

OCCUPATIONAL HEALTH AND SAFETY ONLINE COURSE

Competence Canada Course ID: 2294

Recommended Prior Knowledge/ prerequisites:

Basic familiarity with workplace environments is helpful but not required. No specific prerequisites are necessary, making this course suitable for individuals from various backgrounds and experience levels.

Course Duration:

The Occupational Health and Safety course is designed to be completed over a span of 1 week. The course is structured to include comprehensive modules that participants can engage with at their own pace, ensuring a well-rounded understanding of occupational health and safety principles.

Learning Objectives:

Upon completing the Occupational Health and Safety course, participants will be able to:

- Understand the fundamental concepts and importance of occupational health and safety.
- Identify workplace hazards and assess risks to prevent accidents and injuries.
- Comprehend relevant laws, regulations, and standards governing workplace safety.
- Develop effective emergency response plans and procedures.
- Implement strategies to promote physical and mental well-being in the workplace.
- Foster a safety-conscious culture through communication and training.

- Recognize the significance of proper ergonomics for preventing work-related injuries.
- Conduct incident investigations and root cause analysis.
- Utilize personal protective equipment (PPE) appropriately.
- Apply principles of occupational health and safety to various industries.

Knowledge:

Participants will gain knowledge in the following areas:

- Introduction to occupational health and safety
- Hazard identification and risk assessment
- Legal and regulatory frameworks for workplace safety
- Emergency response planning and procedures
- Physical and mental well-being in the workplace
- Communication and training for a safety culture
- Ergonomics and its impact on workplace health
- Incident investigation and root cause analysis
- Effective use of personal protective equipment (PPE)
- Application of occupational health and safety across industries

Who should attend?

The Occupational Health and Safety course is suitable for a wide range of individuals, including employees, supervisors, managers, safety officers, and individuals interested in promoting a safe and healthy work environment. This course is valuable for those seeking to gain essential knowledge and skills in preventing workplace accidents, complying with safety regulations, and fostering a culture of well-being in various industries.

Certificate

The E-certificate will be issued with soft signature. You may print hard copy for your reference.

If you would like a physical certificate, Competence Canada can issue one for an additional cost which includes shipping.

Fee Structure:

These fees include digital course materials, training, and the cost of issuing certificate.

How To Get Started:

For more information or to sign up for this course, please email us at trainings@competencecanada.com or visit us at CompetenceCanada.com to learn more about our trainings, accreditation, and membership programs.

About Competence Canada:

Competence Canada is a Canadian-based organization committed to promoting safety, social good, and sustainability in the workplace. We recognize that skills, experience, and training are essential for individuals to excel in their careers and make a positive impact in their communities. That's why our goal is to provide high-quality training and certification programs to individuals across a range of industries, empowering them with the tools and knowledge they need to succeed.

Through our comprehensive education and certification programs, we are dedicated to helping you gain a competitive edge in your field. Whether you're looking to advance in your current role, switch careers, or stay up-to-date on the latest industry standards, Competence Canada is here to support you. Our team of experts is committed to





Skills | Experience | Training

FROM COMPLIANCE TO EXCELLENCE

providing the highest level of service and guidance, so you can achieve your professional goals and make a meaningful impact in your workplace and beyond.

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