Workplace Injury Prevention and Management Training Course

Professional Development Training Course Outline

Category	Trade Unions	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Workplace Injury Prevention and Management is a critical pillar of modern occupational safety, designed to reduce incidents, improve employee wellbeing, and ensure compliance with global OSHA standards, ISO 45001 frameworks, and occupational health and safety regulations. As organizations face increasing pressure to maintain zero-harm workplaces, reduce lost-time injuries (LTI), and improve safety culture maturity, this training equips participants with advanced competencies in hazard identification, risk assessment, incident reporting, and preventive control systems. It integrates proactive safety strategies aligned with behavior-based safety (BBS), human factors engineering, and digital EHS (Environment, Health & Safety) transformation.

Workplace Injury Prevention and Management Training Course provides a structured and practical approach to managing workplace injuries through prevention-first thinking and effective response systems. Participants will gain hands-on expertise in incident investigation, emergency response planning, ergonomic risk reduction, and safety compliance audits. By leveraging modern trends such as AI-driven safety monitoring, predictive analytics in workplace hazards, and real-time incident reporting systems, organizations can significantly reduce workplace accidents while improving productivity, workforce morale, and regulatory compliance.

Programme Curriculum

Workplace Injury Prevention and Management Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Implement proactive hazard identification systems in the workplace
2. Apply risk assessment methodologies (HIRA/JSA) effectively
3. Develop strong incident reporting and documentation systems
4. Strengthen occupational health and safety (OHS) compliance
5. Reduce lost-time injury frequency rate (LTIFR)
6. Build a strong safety culture and behavioral safety mindset
7. Apply root cause analysis (RCA) techniques in investigations
8. Improve emergency preparedness and response planning
9. Enhance ergonomic risk assessment and workstation safety
10. Integrate digital EHS and safety management systems
11. Promote preventive maintenance and safe operating procedures (SOPs)
12. Ensure regulatory compliance with OSHA/ISO standards
13. Implement continuous improvement in workplace safety performance

Target Audience

1. Health, Safety & Environment (HSE) Officers
2. HR Managers and Workplace Compliance Officers
3. Operations and Production Supervisors
4. Factory and Plant Managers
5. Construction Site Engineers and Supervisors
6. Risk and Compliance Managers
7. Team Leaders and Shift Supervisors
8. Safety Committee Members and Union Representatives

Course Modules

Module 1: Foundations of Workplace Safety Management

- Principles of occupational safety and health
- Legal and regulatory frameworks (OSHA/ISO 45001)
- Safety roles and responsibilities in organizations
- Safety culture development and leadership impact

- Case Study: Manufacturing plant reducing incidents through safety leadership program

Module 2: Hazard Identification & Risk Assessment (HIRA)

- Types of workplace hazards (physical, chemical, biological, ergonomic)
- Job Safety Analysis (JSA) techniques
- Risk matrix development and prioritization
- Control measures using hierarchy of controls
- Case Study: Construction site hazard elimination reducing fall injuries

Module 3: Incident Reporting & Investigation Systems

- Incident classification and reporting procedures
- Near-miss reporting systems and importance
- Root Cause Analysis (RCA) methods
- Corrective and preventive action (CAPA) systems
- Case Study: Warehouse reducing repeat accidents through RCA implementation

Module 4: Emergency Preparedness & Response

- Emergency planning and evacuation systems
- Fire safety and first response protocols
- Workplace drills and simulation exercises
- Crisis communication strategies
- Case Study: Chemical plant emergency containment success story

Module 5: Ergonomics & Human Factors Safety

- Workplace ergonomics principles
- Musculoskeletal disorder (MSD) prevention
- Safe workstation design
- Fatigue and human error reduction strategies
- Case Study: Call center reducing RSI cases through ergonomic redesign

Module 6: Safety Compliance & Legal Frameworks

- Understanding labor laws and safety regulations
- Audit preparation and compliance tracking
- Documentation and recordkeeping systems
- Safety inspections and internal audits
- Case Study: Logistics company passing ISO 45001 certification audit

Module 7: Behavioral Safety & Safety Culture Transformation

- Behavior-Based Safety (BBS) approach
- Employee engagement in safety programs
- Safety communication and reporting culture
- Leadership-driven safety transformation
- Case Study: Oil & gas company reducing incidents through BBS program

Module 8: Digital Safety Systems & Predictive Risk Management

- EHS software and digital reporting tools

- AI and IoT in workplace safety monitoring
- Predictive analytics for accident prevention
- Real-time dashboards and KPI tracking
- Case Study: Smart factory reducing downtime using predictive safety analytics

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	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

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

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Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com