

H S E

HEALTH

SAFETY

ENVIRONMENT



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Principles of Occupational Safety & Health (POSH)

Duration: 5 Days



Introduction:

POSH is a practical foundation course covering the essentials of occupational safety and health. Through the use of case studies and real examples, this course focuses on the practical application of best practice in occupational safety and health. This program

builds a solid foundation for creating an effective safety and health program. Seasoned safety professionals cover nineteen critical safety and health topics to give you the practical knowledge and tools to implement and manage a safety program based on best practices. Interactive discussions, individual and group activities, personal assessments and a comprehensive case study help you develop a safety plan customized for your organization.

Who Should Attend?

Safety and health managers, coordinators, specialists and other full-time safety practitioners; safety committee members; operations managers; loss control managers; human resource managers; and anyone else with safety and health responsibilities within an organization.

Course Objectives:

By the end of this course delegates will be able to:

- Principles of occupational safety and health management
- How to recognize, evaluate and control hazards, and determine an acceptable level of risk
- How to develop a safety and health management action plan
- Components of safety communication and how to improve safety messages
- Tools and techniques to implement for employee involvement
- Incident reporting, investigation and root cause analysis techniques
- How to develop and manage a job safety analysis process
- How to access, select and implement safety training
- Skills needed to select, build and utilize safety teams
- Reasons for safety inspections and how to plan, conduct and follow up
- How to understand OSHA regulatory requirements
- Fundamentals of industrial hygiene
- Requirements of the hazard communication standard
- How to recognize ergonomic risk factors and develop control measures
- When to use personal protective equipment and how to overcome objections
- OSHA recordkeeping requirements for injuries and illnesses
- How to develop an emergency action plan
- How to utilize a safety orientation program to improve employee performance
- The impact of industrial hygiene and Hazcom standards on your safety plan
- How to determine when personal protective equipment (PPE) should be used

Course Outline:

- Principles of Occupational Safety and Health Management
- Hazard Recognition, Evaluation and Control
- Safety Communication
- Employee Involvement
- Incident Reporting and Investigation
- Job Safety Analysis
- Safety Training
- Safety Teams and Committees
- Safety Inspections
- Emergency Action Planning
- Introduction to OSHA