Training Course on Construction Health and Safety Management

Professional Development Training Course Outline

Category	Construction Institute	**Duration**	10 Days
Base Fee	$3,000 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

In the dynamic and inherently hazardous **construction industry**, ensuring the **health and safety** of the workforce is not just a legal obligation but a fundamental ethical imperative and a cornerstone of project success. Training Course on Construction Health and Safety Management is meticulously designed to equip individuals and organizations with the essential knowledge, skills, and proactive strategies to cultivate a robust **safety culture**, mitigate **workplace hazards**, and comply with stringent **regulatory standards**. By focusing on practical application and real-world scenarios, this program empowers participants to become champions of **risk assessment**, **hazard control**, and **incident prevention**, ultimately fostering safer and more productive construction sites.

This cutting-edge training program delves into the critical aspects of **occupational safety** within the construction sector, emphasizing the importance of **preventative measures** and continuous improvement. Participants will gain a deep understanding of **safety regulations**, **emergency preparedness**, and the implementation of effective **health and safety management systems**. Through engaging methodologies and relevant case studies, the course highlights the tangible benefits of investing in **worker well-being**, including reduced **accident rates**, improved project efficiency, and enhanced organizational reputation. Mastering these principles is crucial for fostering a sustainable and responsible approach to **construction safety**.

Programme Curriculum

Training Course on Construction Health and Safety Management

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Course Duration

10 days

Course Objectives

1. Understand the fundamental principles of **construction safety regulations** and legal requirements.
2. Develop proficiency in conducting thorough **risk assessments** and identifying potential hazards on construction sites.
3. Implement effective **hazard control measures**, including engineering controls, administrative controls, and personal protective equipment
4. Establish and maintain comprehensive **health and safety management systems** (HSMS) in construction projects.
5. Master techniques for conducting **site safety inspections** and audits to ensure compliance.
6. Effectively investigate **workplace accidents** and incidents to determine root causes and implement corrective actions.
7. Develop and deliver effective **safety training programs** for construction workers at all levels.
8. Implement robust **emergency preparedness** and response plans for various construction site scenarios.
9. Understand the principles of **occupational health** in construction, including exposure to dust, noise, and other health hazards.
10. Promote a positive **safety culture** and encourage active worker participation in safety initiatives.
11. Apply principles of **ergonomics** to prevent musculoskeletal injuries in construction tasks.
12. Manage specific hazards associated with **working at height**, excavation, and heavy equipment operation.
13. Utilize **digital safety tools** and technologies for efficient safety management and reporting.

Organizational Benefits

- Reduced **accident rates** and associated costs (e.g., insurance premiums, legal fees).
- Improved **regulatory compliance** and avoidance of penalties.
- Enhanced **worker morale** and productivity through a safer working environment.
- Strengthened **company reputation** and competitive advantage.
- Increased **project efficiency** due to fewer disruptions from accidents.

- Better **risk management** and overall business resilience.
- Demonstrated commitment to **corporate social responsibility**.
- Improved **stakeholder confidence** (clients, investors, employees).

Target Audience

1. Construction Project Managers
2. Site Supervisors and Foremen
3. Safety Officers and Managers
4. Construction Workers (all trades)
5. Health and Safety Representatives
6. Engineers and Architects involved in construction projects
7. Contractors and Subcontractors
8. Anyone responsible for safety on a construction site

Course Outline

Module 1: Foundations of Construction Health and Safety

- Introduction to Occupational Health and Safety (OHS) in the Construction Industry
- Legal Framework and Regulatory Bodies Governing Construction Safety
- Ethical Responsibilities in Ensuring a Safe Work Environment
- Understanding Key Terminology and Definitions in Construction Safety
- Case Study: The Impact of Non-Compliance on a Major Infrastructure Project

Module 2: Hazard Identification and Risk Assessment

- Principles and Methods of Hazard Identification in Construction
- Techniques for Conducting Comprehensive Risk Assessments
- Developing Risk Matrices and Prioritizing Hazards
- Implementing Hierarchy of Controls for Risk Mitigation
- Case Study: Identifying and Assessing Risks in Demolition Work

Module 3: Implementing Control Measures

- Engineering Controls: Design Modifications and Safety Features
- Administrative Controls: Safe Work Procedures and Permits-to-Work
- Personal Protective Equipment (PPE): Selection, Use, and Maintenance
- Developing and Implementing Safe Operating Procedures (SOPs)
- Case Study: Implementing Effective Control Measures for Fall Protection

Module 4: Health and Safety Management Systems (HSMS)

- Introduction to HSMS Standards (e.g., ISO 45001)
- Developing and Documenting a Construction-Specific HSMS
- Implementing Key Elements of an HSMS: Policy, Planning, Implementation, Evaluation, Improvement
- Integrating HSMS with Other Management Systems
- Case Study: Implementing an HSMS in a Medium-Sized Construction Company

Module 5: Site Safety Inspections and Audits

- Planning and Conducting Effective Site Safety Inspections
- Identifying Non-Compliance and Potential Hazards During Inspections

- Developing Corrective and Preventive Action Plans
- Conducting Internal and External Safety Audits
- Case Study: A Comprehensive Safety Audit of a High-Rise Construction Site

Module 6: Accident and Incident Investigation

- Importance of Thorough Accident and Incident Investigation
- Step-by-Step Process for Conducting Investigations
- Identifying Root Causes and Contributing Factors
- Developing and Implementing Corrective Actions to Prevent Recurrence
- Case Study: Investigating a Crane Collapse on a Construction Site

Module 7: Emergency Preparedness and Response

- Developing Emergency Action Plans (EAPs) for Construction Sites
- Procedures for Fire Safety, First Aid, and Medical Emergencies
- Evacuation Procedures and Assembly Points
- Communication Protocols During Emergencies
- Case Study: Managing a Chemical Spill Emergency on a Construction Site

Module 8: Occupational Health in Construction

- Identifying and Assessing Occupational Health Hazards (e.g., Dust, Noise, Vibration)
- Implementing Control Measures for Occupational Health Risks
- Health Surveillance and Monitoring Programs
- Promoting Worker Well-being and Mental Health
- Case Study: Managing Silica Dust Exposure in Concrete Cutting Operations

Module 9: Promoting a Positive Safety Culture

- Understanding the Elements of a Strong Safety Culture
- Strategies for Enhancing Worker Participation and Engagement in Safety
- Effective Communication and Consultation on Safety Matters
- Recognition and Reward Programs for Safe Behaviors
- Case Study: Transforming a Reactive Safety Culture to a Proactive One

Module 10: Ergonomics in Construction

- Identifying Ergonomic Hazards in Construction Tasks
- Applying Ergonomic Principles to Prevent Musculoskeletal Injuries
- Manual Handling Techniques and Risk Reduction Strategies
- Tool and Equipment Design Considerations for Ergonomics
- Case Study: Implementing Ergonomic Solutions in Bricklaying Activities

Module 11: Working at Height Safety

- Understanding the Hazards Associated with Working at Height
- Implementing Fall Protection Systems (e.g., Guardrails, Safety Nets, Harnesses)
- Safe Use of Ladders and Scaffolding
- Developing Safe Work Procedures for Working at Height
- Case Study: Preventing Falls from Height During Roof Construction

Module 12: Excavation and Trenching Safety

- Identifying Hazards Associated with Excavation and Trenching Work
- Implementing Protective Systems (e.g., Shoring, Benching, Sloping)
- Inspecting Excavations and Ensuring Safe Entry and Exit
- Understanding Soil Mechanics and Stability
- Case Study: Preventing a Trench Collapse on a Utility Installation Project

Module 13: Heavy Equipment Operation Safety

- Safe Operating Procedures for Various Types of Heavy Equipment
- Pre-Operational Checks and Maintenance Requirements
- Traffic Management and Pedestrian Safety Around Equipment
- Competency and Certification Requirements for Operators
- Case Study: Preventing Accidents Involving Heavy Lifting Equipment

Module 14: Electrical Safety in Construction

- Identifying Electrical Hazards on Construction Sites
- Safe Work Practices for Electrical Installations and Equipment
- Lockout/Tagout Procedures for Electrical Isolation
- Use of Ground Fault Circuit Interrupters (GFCIs)
- Case Study: Preventing Electrical Shock Incidents During Wiring Work

Module 15: Digital Safety Tools and Technologies

- Overview of Digital Tools for Safety Management (e.g., Apps, Software)
- Using Technology for Incident Reporting and Tracking
- Leveraging Data Analytics for Safety Performance Improvement
- Virtual Reality (VR) and Augmented Reality (AR) in Safety Training
- Case Study: Implementing a Mobile Safety Inspection App on a Large Project

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	04 Dec 2026	Online	$2,000
23 Nov 2026	04 Dec 2026	Physical	$3,000
23 Nov 2026	04 Dec 2026	Physical	$6,000
23 Nov 2026	04 Dec 2026	Physical	$6,000
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$9,000
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$12,000

Ready to enroll or request a customized program? Book online or contact us:

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