

EXAMINABLE AREAS FOR OCCUPATIONAL HEALTH AND SAFETY

WORKPLACE HAZARDS

Hazards identification- Type-Physical, Chemical, Biological, Psychosocial, Ergonomics, Mechanical

Hazard Communication

Risk analysis and Assessment

HAZARDS PREVENTION AND CONTROL

Accident/incident investigation and reporting

Accident causation and analysis

Administrative control (Verbal instruction, written task instruction, method statement, permit to work, signage, alarm

Engineering control- Equipment servicing, lubricating, cooling, rotation

PPE usage and management- ear plugs, masks, gloves, goggles

Industrial hygiene -personal hygiene, house keeping

Safety Training and Inductions

Hazardous Material Management-regulation of usage of hazardous materials and storage,

COSHH- Control of Substances Hazardous to Health, WHMIS- Workplace Hazardous

Materials Information Systems, T & G- Transportation of Dangerous and Inflammable goods

HEALTH AND SAFETY INSPECTION

Types of inspections-formal and planned. Planned Inspection-critical parts or items inspection equipment peruse inspection, good housekeeping inspection, general health and safety, special systems inspection

How to prepare for effective inspection

How to develop remedial actions

Follow-up techniques

Preparation of inspection reports

FIRE SAFETY SYSTEMS AND PLANNING

Fire chemistry, fire triangle, fire hazards, fire causes, fire statistics

Fire legislation, codes and regulations

Fire prevention activities- occupancy requirement, construction considerations

Fire detection, suppression and extinguishment

Fire risk assessment

EMERGENCY PREPAREDNESS AND RESPONSE

Emergency preparedness plan, procedure, training

Fire brigades

First aid

OCCUPATIONAL HEALTH AND SAFETY LAWS, POLICIES AND MANAGEMENT SYSTEMS

Principles of OHS

Concept of legislation to the safety field

OHS management systems- OHSAS 18001:2007, HSG65-UK HSE ILO-OHS 2001

Quality assurance and standardization

ISO 9000, ISO 14,000

MANAGEMENT AND ADMINISTRATIONS IN OHS

Organizational and command structure

OHS management team

Organizational behavior

Workplace relationship

Safety culture

Work plans and programmes development, implementation, monitoring and evaluation.

Leadership

Intra and inter sectoral collaboration

Welfare- workers dignity and wellbeing

Disability case management- compensation, rehabilitation, return-to-work options

WORKPLACE HEALTH SURVEILLANCE

Workers health surveillance (pre, periodic and exit medical examinations) and result analysis

Practical (hands-on) experience in the use of occupational hygiene laboratory instrument.

Procedures for collection of data on chemical and biological hazards at workplaces

Analysis of data on hazards-sampling protocols

Interpretation of data on hazards

Threshold levels of hazards- limits of exposure

Workplace food safety and hygiene

Workplace Water, Sanitation and Hygiene (WASH)

PREPARING HEALTH AND SAFETY DOCUMENTS FOR INDUSTRIES

Health and safety plan/report

Emergency preparedness plan/report

Safety systems of work- Method statement, permit to work

Fire safety plan

WORKPLACE HEALTH PROMOTION

Needs analysis to determine workplace health communication, advocacy and promotion requirements

Employee and community mobilization for workplace health and safety promotion activities.

Employee involvement in workplace health and safety promotion decision and implementation.

Behavior Change Communication and Advocacy

PROCESS SAFETY MANAGEMENT AND SAFETY SYSTEM ANALYSIS

Process safety information

Critical human barriers

Critical equipment barriers

Process safety inspections and audits

Pre-start up safety review

Process incident analysis and investigations

Job safety analysis, Fault tree analysis, Hazards and operability study, cause and effect analysis etc.

Process risk assessment and work decisions