day 2: Hazard Communication and Chemical Safety

- Understanding GHS and SDS
- Proper handling and storage of hazardous materials
- Personal protective equipment PPE
- Spill prevention and response

Day 3: Ergonomics and Workplace Design

- Principles of ergonomics
- Workstation design and adjustment
- Preventing musculoskeletal disorders
- Manual handling techniques



Day 4: Emergency Preparedness and Fire Safety

- Developing emergency action plans
- Fire prevention and protection
- Evacuation procedures
- First aid and CPR basics

Day 5: Safety Program Implementation and Continuous Improvement

- Creating effective safety policies and procedures
- Conducting safety audits and inspections
- Incident investigation and reporting
- Measuring and improving safety performance

Practical Wins for Participants

- Ability to conduct thorough workplace hazard assessments
- Skills to develop and implement comprehensive safety programs
- Knowledge to ensure compliance with OSHA regulations
- Strategies to promote a positive safety culture in their organization

