

# Building **a safer generation.**

Award in Health and Safety at Work (HSW)  
Course Factsheet



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NEBOSH (National Examination Board in Occupational Safety and Health) offers various qualifications ranging from Health and Safety, Environment Management, Oil and Gas Safety Operations and more.

Founded in 1979, NEBOSH has awarded thousands of qualifications worldwide from various industries and work experience levels.



Established in 1992, Al Moalem Institute has been providing comprehensive training in the Kingdom of Bahrain.

With over 100+ internationally recognized certifications and qualifications, Al Moalem Institute has been human resource potential and continually shaping careers of today's workforce and the future generation.

## **Award in Health and Safety at Work**

Through our NEBOSH Award in Health & Safety at Work (HSW) training and certification program, you will gain the right fundamental understanding and skills relevant to make real contributions to your organization in the future.

### **How long does it take to complete the course?**

The duration of this course is 25 guided learning hours to complete.

### **Who is this course for?**

This course is ideal for:

- Supervisors or managers who hold health and safety management responsibilities at work
- Currently employed or looking to pursue a long and successful career in health and safety.
- Those who are looking to progress towards higher-level NEBOSH qualifications or equivalent.

### **What topics does the course cover?**

This course will cover the following programs:

#### HSW 1: WORKPLACE SAFETY FOUNDATIONS

- Foundations of health and safety
- The responsibility for health and safety
- Health and safety risk assessment and control
- Hazards and controls associated with work equipment
- Transport safety
- Hazards and controls associated with working with electricity
- Fire safety
- Hazards and controls associated with manual handling and repetitive movement
- Hazards and controls associated with hazardous substances
- Hazards and controls associated with the working environment

#### HSW 2: WORKPLACE RISK ASSESSMENT ACTIVITY

### **What will I gain after completing this certification?**

At the end of the course you should be able to:

- Understand the foundations and importance of health and safety
- Understand the importance of health and safety management and the role and responsibilities in relation to health and safety
- Demonstrate and understand the principles and important key factors in performing risk assessment and control
- Understand the various hazards associated with work equipment and the appropriate controls
- Understand the hazards associated with the vehicles and transportation inside the workplace and recognize their controls

- Understand the hazards associated with working with electricity and the effective control measures
- Understand the principles and importance of fire safety in the workplace
- Understand the hazards associated with manual handling and recognize its suitable control measures
- Understand the hazards associated with handling hazardous substances and recognize appropriate control measures
- Understand the various factors and hazards associated with workplace environment and recognize its effective control measures
- Demonstrate the ability to apply knowledge of the unit HSW1 syllabus, by successful completion of a risk assessment in the candidate's own workplace

### **How is it assessed?**

Unit HSW1: assessed by a one-hour multiple choice examination

Unit HSW2: assessed by a practical assessment carried out in the candidate's own workplace

### **Do I need any prior qualifications to start this course?**

There are no formal requirements to join this course. However, it is recommended that learners have a minimum standard of English equivalent to an International English Language Testing System score of 5.0 or higher.

### **I completed and received my certification, what happens next?**

Those who successfully gain this qualification can progress to other NEBOSH qualifications. The NEBOSH HSW course provides a perfect introduction to other NEBOSH qualifications including NEBOSH International General Certificates.

### **What employment opportunities can I apply for after gaining this qualification?**

Our NEBOSH HSW course will introduce you to gain awareness of health and safety practices relevant for the following roles:

- HR Supervisors
- Field operators/skilled workers
- Junior Health, Safety, and Environment (HSE) officers
- Those who manages/supervises staff where health and safety awareness is crucial.

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## Reach us

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