



Principles of Occupational Safety and Health (POSH)

Environmental Health & Safety

POSH is an intensive five-day course (or a series of four one-day sessions), covering 19 topics that provide you a firm grounding in the fundamentals of workplace safety and health. This information-packed course delivers a solid curriculum of important safety concepts, with an emphasis on best practices for implementing and managing a safety program. It is a great introduction for anyone new to safety responsibilities, and an excellent review for experienced safety practitioners. Discussion and practical exercises show you what is needed to develop a safety action plan for your organization.

Topics covered in POSH include

The result

1. Principles of Occupational Safety and Health Management
2. Hazard Recognition, Evaluation and Control
3. Safety Communication
4. Employee Involvement
5. Incident Reporting and Investigating
6. Job Safety Analysis
7. Safety Training
8. Safety Teams
9. Safety Inspections
10. Introduction to OSHA
11. The Fundamentals of Industrial Hygiene
12. The Hazard Communication Standard
13. Ergonomics
14. Personal Protective Equipment
15. Injury and Illness Recordkeeping for OSHA
16. Emergency Action Planning
17. Safety Orientation
18. Creating a Safety and Health Plan for Managing Action – Applications Test
19. Safety Management Systems

You will have solid knowledge of safety practices and terminology as well as the confidence you need to implement a comprehensive safety action plan in your organization.

Who should take this course

Safety and health managers, coordinators, specialists and other full-time safety practitioners; safety committee members; operations managers; loss control managers; human resource managers; and anyone with safety and health responsibilities within an organization.



What you will learn

- A balanced perspective of the full scope of occupational safety and health issues
- How to examine real-life case histories to help you avoid mistakes and maximize the effectiveness of your safety initiatives
- How to develop knowledge and skills that increase your competence and self-confidence on the job
- How to determine when personal protective equipment (PPE) should be used and ways to increase employee acceptance of PPE
- Uses and benefits of recordkeeping to prevent injuries and illnesses and meet OSHA requirements
- How to develop an emergency action plan
- How to effectively plan and conduct safety inspections
- The who, what, where and how of incident inspections
- The impact of industrial hygiene and HazCom standards on your safety plan

You can receive the *Accident Prevention Manual, Administration & Programs*; *Accident Prevention Manual, Engineering & Technology*; *Injury Facts*® CD; and a resource CD with more than 75 valuable reference documents including: Self-Inspection Checklist, Job Safety Analysis form, Causal Factors Checklist and a variety of OSHA tools and fact sheets.

Take a positive step

Upon successful completion of POSH you earn the Certificate in Principles of Safety, recognizing your commitment to workplace safety improvement. The certificate also qualifies you to pursue the Advanced Safety Certificate (ASC).

4 days, 2.6 CEUs*/2.6 COCs**

For more information contact NSC at **+1-630-775-2056** or visit **nsc.org/international** for more details



National Safety Council
1121 SPRING LAKE DRIVE
ITASCA, IL 60143-3201 U.S.A.
+1-630-775-2056
NSC.ORG/INTERNATIONAL

*Continuing Education Unit

A Continuing Education Unit (CEU) is a measure of participation in a recognized continuing education program with qualified instruction and sponsorship. CEU records are widely used to provide evidence of completion of continuing education requirements mandated by certification bodies, professional societies or government licensing boards.

**Continuance of Certification

If you are a Certified Safety Professional (CSP), you must achieve 25 Continuance of Certification (COC) points in each five-year period or COC cycle to keep your CSP certification valid. The COC program ensures that CSPs remain current in professional safety practice.