



aractech

Global Learning for Operational Leaders

HEALTH SAFETY AND ENVIRONMENT | HSE-005

Fundamentals of Health, Safety, and Environment (HSE): Building a Safe Workplace

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Course content

Why Attend

Why Attend?

Health, Safety, and Environment (HSE) are critical components of any successful organization. This course provides a comprehensive introduction to HSE principles, helping participants understand how to create a safe, healthy, and environmentally responsible workplace. By attending, you will gain the knowledge and skills needed to comply with regulations, prevent accidents, and foster a culture of safety.

Course Methodology

- Lectures : Expert-led sessions on HSE principles, regulations, and best practices.
- Case Studies : Real-world examples of HSE successes and failures.
- Group Discussions : Collaborative activities to share ideas and experiences.
- Practical Exercises : Hands-on activities to apply HSE concepts.
- Assessments : Quizzes and exercises to reinforce learning.

Course Objectives

- Understand the fundamentals of HSE and its importance in the workplace.
- Learn key HSE regulations and compliance requirements.
- Identify workplace hazards and implement risk control measures.
- Develop skills to promote a safety-first culture.
- Gain knowledge of environmental management practices and sustainability.

Target Audience

- This course is ideal for:
- HSE officers and coordinators.
- Managers and supervisors responsible for workplace safety.
- Employees involved in safety and environmental management.

Course outline

Detailed course outline

Day-by-day outline for Fundamentals of Health, Safety, and Environment (HSE): Building a Safe Workplace.

Day 1 - Introduction to Health, Safety, and Environment (HSE)

- What is HSE? Key concepts and importance.
- The business case for HSE: Benefits of a safe and sustainable workplace.
- Overview of HSE regulations and standards (e.g., OSHA, ISO 45001, ISO 14001).
- Activity: Group discussion on workplace safety challenges.

Day 2 - Workplace Hazards and Risk Assessment

- Types of workplace hazards: Physical, chemical, biological, and ergonomic.
- Risk assessment methodologies: Identifying, analyzing, and evaluating risks.
- Implementing control measures to mitigate risks.
- Activity: Conducting a risk assessment for a simulated workplace scenario.

Day 3 - Occupational Health and Safety (OHS)

- Principles of occupational health and safety.
- Preventing workplace accidents and illnesses.
- Personal protective equipment (PPE): Selection, use, and maintenance.
- Activity: Demonstrating proper use of PPE.

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Day 4 - Environmental Management and Sustainability

- Introduction to environmental management systems (EMS).
- Key environmental issues: Waste management, pollution, and resource conservation.
- Sustainable practices for organizations.
- Activity: Developing an action plan for environmental sustainability.

Day 5 - Building a Safety-First Culture

- The role of leadership in promoting HSE.
- Strategies for fostering a safety-first culture.
- Employee engagement and training in HSE.
- Course wrap-up: Key takeaways and action plans for continued improvement.
- Additional Notes :
- Each day includes breaks and time for Q&A.

Seminar dates

Available seminar dates

Live dates and pricing for Fundamentals of Health, Safety, and Environment (HSE): Building a Safe Workplace generated from the course details page.

Date	Location	Format	Fee
22 - 26 June 2026	Vienna	Classroom	€2,975
13 - 17 July 2026	Barcelona	Classroom	€2,695
17 - 21 August 2026	Rome	Classroom	€2,975
21 - 25 September 2026	Munich	Classroom	€2,415
19 - 23 October 2026	Amsterdam	Classroom	€2,975
2 - 6 November 2026	London	Classroom	€2,940
21 - 25 December 2026	Istanbul	Classroom	€1,995

Live online option

Online delivery is available at €1,250.