



COURSE OVERVIEW HE0931-10D **NEBOSH International General Certificate in Occupational Health and Safety (IG)**

Course Title

NEBOSH International General Certificate in Occupational Health and Safety (IG)

Course Date/Venue

November 30-December 11, 2025/Garuh Meeting Room, Radisson Blu Hotel Kuwait, Kuwait

Course Exam

January 07, 2026

Course Reference

HE0931-10D

Course Duration/Credits

Ten days/6.75 CEUs/67.5 PDHs

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.

The NEBOSH International General Certificate (IG) covers the principles relating to health and safety, identification and control of workplace hazards and the practical application of this knowledge. The IG syllabus takes a risk management approach based on best practice and international standards, such as the International Labour Organization (ILO) codes of practice. Local laws and cultural factors may form part of the study programme where relevant and appropriate.

The International General Certificate is modeled on the NEBOSH National General Certificate in Occupational Health and Safety, the most widely recognized health and safety qualifications of its kind in the UK. The Key difference between the two qualifications is in the applicability of legal requirements. Rather than being guided by a specifically UK framework, the International General Certificate takes a risk management approach based on best practice and international standards, such as International Labour Organisation (ILO) codes of practice, with special reference to the model proposed in the ILO's "Guidelines on Occupational Safety and Health Management Systems" (ILO-OSH 2001). Local laws and cultural factors form part of the study programme where relevant and appropriate.



The syllabus is divided into 11 elements. Unit IG1 (Elements 1-4) will be assessed by four-hour open book online examination (OBE). Candidate scripts are marked by external examiners appointed by NEBOSH. Unit IG2 (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. On successful completion of all 11 elements, the NEBOSH International General Certificate will be awarded.

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
- Explain how health and safety is regulated and the consequences of noncompliance
- Summarize the main health and safety duties of different groups of people at work and explain how contractors shall be selected, monitored and managed
- Give an overview of the elements of a health and safety management system and the benefits of having a formal/certified system
- Discuss the main ingredients of health and safety management systems that make it effective – policy, responsibilities and arrangements
- Describe the concept of health and safety culture and how it influences performance
- Summarize how health and safety culture at work can be improved including the human factors which positively or negatively influence behaviour at work in a way that can affect health and safety
- Explain the principles of the risk assessment process
- Produce a risk assessment of a workplace which considers a wide range of identified hazards (drawn from elements 5 – 11) and meets best practice standards ('suitable and sufficient')
- Discuss typical workplace changes that have significant health and safety impacts and ways to minimize those impacts
- Describe what to consider when developing and implementing a safe system of work for general activities
- Explain the role, function and operation of a permit-to-work system
- Discuss typical emergency procedures (including training and testing) and how to decide what level of first aid is needed in the workplace
- Explain why and how incidents shall be investigated, recorded and reported
- Discuss common methods and indicators used to monitor the effectiveness of management systems
- Explain what an audit is and why and how they are used to evaluate a management system
- Explain why and how regular reviews of health and safety performance are needed



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 Certification. 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.

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 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 IG1 (Elements 1-4) and successfully completed the Practical Examination IG2 (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: -

-  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**. NEBOSH is the awarding body approved by Scottish Qualifications Authority (SQA). 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.

-  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.

-  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 **6.75 CEUs** (Continuing Education Units) or **67.5 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. Mohamed Bayoumy, NEBOSH-IGC, NASP, ILM is a **Senior Fire & HSE Consultant** with over **25 years** of extensive experience within the **Oil, Gas, Petrochemical and Refinery** industries. He is a **NEBOSH Approved Instructor** and his expertise widely include in the areas of **NEBOSH International General Certificate in Occupational Health and Safety (IG), Incident Investigation & Reporting, Occupational Safety & Security, Incident Investigation & Reporting, Certified Environment Impact Assessment, Certified Occupational Health, Safety & Industrial Hygiene, Environmental Impact Assessment, International Basic Scaffolder Program, Fire Fighting Techniques, Fire Officer Responsibilities, Fire Fighter Rescue Missions, Fire Protection Methods, Fire Safety & Fire Risk, Advanced Fire Fighting Techniques, Active & Positive Fire Fighting, Fire & Gas Detection Systems, Fire Fighting Systems & Fire Proofing, Risk Management, Fire System Integrity Assurance, Fire Prevention & Safety, , Fire Fighting & Rescue Operations, Emergency Response Management, Safety Audit & Hazards Identification, OHSAS 18001: 2007 Occupational Health and Safety Introduction, Safety Hazards Handling Management, Slings, Lifting, Scaffolding & Ladder Safety, Rigging & Crane Operation, Lifting Supervision, Working at Heights, Scaffolding Supervision, Safety Management System, Contamination Control, Lean Six Sigma, EMS 14001, ISO 45001, Rigging & Crane, Basic Life Support, Personal Protective Equipment, Machinery & Work Equipment, Manual Handling, Accident Incident Reporting & Investigation, Cause Tree Analysis (CTA), Fault Tree Analysis (FTA), HSE Emergency Planning, Crisis Management, HSSE Practices, Emergency Response Plans and Emergency Preparedness.**

During Mr. Mohamed's career life, he held significant position and dedication such as the **Health, Safety & Environmental Director, HSE Manager, Senior Safety Officer, HSE Engineer, Safety Supervisor and Safety Officer** for various companies like the Al Darwish Engineering, Doosan Heavy Industries and Construction, SATCO, STS Electro/Mechanical, Al Habtoor Engineering Enterprises, Dolphin Energy, United Engineers, Contract Company, Hyundai for Engineering & Construction, C.C.C JV ORASCOM, BSIX-ORASCOM JV Company, Campenon Bernard SGE Company just to name a few.

Mr. Mohamed has an **International Diploma Level VI in Safety & Health** from the **National Association of Safety Professionals, UK**. Further, he is a **Certified Instructor/Trainer**, a **Certified Internal Verifier/Assessor/Trainer** by the **Institute of Leadership & Management (ILM)**, an **Approved Tutor** in **NEBOSH International General Certificate in Occupational Health & Safety (IG)**, a **Certified ISO 45001 Lead Auditor** and a **Certified ISO 9001 Internal Auditor**. He has further delivered numerous courses, trainings, conferences, workshops and seminars globally.



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: Sunday, 30th of November 2025

0730 – 0745	Registration & Coffee
0745 – 0800	Welcome & Introduction
0800 – 0930	IG1 Element 1: Why We Should Manage Workplace Health & Safety Morals and Money
0930 – 0945	Break
0945 – 1115	IG1 Element 1: Why We Should Manage Workplace Health & Safety (cont'd) Regulating Health and Safety • Who Does What in Organisations
1115 – 1230	IG1 Element 2: How Health & Safety Management Systems Work & What They Look Like What They are and the Benefits They Bring
1230 – 1330	Lunch Break
1330 – 1415	IG1 Element 2: How Health & Safety Management Systems Work & What They Look Like (cont'd) What Good Health and Safety Management Systems Look Like
1415 – 1500	IG1 Element 3: Managing Risk – Understanding People & Processes Health and Safety Culture
1500 – 1515	Break
1515 – 1620	IG1 Element 3: Managing Risk – Understanding People & Processes (cont'd) Improving Health and Safety Culture
1620 – 1630	Recap
1630	End of Day One

Day 2: Monday, 01st of December 2025

0730 – 0930	IG1 Element 3: Managing Risk – Understanding People & Processes (cont'd) Improving Health and Safety Culture (cont'd)
0930 – 0945	Break
0945 – 1230	IG1 Element 3: Managing Risk – Understanding People & Processes (cont'd) How Human Factors Influence Behaviour Positively or Negatively
1230 – 1330	Lunch Break
1330 – 1500	IG1 Element 3: Managing Risk – Understanding People & Processes (cont'd) Assessing Risk
1500 – 1515	Break
1515 – 1620	IG1 Element 3: Managing Risk – Understanding People & Processes (cont'd) Management of Change
1620 – 1630	Recap
1630	End of Day Two

Day 3: Tuesday, 02nd of December 2025

0730 – 0930	IG1 Element 3: Managing Risk – Understanding People & Processes (cont'd) Safe Systems of Work for General Work Activities
0930 – 0945	Break
0945 – 1235	IG1 Element 3: Managing Risk – Understanding People & Processes (cont'd) Permit-to-work Systems • Emergency Procedures
1235 – 1335	Lunch Break



1335 – 1500	IG1 Element 4: Health & Safety Monitoring & Measuring Active and Reactive Monitoring
1500 – 1515	Break
1515 – 1620	IG1 Element 4: Health & Safety Monitoring & Measuring (cont'd) Investigating Incidents
1620 – 1630	Recap
1630	End of Day Three

Day 4: Wednesday, 03rd of December 2025

0730 – 0930	IG1 Element 4: Health & Safety Monitoring & Measuring (cont'd) Health and Safety Auditing
0930 – 0945	Break
0945 – 1215	IG1 Element 4: Health & Safety Monitoring & Measuring (cont'd) Review of Health and Safety Performance
1215 – 1230	IG2 Element 5: Physical & Psychological Health Noise
1230 – 1330	Lunch Break
1330 – 1500	IG2 Element 5: Physical & Psychological Health (cont'd) Vibration • Radiation
1500 – 1515	Break
1515 – 1620	IG2 Element 5: Physical & Psychological Health (cont'd) Mental Ill-health
1620 – 1630	Recap
1630	End of Day Four

Day 5: Thursday, 04th of December 2025

0730 – 0930	IG2 Element 5: Physical & Psychological Health (cont'd) Violence at Work
0930 – 0945	Break
0945 – 1155	IG2 Element 5: Physical & Psychological Health (cont'd) Substance Abuse at Work
1155 – 1230	IG2 Element 6: Musculoskeletal Health Work-related Upper Limb Disorders
1230 – 1330	Lunch Break
1330 – 1500	IG2 Element 6: Musculoskeletal Health (cont'd) Work-related Upper Limb Disorders (cont'd)
1500 – 1515	Break
1515 – 1620	IG2 Element 6: Musculoskeletal Health (cont'd) Manual Handling
1620 – 1630	Recap
1630	End of Day Five

Day 6: Sunday, 07th of December 2025

0730 – 0930	IG2 Element 6: Musculoskeletal Health (cont'd) Manual Handling (cont'd)
0930 – 0945	Break
0945 – 1035	IG2 Element 6: Musculoskeletal Health (cont'd) Load-handling Equipment
1035 – 1230	IG2 Element 7: Chemical & Biological Agents Hazardous Substances
1230 – 1330	Lunch Break



1330 – 1500	IG2 Element 7: Chemical & Biological Agents (cont'd) Assessment of Health Risks
1500 – 1515	Break
1515 – 1620	IG2 Element 7: Chemical & Biological Agents (cont'd) Occupational Exposure Limits
1620 – 1630	Recap
1630	End of Day Six

Day 7: Monday, 08th of December 2025

0730 – 0900	IG2 Element 7: Chemical & Biological Agents (cont'd) Control Measures • Specific Agents
0900 – 0930	IG2 Element 8: General Workplace Issues Health, Welfare and Work Environment
0930 – 0945	Break
0945 – 1230	IG2 Element 8: General Workplace Issues (cont'd) Working at Height
1230 – 1330	Lunch Break
1330 – 1500	IG2 Element 8: General Workplace Issues (cont'd) Safe Working in Confined Spaces
1500 – 1515	Break
1515 – 1620	IG2 Element 8: General Workplace Issues (cont'd) Lone Working
1620 – 1630	Recap
1630	End of Day Seven

Day 8: Tuesday, 09th of December 2025

0730 – 0930	IG2 Element 8: General Workplace Issues (cont'd) Slips and Trips • Safe Movement of People and Vehicles in the Workplace
0930 – 0945	Break
0945 – 1155	IG2 Element 8: General Workplace Issues (cont'd) Work-related Driving
1155 – 1230	IG2 Element 9: Work Equipment General Requirements
1230 – 1330	Lunch Break
1330 – 1500	IG2 Element 9: Work Equipment (cont'd) Hand-held Tools
1500 – 1515	Break
1515 – 1620	IG2 Element 9: Work Equipment (cont'd) Machinery Hazards
1620 – 1630	Recap
1630	End of Day Eight

Day 9: Wednesday, 10th of December 2025

0730 – 0920	IG2 Element 9: Work Equipment (cont'd) Control Measures for Machinery
0920 – 0935	Break
0935 – 1235	IG2 Element 10: Fire Fire Principles • Preventing Fire and Fire Spread
1235 – 1315	Lunch Break
1315 – 1500	IG2 Element 10: Fire (cont'd) Fire Alarms and Fire-fighting • Fire Evacuation



1500 – 1515	Break
1515 – 1620	IG2 Element 11: Electricity Hazards and Risks
1620 – 1630	Recap
1630	End of Day Nine

Day 10: Thursday, 11th of December 2025

0730 – 0915	IG2 Element 11: Electricity (cont'd) Control Measures
0915 – 0930	Break
0930 – 1145	IG2 Element 11: Electricity (cont'd) Control Measures (cont'd)
1145 – 1245	Lunch Break
1245 – 1400	IG2 MOCK PROJECT
1400 – 1415	Break
1415 – 1545	IG2 MOCK PROJECT (cont'd)
1545 – 1600	Course Conclusion
1600 – 1615	POST-TEST
1615 – 1630	Presentation of Course Certificates
1630	End of Course

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) IG1**

Unit IG1 (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 the open book IG1 examination (OBE), NEBOSH will send you a Confirmation of Registration email that includes your learner number, and important information relating to your OBE. 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 OBE, 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. We have confirmed the following dates for OBEs in 2021:-

Unit	Examination Date	Results Notification Date
IG1 (English only)	Wednesday 07 January 2026	Wednesday 18 March 2026

(2) IG2

Unit IG2 (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

Mari Nakintu, Tel: +971 2 30 91 714, Email: mari1@haward.org