

COURSE OVERVIEW HE0931-10D
NEBOSH International General Certificate in Occupational Health and Safety

Course Title

NEBOSH International General Certificate in Occupational Health and Safety

Course Date/Venue

Please see page 3

Course Reference

HE0931-10D

Course Duration/Credits

Ten days/6.3 CEUs/63 PDHs

Course Exam

As per NEBOSH Exam Scheduling Procedure



Course Description



This practical and highly-interactive course includes real-life case studies and exercises where participants will be engaged in a series of interactive small groups and class workshops.



This course is designed to provide participants with a detailed and up-to-date overview of NEBOSH International General Certificate in Occupational Health and Safety. It covers the moral, financial and legal reasons for managing health and safety in the workplace and how health and safety is regulated; the main health and safety duties of different groups of people at work and how contractors shall be selected, monitored and managed; the key components of a health and safety management system; the benefits and limitations of different types of health and safety management systems; and the key components of an effective health and safety policy.



Further, the course will also discuss on how health and safety culture influences performance and how to improve health and safety culture at work; the principles of the risk assessment process and suitable and sufficient risk assessment; how change can have significant health and safety impacts and how to manage those impacts; and what to consider when developing and implementing a safe system of work for general work activities.

During this interactive course, participants will learn the role, function and operation of a permit-to-work system, typical emergency procedures and how to decide what level of first aid is needed in the workplace; taking part in incident investigation and monitoring the effectiveness of management systems; why and how audits are used to evaluate a management system and why regular reviews of health and safety performance are needed and carried out; and the hazards present in the workplace, associated risks and existing control measures evaluation.

Course Objectives

Upon the successful completion of this course and passing the required exams, each participant will be able to:-

- Achieve the NEBOSH International General Certificate in Occupational Health and Safety
- Discuss the moral, financial and legal reasons for managing health and safety in the workplace and how health and safety is regulated
- Recognise the main health and safety duties of different groups of people at work and describe how contractors shall be selected, monitored and managed
- Identify the key components, benefits and limitations of different types of health and safety management systems and the key components of an effective health and safety policy
- Recognise how health and safety culture influences performance and how to improve health and safety culture at work
- Apply the principles of the risk assessment process and suitable and sufficient risk assessment
- Describe how change can have significant health and safety impacts and how to manage those impacts
- Discuss what to consider when developing and implementing a safe system of work for general work activities
- Identify the role, function and operation of a permit-to-work system, typical emergency procedures and how to decide what level of first aid is needed in the workplace
- Take part in incident investigation and monitor the effectiveness of management systems
- Discuss why and how audits are used to evaluate a management system, why regular reviews of health and safety performance are needed and how they are carried out
- Describe hazards present in the workplace and associated risks and implement existing control measures evaluation

Exclusive Smart Training Kit - H-STK®



Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.

Who Should Attend

This course provides a wide understanding and deeper appreciation of occupational health and safety in accordance with the international standards for health and safety professionals and those who are seeking NEBOSH International General Certificate. The course is also beneficial for managers, supervisors and those who have health and safety management responsibilities. It is also perfect for those embarking on a health and safety career and gives you a stepping stone to success.

Examination Schedule

NEBOSH requires minimum 30 working days to schedule an exam. Participants must submit their complete applications minimum 15 working days prior to the scheduled exam date. We recommend that participants submit their applications one or two weeks earlier than the above NEBOSH deadline.

Course Date/Venue

Session(s)	Date	Venue
1	April 12-23, 2026	Meeting Plus 9, City Centre Rotana, Doha, Qatar
2	July 20-31, 2026	Glasshouse Meeting Room, Grand Millennium Al Wahda Hotel, Abu Dhabi, UAE
3	September 20-October 01, 2026	Tamra Meeting Room, Al Bandar Rotana Creek, Dubai, UAE
4	November 29-December 03, 2026	Tamra Meeting Room, Al Bandar Rotana Creek, Dubai, UAE
5	January 10-21, 2027	Tamra Meeting Room, Al Bandar Rotana Creek, Dubai, UAE
6	March 21- April 01, 2027	Tamra Meeting Room, Al Bandar Rotana Creek, Dubai, UAE

Course Fee

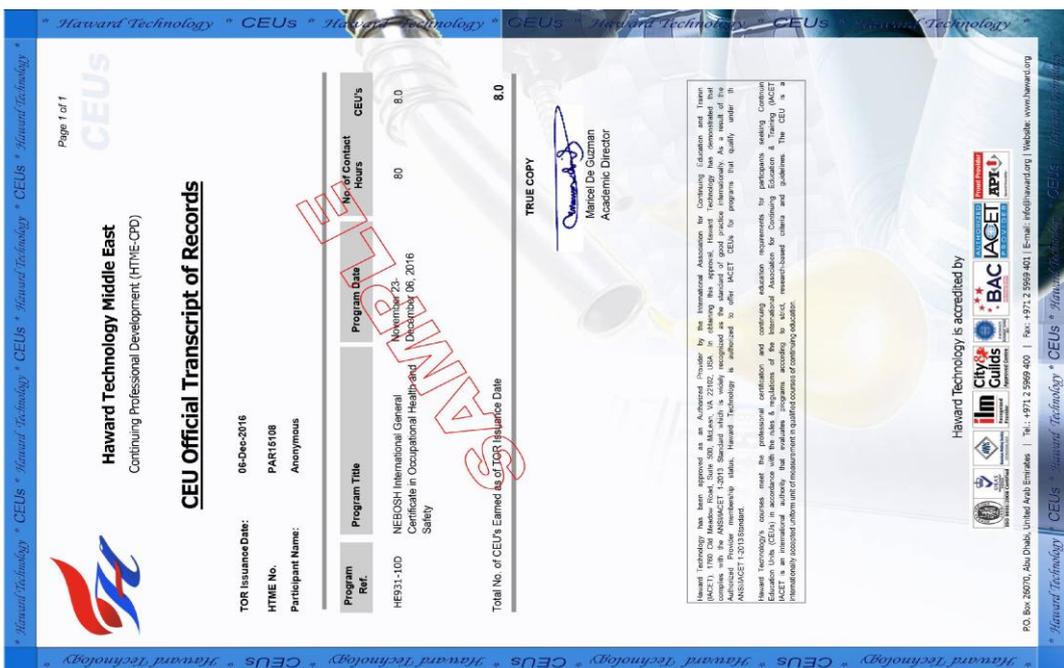
Doha	US\$ 6,000 per Delegate. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.
Dubai	US\$ 5,500 per Delegate + VAT . This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.
Abu Dhabi	US\$ 5,500 per Delegate + VAT . This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Course Certificate(s)

- (1) NEBOSH International General Certificate in Occupational Health and Safety will be issued to candidates who have successfully passed the written examinations in GIC1 (Elements 1-4) and successfully completed the Practical Examination GIC2 (Elements 5-11).



- (2) Official Transcript of Records will be provided to the successful delegates with the equivalent number of ANSI/IACET accredited Continuing Education Units (CEUs) earned during the course.



Certificate Accreditations

Haward's certificates are accredited by the following international accreditation organizations: -

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NEBOSH: The National Examination Board in Occupational Safety and Health

Haward Technology is an **Accredited Course Provider** and **Learning Partner** of The National Examination Board in Occupational Safety and Health (**NEBOSH**) with **Learning Partner Number 931 Silver**. Haward Technology is authorized to offer NEBOSH's comprehensive range of globally-recognized qualifications designed to meet the health, safety, environmental and risk management needs of all places of work.

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British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. Haward's certificates are internationally recognized and accredited by the British Accreditation Council (BAC). BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

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The International Accreditors for Continuing Education and Training (IACET USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units (CEUs)** in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **6.3 CEUs** (Continuing Education Units) or **63 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



Mr. Ashraf Mohamed is a **Senior Security & Emergency Response Specialist** with over **30 years** of practical and industrial experience within the **Oil & Gas, Refinery and Petrochemical** industry. He is a **NEBOSH Approved Instructor** for various certification programs. His expertise lies extensively in the areas of **NEBOSH Fire Safety & Risk Management International Certificate, NEBOSH International General Certificate, NEBOSH Health & Safety Leadership Excellence, Security Emergency Response Plans (ERP), Incident Command Systems (ICS), Integrated Safety & Security Strategies, Emergency Preparedness Initiatives, Risk Control Protocols, Assets & Critical Infrastructure, Emergency Response & Crisis Management, Emergency Response Frameworks, Evacuation Protocols & Drill Execution, Security Risk Management, Threat Assessments, Vulnerability Identification, Mitigation Strategies for Physical & Operational Security, Radiation Security & Protection, Radioactive Materials Handling, Storage & Transportation, Radiation Protection, Radiological Emergency Preparedness, Radioactive Source Protection, Industrial Fire & Rescue Response, Fire Detection & Suppression Systems, Fire Risk Assessments, Rescue Operations, Frontline Response, Critical Incident Investigation & Command, Post-Incident Investigations, Root Cause Analysis, Security Incident Reports & Corrective Actions, HSE Management Systems and ISO 14001, ISO 9001 and OHSAS 18001/ISO 45001 Standards.** Further. He is also well-versed in **Radiation Safety & Protection, Radioisotopes & Protection Application, Firefighting Techniques, HSE Policy & Strategy, Risk Assessment & Management, HAZOP & HAZID, HAZMAT & HAZCOM, As Low as Reasonably Practicable (ALARP), Process Hazard Analysis (PHA), Process Safety Management (PSM), Accident/Incident Investigation, PTW, Gas Testing, Lock Out/Tag Out, Confined Space, H₂S, Working at Heights, Lifting Operations, Scaffolding, Rigging & Slings, First Aid & CPR, Crane Inspection, Risk Evaluation, Emergency Response Plan, Defensive Driving, Safety Supervision and Environment Management System.** He is currently the **Acting Senior HSE Engineer** wherein he develops and manages the implementation of fire, safety and environment programs for all the employees and contractors.

During his career life, Mr. Ashraf has gained his practical and field experience through his various significant positions as the **Safety & Fire Manager, HSE Manager, Safety & Fire Instructor, Senior HSE & Fire Instructor, Safety Training Instructor, Safety Construction Manager and Safety Section Head** from various companies such as the **ADNOC, Eprome, Foster Wheeler-MIDOR Refinery, Amyria Petroleum Refining Company and Egyptian Refinery Company.**

Mr. Ashraf has a **Bachelor's degree in Geology.** Further, he is a **Certified Instructor/Trainer** and a member of **Society of Petroleum Engineers and Egyptian Society for Safety.** He is an **Approved Lead Tutor in NEBOSH Certificate in Fire Safety, an Approved Tutor in NEBOSH International General Certificate, NEBOSH Health & Safety Leadership Excellence.** He has further held various **Radiation Certifications like the Radiation Protection & Peaceful Uses of Radioactive Sources and the Applications of Radioisotopes & Protection from Ionizing Radiations** from the **Egyptian Atomic Energy Authority** and has delivered numerous courses, trainings, seminars, workshops and conferences globally.

Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Training Fee

US\$ 7,500 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Exam Fee

US\$ 370 per Delegate + **VAT**

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking

Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1

0730 – 0745	<i>Registration & Coffee</i>
0745 – 0800	<i>Welcome & Introduction</i>
0800 – 0930	<i>GIC1 Element 1: Why We Should Manage Workplace Health & Safety Morals and Money</i>
0930 – 0945	<i>Break</i>
0945 – 1115	<i>GIC1 Element 1: Why We Should Manage Workplace Health & Safety (cont'd)</i> <i>Regulating Health and Safety • Who Does What in Organisations</i>
1115 – 1230	<i>GIC1 Element 2: How Health & Safety Management Systems Work & What They Look Like</i> <i>Key Components of Health and Safety Management Systems</i>
1230 – 1330	<i>Lunch</i>
1330 – 1515	<i>GIC1 Element 2: How Health & Safety Management Systems Work & What They Look Like (cont'd)</i> <i>Key Components of a Health and Safety Policy</i>
1515 – 1530	<i>Break</i>
1515 – 1620	<i>GIC1 Element 3: Managing Risk – Understanding People & Processes Health and Safety Culture</i>
1620 – 1630	<i>Recap</i>
1630	<i>End of Day One</i>

Day 2

0730 – 0930	GIC1 Element 3: Managing Risk – Understanding People & Processes (cont'd) <i>Improving Health and Safety Culture</i>
0930 – 0945	Break
0945 – 1230	GIC1 Element 3: Managing Risk – Understanding People & Processes (cont'd) <i>How Human Factors Influence Behaviour Positively or Negatively</i>
1230 – 1330	Lunch
1330 – 1500	GIC1 Element 3: Managing Risk – Understanding People & Processes (cont'd) <i>Assessing Risk</i>
1500 – 1515	Break
1515 – 1620	GIC1 Element 3: Managing Risk – Understanding People & Processes (cont'd) <i>Management of Change</i>
1620 – 1630	Recap
1630	End of Day Two

Day 3

0730 – 0930	GIC1 Element 3: Managing Risk – Understanding People & Processes (cont'd) <i>Safe Systems of Work for General Work Activities</i>
0930 – 0945	Break
0945 – 1115	GIC1 Element 3: Managing Risk – Understanding People & Processes (cont'd) <i>Permit-to-work Systems • Emergency Procedures</i>
1115 – 1230	GIC1 Element 4: Health & Safety Monitoring & Measuring <i>Investigating and Reporting</i>
1230 – 1330	Lunch Break
1330 – 1500	GIC1 Element 4: Health & Safety Monitoring & Measuring (cont'd) <i>Active and Reactive Monitoring</i>
1500 – 1515	Break
1515 – 1620	GIC1 Element 4: Health & Safety Monitoring & Measuring (cont'd) <i>Health and Safety Auditing</i>
1620 – 1630	Recap
1630	End of Day Three

Day 4

0730 – 0915	GIC1 Element 4: Health & Safety Monitoring & Measuring (cont'd) <i>Review of Health and Safety Performance</i>
0915 – 0930	Break
0930 – 1215	GIC2 Element 5: Physical & Psychological Health <i>Noise</i>
1215 – 1230	GIC2 Element 5: Physical & Psychological Health (cont'd) <i>Vibration • Radiation</i>
1230 – 1330	Lunch
1330 – 1500	GIC2 Element 5: Physical & Psychological Health (cont'd) <i>Mental Ill-health • Violence at Work</i>
1500 – 1515	Break
1515 – 1620	GIC2 Element 5: Physical & Psychological Health (cont'd) <i>Substance Abuse at Work</i>
1620 – 1630	Recap
1630	End of Day Four



Day 5

0730 – 0930	GIC2 Element 6: Musculoskeletal Health <i>Work-related Upper Limb Disorders</i>
0930 – 0945	Break
0945 – 1155	GIC2 Element 6: Musculoskeletal Health (cont'd) <i>Manual Handling</i>
1155 – 1230	GIC2 Element 6: Musculoskeletal Health (cont'd) <i>Load-handling Equipment</i>
1230 – 1330	Lunch
1330 – 1500	GIC2 Element 7: Chemical & Biological Agents <i>Hazardous Substances</i>
1500 – 1515	Break
1515 – 1620	GIC2 Element 7: Chemical & Biological Agents (cont'd) <i>Assessment of Health Risks • Introduction to Occupational Exposure Limits</i>
1620 – 1630	Recap
1630	<i>End of Day Five</i>

Day 6

0730 – 0930	GIC2 Element 7: Chemical & Biological Agents (cont'd) <i>Control Measures • Specific Agents</i>
0930 – 0945	Break
0945 – 1035	GIC2 Element 8: General Workplace Issues <i>Health, Welfare and Work Environment</i>
1035 – 1230	GIC2 Element 8: General Workplace Issues (cont'd) <i>Working at Height</i>
1230 – 1330	Lunch
1330 – 1500	GIC2 Element 8: General Workplace Issues (cont'd) <i>Safe Working in Confined Spaces</i>
1500 – 1515	Break
1515 – 1620	GIC2 Element 8: General Workplace Issues (cont'd) <i>Lone Working</i>
1620 – 1630	Recap
1630	<i>End of Day Six</i>

Day 7

0730 – 0930	GIC2 Element 8: General Workplace Issues (cont'd) <i>Slips and Trips • Safe Movement of People and Vehicles in the Workplace • Work-related Driving</i>
0930 – 0945	Break
0945 – 1030	GIC2 Element 9: Work Equipment <i>General Requirements</i>
1230 – 1330	Lunch
1330 – 1430	GIC2 Element 9: Work Equipment (cont'd) <i>Hand-held Tools</i>
1500 – 1515	Break
1515 – 1620	GIC2 Element 9: Work Equipment (cont'd) <i>Machinery Hazards</i>
1620 – 1630	Recap
1630	<i>End of Day Seven</i>

Day 8

0730 – 0930	GIC2 Element 9: Work Equipment (cont'd) <i>Control Measures for Machinery</i>
0930 – 0945	<i>Break</i>
0945 – 1230	GIC2 Element 10: Fire <i>Fire Principles • Preventing Fire and Fire Spread</i>
1230 – 1330	<i>Lunch</i>
1330 – 1500	GIC2 Element 10: Fire (cont'd) <i>Fire Alarms and Fire-fighting</i>
1500 – 1515	<i>Break</i>
1515 – 1620	GIC2 Element 10: Fire (cont'd) <i>Fire Evacuation</i>
1620 – 1630	Recap
1630	<i>End of Day Eight</i>

Day 9

0730 – 0920	GIC2 Element 11: Electricity <i>Hazards and Risks</i>
0920 – 0935	<i>Break</i>
0935 – 1235	GIC2 Element 11: Electricity (cont'd) <i>Hazards and Risks (cont'd)</i>
1235 – 1315	<i>Lunch</i>
1315 – 1500	GIC2 Element 11: Electricity (cont'd) <i>Control Measures</i>
1500 – 1515	<i>Break</i>
1515 – 1620	GIC2 Element 11: Electricity (cont'd) <i>Control Measures (cont'd)</i>
1620 – 1630	Recap
1630	<i>End of Day Nine</i>

Day 10

0730 – 0915	GIC2 MOCK PROJECT
0915 – 0930	<i>Break</i>
0930 – 1145	GIC2 MOCK PROJECT (cont'd)
1145 – 1245	<i>Lunch</i>
1245 – 1400	GIC2 MOCK PROJECT (cont'd)
1400 – 1415	<i>Break</i>
1415 – 1545	GIC2 MOCK PROJECT (cont'd)
1545 – 1600	Course Conclusion
1600 – 1615	POST-TEST
1615 – 1630	<i>Presentation of Course Certificates</i>
1630	<i>End of Course</i>

MOCK Exam

Upon the completion of the course, participants have to sit for a MOCK Examination similar to the exam of the Certification Body through Haward’s Portal. Each participant will be given a username and password to log in Haward’s Portal for the MOCK Exam during the 60 days following the course completion. Each participant has only one trial for the MOCK exam within this 60-day examination window. Hence, you have to prepare yourself very well before starting your MOCK exam as this exam is a simulation to the one of the Certification Body.

NEBOSH Examination

(1) GIC1

Unit GIC 1 (Elements 1-4) will be assessed by four-hour open book online examination (OBE). Candidate scripts are marked by external examiners appointed by NEBOSH.

Once Haward Technology has registered you to a digital assessment, NEBOSH will send you a Confirmation of Registration email that includes your learner number, and important information relating to your digital assessment. Please ensure that you check your name is spelt correctly and report this to Haward Technology and NEBOSH if any changes are required. If you have not received this email please remember to check your spam folders. Following receipt of your Confirmation of Registration email for your digital assessment, NEBOSH will send you a further email containing your Username and Password for the NEBOSH online examination platform. If you have not received this email please remember to check your spam folders.

<u>Unit</u>	<u>Examination date</u>	<u>Results notification date</u>
IG1 (English only)	Wednesday 05 November 2025	Monday 26 January 2026
IG1 (all available languages)	Wednesday 10 December 2025	Monday 02 March 2026
IG1 (English only)	Wednesday 07 January 2026	Wednesday 18 March 2026
IG1 (English only)	Wednesday 04 February 2026	Friday 17 April 2026
IG1 (all available languages)	Wednesday 04 March 2026	Monday 18 May 2026
GIC1 (all available languages)	Wednesday 04 March 2026	Tuesday 02 June 2026
IG1 (English only)	Wednesday 08 April 2026	Friday 19 June 2026
GIC1 (English only)	Wednesday 08 April 2026	Friday 03 July 2026
IG1 (English only)	Wednesday 06 May 2026	Thursday 16 July 2026
GIC1 (English only)	Wednesday 06 May 2026	Thursday 30 July 2026
IG1 (all available languages)	Wednesday 03 June 2026	Wednesday 12 August 2026
GIC1 (all available languages)	Wednesday 03 June 2026	Wednesday 26 August 2026
IG1 (English only)	Wednesday 08 July 2026	Thursday 17 September 2026
GIC1 (English only)	Wednesday 08 July 2026	Thursday 01 October 2026
IG1 (English only) *	Wednesday 05 August 2026	Thursday 15 October 2026
GIC1 (English only)	Wednesday 05 August 2026	Thursday 29 October 2026
GIC1 (all available languages)	Wednesday 09 September 2026	Wednesday 18 November 2026
GIC1 (English only)	Wednesday 07 October 2026	Wednesday 16 December 2026
GIC1 (English only)	Wednesday 04 November 2026	Thursday 21 January 2027
GIC1 (all available languages)	Wednesday 02 December 2026	Thursday 04 March 2027

(2) GIC2

Unit GIC2 (Elements 5-11) is assessed by three-hour practical assessment – the risk profiling and risk assessment carried out in the candidate’s own workplace. This is held on a date set by Haward Technology and must normally be taken within 10 working days of the examination. The practical examination is internally assessed by Haward Technology and externally moderated by NEBOSH.

Practical Sessions

This practical and highly-interactive course includes real-life case studies and exercises:-



Course Coordinator

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