



General Health and Safety Awareness

COURSE CODE : ZMT-HSE-117

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| COURSE OVERVIEW | The General Health and Safety Awareness Course is a one-day training program designed to provide participants with the essential knowledge, skills, and confidence to maintain workplace safety, particularly at construction sites with multidisciplinary activities. This course equips delegates to identify hazards, implement safety measures, and ensure compliance with workplace safety standards. |
| TARGET AUDIENCE | This course is tailored for: <ul style="list-style-type: none"> • Line Managers • Supervisors • Personnel involved in maintaining general health and safety at workplaces |
| COURSE OBJECTIVES | Participants will learn: <ul style="list-style-type: none"> • Identify potential workplace hazards • Select and implement effective control measures • Determine appropriate Personal Protective Equipment (PPE) for each hazard • Follow safe systems of work and safety protocols • Categorize hazards and understand their potential health effects |
| COURSE CONTENTS | <ol style="list-style-type: none"> 1. Introduction to General Health and Safety 2. Roles and Responsibilities: <ul style="list-style-type: none"> • Employer’s Responsibilities • Employee’s Responsibilities 3. Construction Hazards: <ul style="list-style-type: none"> • Health, Safety, and Welfare Regulations • Common Causes of Accidents • Types of Construction Activities 4. Key Safety Topics: <ul style="list-style-type: none"> • Working at Heights • Lifting Operations • Excavations • Confined Spaces • Traffic Management on Construction Sites • Electrical Safety • Fire Safety 5. PPE Use and Inspection 6. Work at Height Regulations and General Safety Requirements 7. Course Evaluation and Wrap-Up |
| DELIVERY MODE | The course utilizes a combination of, Facilitator-led presentations Group discussions Skill-building exercises Practical role-playing activities. |
| DURATION | 1 Day |
| ASSESSMENT CRITERIA | Participants will undergo both practical and theoretical assessments to evaluate their knowledge and application of general health and safety procedures. |