

## Key Topics Covered in IOSH Training

### 1. Introduction to Health and Safety

- Importance of workplace safety
  - Understanding legal responsibilities
  - Role of employees and employers in safety compliance
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### 2. Risk Assessment & Risk Control

- Identifying hazards in the workplace
  - Analyzing and evaluating risks
  - Implementing control measures and safe work practices
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### 3. Hazard Identification

- Physical, chemical, and biological hazards
  - Ergonomic and environmental risks
  - Use of checklists and reporting tools
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### 4. Incident and Accident Investigation

- Steps in reporting and documenting incidents
  - Root cause analysis techniques
  - Preventative measures to avoid recurrence
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### 5. Health and Wellbeing

- Occupational health basics
  - Managing stress and fatigue
  - Promoting a healthy work environment
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### 6. Environmental Awareness

- Environmental responsibilities in the workplace
  - Pollution control and waste management
  - Sustainability and green practices
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### 7. Safety Management Systems

- Planning and implementing safety policies
- Monitoring and auditing safety performance
- Leadership and communication for safety culture

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## 8. Performance Measurement

- Setting safety goals and KPIs
  - Evaluating safety initiatives
  - Driving continuous safety improvement
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