

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

### Course Title

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

### Course Date/Venue

July 13-24, 2026/Glasshouse Meeting Room, Grand Millennium Al Wahda Hotel, Abu Dhabi, UAE

### Course Reference

HE0931-10D

### Course Duration/Credits

Ten days/6.3 CEUs/63 PDHs

### Exam Schedule

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/Outcomes & Benefits for the Participants**

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

### **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.

### **Training Fee**

**US\$ 7,500** per Delegate + **VAT**. This rate includes buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

### **Exam Fee**

**US\$ 380** per Delegate + **VAT**.

### **Accommodation**

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

### **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.

### **Learning Design & Customization**

This course can be customized to the exact requirements of clients. Haward Technology is so proud of our huge capabilities in tailoring our courses to the training needs of our valued clients.

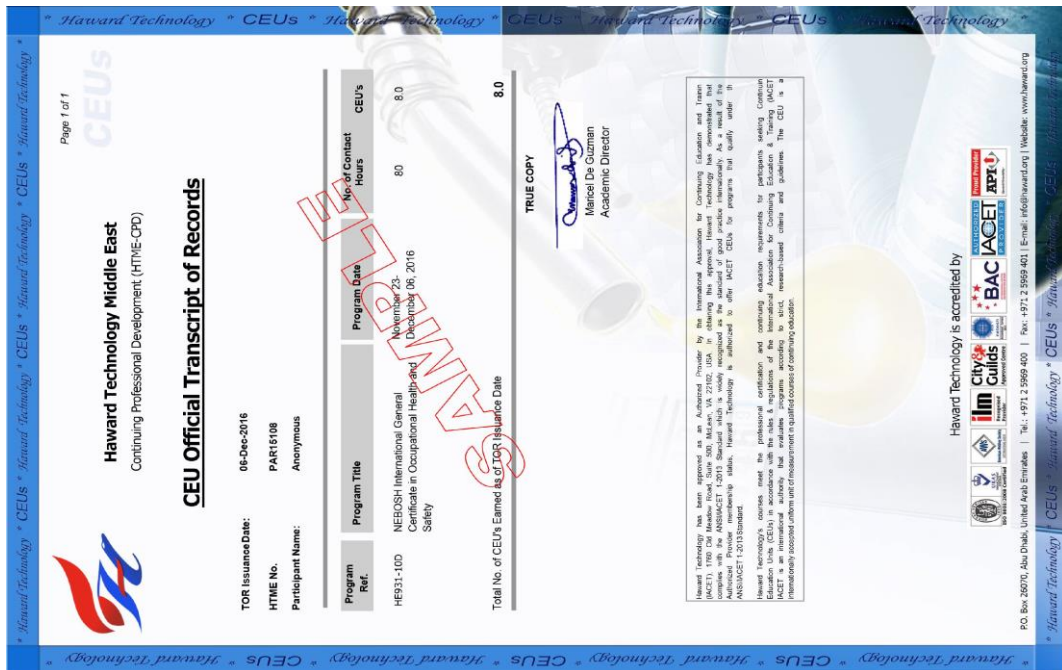


**Course Certificate(s)**

- (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. Saad Bedir**, BSc, NEBOSH-IGC, NEBOSH-ENV, is a **Senior Fire, Health, Safety & Environment (HSE) Consultant** with over **30 years** of extensive experience in the **Power, Petrochemical and Oil & Gas** industries. He is a **NEBOSH Approved Instructor** for various certification programs. He is well-versed in the areas of **NEBOSH International General Certificate, NEBOSH Certificate in Environmental Management, Health, Fire, Safety, Security & Environmental Codes of Practice, Legislations and Procedures, Active and Positive Fire Fighting, Fire & Gas Detection Systems, Fire Fighting Systems, Fire Proofing, ESD, Escape Routes, Mobile Crane Operation, Heavy Lifting Equipments, Scaffolding, Rigging Slings, the implementation of OHSAS 18001, ISO 9001, ISO 14001, QHSE Management Planning, Crisis & Business Continuity Management Planning, Emergency Response & Procedures, Industrial Security Risk Assessment & Management, Environmental Impact Assessment (EIA), Behavioural Safety, Occupation Safety, Incident & Accident Investigation, Integrated EHS Aspects, Risk Assessment & Hazard Identification, Environmental Audits, Chemical Handling, Hazardous & Non-Hazardous Waste Management, Confined Space Safety, SHEMS Principles, Process Safety, Basic & Advanced Construction Safety, Mobile Crane Operations, Rig & Barge Inspection, Lifting & Slings, Scaffolding, Air Quality Management, Safety & Occupational Health Awareness, Loss Control, Marine Pollution Hazards & Control, Ground Contamination & Reclamation Processes, Waste Management & Recycling, Clean Energy & Power Saving, FMEA, HAZMAT/HAZCOM, HAZOP, HAZWOPER, HAZID, HSEIA, QRA, Hazardous Area Classification and Radiation Protection**. Presently, he is the **HSE Director** for one of the largest and renowned companies in the Middle East, wherein he takes charge of all HSE and security operations of the company.

Mr. Saad's vast professional experience in directing and managing health, safety and the environment aspects as per **OSHA framework** and guidelines can be traced back to his stint with a few international companies like **Saudi ARAMCO, CONOCO, Kuwait Oil Co. (KOC)**, where he worked as the Field HSE Senior Engineer handling major projects and activities related to the discipline. Through these, Saad gained much experience and knowledge in the implementation and maintenance of international safety standards such as the National Fire Protection Association (**NFPA**), the American Petroleum Institute (**API**), Safety of Life at Sea (**SOLAS**) and Safety for Mobile Offshore Drilling Unit (**MODU**).

Mr. Saad has **NEBOSH** certificate which includes health & safety measures including:

- Fire fighting management system
- Rescue mechanisms (Escaping routes, Rope rescue, and emergency evacuation Plan)
- Machinery Safety requirement
- Occupational health measures & requirement

Mr. Saad has a **Bachelor** degree in **Chemistry**. Further, he is a **Certified Instructor/Trainer**, an **Approved Tutor** in **NEBOSH International General Certificate**, an **Approved Tutor** in **NEBOSH Certificate in Environmental Management**, a **Certified Lead Auditor** for **OHSAS 18001, ISO 9001, ISO 14001** and a **member** of the **Egyptian Syndicate & Scientific Professions**. His passion for development and acquiring new skills and knowledge has taken him all over the Middle East to attend and share his expertise in numerous trainings and workshops.

### **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: Monday, 13<sup>th</sup> of July 2026**

0730 – 0800	Registration & Coffee
0800 – 0815	Welcome & Introduction
0815 – 0830	<b>PRE-TEST</b>
0830 – 0930	<b>GIC1 Element 1: Why We Should Manage Workplace Health &amp; Safety</b> Morals and Money
0930 – 0945	Break
0945 – 1115	<b>GIC1 Element 1: Why We Should Manage Workplace Health &amp; Safety (cont'd)</b> Regulating Health and Safety • Who Does What in Organisations
1115 – 1230	<b>GIC1 Element 2: How Health &amp; Safety Management Systems Work &amp; What They Look Like</b> Key Components of Health and Safety Management Systems
1230 – 1330	Lunch
1330 – 1515	<b>GIC1 Element 2: How Health &amp; Safety Management Systems Work &amp; What They Look Like (cont'd)</b> Key Components of a Health and Safety Policy
1515 – 1530	Break
1515 – 1620	<b>GIC1 Element 3: Managing Risk – Understanding People &amp; Processes</b> Health and Safety Culture
1620 – 1630	<b>Recap</b>
1630	End of Day One

#### **Day 2: Tuesday, 14<sup>th</sup> of July 2026**

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

#### **Day 3: Wednesday, 15<sup>th</sup> of July 2026**

0730 – 0930	<b>GIC1 Element 3: Managing Risk – Understanding People &amp; Processes (cont'd)</b> Safe Systems of Work for General Work Activities
0930 – 0945	Break
0945 – 1115	<b>GIC1 Element 3: Managing Risk – Understanding People &amp; Processes (cont'd)</b> Permit-to-work Systems • Emergency Procedures
1115 – 1230	<b>GIC1 Element 4: Health &amp; Safety Monitoring &amp; Measuring</b> Investigating and Reporting
1230 – 1330	Lunch



1330 - 1500	<b>GIC1 Element 4: Health &amp; Safety Monitoring &amp; Measuring (cont'd)</b> Active and Reactive Monitoring
1500 - 1515	Break
1515 - 1620	<b>GIC1 Element 4: Health &amp; Safety Monitoring &amp; Measuring (cont'd)</b> Health and Safety Auditing
1620 - 1630	<b>Recap</b>
1630	End of Day Three

**Day 4: Thursday, 16<sup>th</sup> of July 2026**

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

**Day 5: Friday, 17<sup>th</sup> of July 2026**

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

**Day 6: Monday, 20<sup>th</sup> of July 2026**

0730 - 0930	<b>GIC2 Element 7: Chemical &amp; Biological Agents (cont'd)</b> Control Measures • Specific Agents
0930 - 0945	Break
0945 - 1035	<b>GIC2 Element 8: General Workplace Issues</b> Health, Welfare and Work Environment
1035 - 1230	<b>GIC2 Element 8: General Workplace Issues (cont'd)</b> Working at Height
1230 - 1330	Lunch





1330 – 1500	<b>GIC2 Element 8: General Workplace Issues (cont'd)</b> <i>Safe Working in Confined Spaces</i>
1500 – 1515	<i>Break</i>
1515 – 1620	<b>GIC2 Element 8: General Workplace Issues (cont'd)</b> <i>Lone Working</i>
1620 – 1630	<b>Recap</b>
1630	<i>End of Day Six</i>

**Day 7: Tuesday, 21<sup>st</sup> of July 2026**

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

**Day 8: Wednesday, 22<sup>nd</sup> of July 2026**

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

**Day 9: Thursday, 23<sup>rd</sup> of July 2026**

0730 – 0920	<b>GIC2 Element 11: Electricity</b> <i>Hazards and Risks</i>
0920 – 0935	<i>Break</i>
0935 – 1235	<b>GIC2 Element 11: Electricity (cont'd)</b> <i>Hazards and Risks (cont'd)</i>
1235 – 1315	<i>Lunch</i>
1315 – 1500	<b>GIC2 Element 11: Electricity (cont'd)</b> <i>Control Measures</i>
1500 – 1515	<i>Break</i>





1515 – 1620	<b>GIC2 Element 11: Electricity (cont'd)</b> Control Measures (cont'd)
1620 – 1630	<b>Recap</b>
1630	End of Day Nine

**Day 10: Friday, 24<sup>th</sup> of July 2026**

0730 – 0915	<b>GIC2 MOCK PRACTICAL</b>
0915 – 0930	Break
0930 – 1145	<b>GIC2 MOCK PRACTICAL (cont'd)</b>
1145 – 1245	Lunch
1245 – 1400	<b>GIC2 MOCK PRACTICAL (cont'd)</b>
1400 – 1415	Break
1415 – 1545	<b>GIC2 MOCK PRACTICAL (cont'd)</b>
1545 – 1600	<b>Course Conclusion</b>
1600 – 1615	<b>POST-TEST</b>
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) 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 (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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