

The EOSH course includes a suite of 29 modules covering a selection of themes and topics that promote a general culture of health and safety at work, as well as specific risks and issues.

Format and interactivity

The 29 modules are offered in an engaging and interactive online format, where users can have a dynamic learning experience, with online activities, videos, and additional resources. Eye-catching infographics present the content and material with a cutting edge approach, while memory aids & animations make the learning process fresh and playful. The course features a modular approach, whereby users can select among the 29 modules and create the course to best suit their needs. The EOSH course is designed to be used from computers, tablets and mobile phones and is always accessible, even with low bandwidth connections.

- **Introduction to Safety and Health at Work**

The EOSH Package will take you through the following concepts:

- The CONTEXT
- Main HAZARDS
- Most common CAUSES of accidents in the workplace
- The importance of an ORGANIZATIONAL SAFETY CULTURE
- The BUSINESS CASE for OSH
- Effective implementation of OSH POLICIES and PRACTICES

- **Hazard Identification & Risk Assessment**

To Know:

- The distinction between RISK and HAZARD
- The most common SOURCES OF RISK and how to PREVENT them
- The hierarchy of CONTROL MEASURES to be taken to prevent an accident
- The obligations of the EMPLOYER in relation to Health&Safety at work
- What is a RISK ASSESSMENT and when it is necessary to review it
- The importance of COMMUNICATING PREVENTING MEASURES to workers
- The different COMMUNICATION INSTRUMENTS

- **Accidents Prevention and Reporting**

- DISTINGUISHING between accident and near-miss
- Knowing the CAUSES of accidents
- Being aware of the importance of MINOR ACCIDENTS
- Knowing how important is HUMAN BEHAVIOR in preventing accidents at work
- Knowing what FACTORS should be taken into account to prevent accidents
- Knowing how has to be an adequate PREVENTION POLICY
- Knowing how to ACT, RECORD and INVESTIGATE in case an accident occurs

- **Motivating Workers: Leadership and Supervision**

- Putting stress on the importance of a GOOD MOTIVATION of workers in Safety&Health at work
- Knowing the different STRATEGIES that employers and managers can follow to stimulate SAFE BEHAVIORS at work

- Making awareness on the importance of the MANAGER'S ROLE in promoting safe working
 - Giving some tips to managers to IMPROVE his/her ROLE in promoting safe working
 - Knowing some different INSTRUMENTS to be used to PROMOTE Safety&Health at work
 - Knowing how to prepare properly a TOOL-BOX MEETING
 - Knowing CERTIFICATION types and procedures
- **Management of Prevention**
 - Raising awareness on the importance of occupational safety and health for enterprises.
 - Putting stress on the compatibility of occupational safety and health and other company objectives.
 - Knowing the founding principles of a good occupational safety and health prevention policy.
 - Raising awareness on the importance of the role of management in implementing safety and health in a company.
 - Knowing the specific tasks on safety and health at work for management.
 - Knowing the principles and elements of a good dynamic risk management system.
- **Internal Emergency Plan**
 - Knowing WHAT is an internal emergency plan, its GOALS, and the REQUIREMENTS that it must meet
 - Knowing the different ELEMENTS that an internal emergency plan should have and the CONTENTS of each element
 - Knowing the different PHASES that should take place in case of an emergency
 - Raising awareness on the importance of performing TRAINING SESSIONS and DRILLS
 - Giving some TIPS to perform adequate DRILLS
- **Hazardous Substances**
 - Knowing WHAT a dangerous substance is and IN WHICH FORMS a dangerous substance can be found
 - Knowing the DIFFERENT CLASSES of dangerous substances
 - Describing the different WAYS OF ABSORPTION of dangerous substances in human body
 - Raising awareness on the possible EFFECTS OF THE EXPOSURE to a dangerous substance
 - Knowing the possible PROCEDURES to follow in order to AVOID OR LIMIT THE EXPOSURE to a dangerous substance
 - Knowing the PERMISSIBLE LIMIT VALUES of dangerous substances
 - Learning HOW TO RECOGNIZE a dangerous substance
- **Fire and Explosion**
 - Knowing the THREE FIRE COMPONENTS
 - Being aware of the INFLUENCING FACTORS of a fire
 - Knowing the different CLASSES OF FIRES and the appropriate FIRE EXTINGUISHER for each class of fire
 - Knowing HOW TO USE a fire extinguisher
 - Knowing WHAT TO DO in case of fire
- **Electricity**
 - Knowing WHAT is electricity and GENERAL CONCEPTS related to electricity
 - Knowing the DIRECT AND INDIRECT EFFECTS that electricity can have
 - Knowing the concept and causes of STATIC ELECTRICITY
 - Knowing how to PREVENT the existence of static electricity at work

- Knowing the PREVENTIVE MEASURES to be taken in order to avoid or reduce the risk of electrical accidents at work
- **Tools, Machines and Appliances**
 - Distinguishing between different types of machinery.
 - Being aware on the risks on the different types of machinery.
 - Knowing how to use safely the work equipment, machinery and tools.
- **Hoist, Lift and Bear**
 - Raising awareness on the RISKS related to the use of LIFTING EQUIPMENT at work
 - Knowing the PREVENTIVE MEASURES to be taken in working with lifting equipment
 - Knowing the CONCEPT and RISKS of TACKLES and PREVENTIVE MEASURES to be taken
 - Knowing the different TYPES of HOISTING TOOLS
 - Knowing the RISKS and PREVENTIVE MEASURES to be taken in working with HOISTING TOOLS
 - Knowing the RISKS of PALLET TRUCKS and the PREVENTIVE MEASURES to be taken
 - Knowing the RISKS of FORKLIFT TRUCKS and the PREVENTIVE MEASURES to be taken
- **Trip, Slip and Fall**
 - Raising awareness on the common CAUSES of trip, slip and fall and their CONSEQUENCES.
 - Knowing how to ELIMINATE the RISKS.
 - Knowing the COLLECTIVE MEASURES to be taken (barriers, signals).
 - Paying special attention to the most common CAUSES of trip, slip and fall and the PREVENTIVE MEASURES required to avoid these accidents.
- **Work at Height**
 - Raising awareness on the RISKS OF FALLS in works at height and HOW TO PREVENT them
 - Knowing the different TYPES of works at height and their RISKS
 - Knowing the CONCEPT and RISKS OF LADDERS and PREVENTIVE MEASURES to be taken
 - Knowing the different TYPES OF SCAFFOLDS
 - Knowing the RISKS and PREVENTIVE MEASURES to be taken in the different types of SCAFFOLDS
- **Special Works**
 - Knowing the WELDING SYSTEM and the TYPES of welding
 - Knowing the RISKS and the PREVENTIVE MEASURES to be taken in electrical welding
 - Knowing the RISKS and the PREVENTIVE MEASURES to be taken in autogenous welding
 - Knowing the CONCEPT, TYPES and CAUSES of explosion-prone environments
 - Knowing the PREVENTIVE MEASURES to be taken in order to AVOID OR REDUCE THE RISK of accident in an explosion-prone environment
 - Knowing RISKS AND PREVENTIVE MEASURES to be taken in order to AVOID OR REDUCE THE RISK of accident in an excavation work
 - Knowing RISKS AND PREVENTIVE MEASURES to be taken in order to AVOID OR REDUCE THE RISK of accident in a demolition work
- **Confined Spaces**
 - Knowing WHAT is a confined space
 - Making awareness on the RISKS of working in a confined space

- Knowing WHY there is a risk of fire, explosion, suffocation, poisoning, electrocution, tripping and falling in a confined space
 - Knowing the PREVENTIVE MEASURES to be taken before entering a confined space
 - Knowing the PREVENTIVE MEASURES to be taken when working in a confined space
 - Knowing the ADDITIONAL PREVENTIVE MEASURES to be taken in case of mobbing parts in the confined space, oxygen, other gas bottle or flammable substances existing in the confined space and in case of welding works in the confined space

- **Radiation**
 - Knowing what is RADIATION and its TYPES
 - Knowing in which places or activities IONISING and NON-IONISING radiation can be found
 - Knowing the RISKS of the use of radiation
 - Knowing the CONDITIONS of the use of ionising and non-ionising radiation

- **Asbestos**
 - Knowing WHAT asbestos is and its TYPES
 - Knowing in which PLACES OR ACTIVITIES asbestos can be found
 - Knowing the RISKS of the use of asbestos
 - Knowing that the use of asbestos is PROHIBITED and the CONDITIONS OF USE in works involving removing or collecting asbestos
 - Knowing what to do in case of SUSPICIOUS MATERIAL

- **Noise and Vibrations**
 - Knowing WHAT is noise, its COMPONENTS and HOW to MEASURE the noise
 - Knowing the harmful EFFECTS of noise in humans and AT WHICH LEVEL of noise those effects can occur
 - Knowing the general accepted LIMITS OF EXPOSURE related to noise
 - Knowing how to REDUCE the noise at work, how to SHIELD the source and to DUMP the noise
 - Knowing the TYPES of vibrations
 - Knowing the harmful EFFECTS of vibrations in humans
 - Knowing the PREVENTIVE MEASURES to be taken in order to avoid or reduce the professional exposure to vibrations

- **Ergonomics**
 - DISTINGUISHING ergonomics from other subjects of Health&Safety at work
 - Knowing the different ENVIRONMENTAL FACTORS present at work
 - Raising awareness on the importance of ADEQUATE LIGHTING at work and the PREVENTIVE MEASURES to be taken to get it
 - Knowing the possible CONSEQUENCES of professional exposure to noise and vibrations
 - Knowing PREVENTIVE MEASURES to be taken to get adequate climatic conditions at work
 - Knowing the CAUSES, EFFECTS and PREVENTIVE MEASURES to be taken in case of dynamic strain
 - Knowing the EFFECTS and PREVENTIVE MEASURES to be taken in case of heavy work
 - Knowing the EFFECTS and PREVENTIVE MEASURES to be taken in case of lifting loads
 - Knowing the EFFECTS and PREVENTIVE MEASURES to be taken in case of sitting and standing jobs
 - Making awareness on the IMPORTANCE and possible EFFECTS of mental strain
 - Knowing the PREVENTIVE MEASURES to be taken in case of mental strain

- **Personal Protective Equipment**

- Knowing WHAT is a PPE and WHEN is necessary TO USE a PPE
 - Knowing the OBLIGATIONS of employers, employee´s and manufacturers´ obligations related to PPEs.
 - Knowing the MAIN existing PPEs
 - Distinguishing between the main existing EYE AND FACE PROTECTORS, the ACTIVITIES in which eye and face protection is required and which TYPE suits better for every activity.
 - Knowing how to USE AND MAINTAIN eye and face protectors and when it is necessary to REPLACE them.
 - Distinguishing between the main existing HEARING PROTECTORS and at which LEVEL OF SOUND hearing protection is required.
 - Knowing how to USE AND MAINTAIN hearing protectors and when it is necessary to REPLACE them.
 - Distinguishing between the main existing RESPIRATORY PROTECTORS, the ACTIVITIES in which respiratory protection is required and which TYPE suits better for each one.
 - Knowing how to USE AND MAINTAIN respiratory protectors and when it is necessary to REPLACE the filters.
 - Knowing examples of HEAD PROTECTORS, how to USE AND MAINTAIN the and when it is necessary to REPLACE them.
 - Knowing examples of HAND PROTECTORS, how to USE AND MAINTAIN the and when it is necessary to REPLACE them.
 - Knowing examples of FEET PROTECTORS, how to USE AND MAINTAIN the and when it is necessary to REPLACE them.
 - Distinguishing between the main existing FALL PROTECTORS, the ACTIVITIES in which fall protection is required and which TYPE suits better for each one.
 - Knowing how to USE AND MAINTAIN fall protectors.
- **Safety and Health Signalization**
 - Knowing WHAT are Safety&Health Signs, their features and HOW to use them
 - Distinguishing between SAFETY&HEALTH SIGNS and other systems of signalization
 - Knowing HOW are prohibition signs, mandatory signs, warning signs, safety provisions signs, safety equipment signs and fire fighting equipment signs
 - Knowing WHAT is a gas cylinder and its DANGERS
 - Knowing HOW to IDENTIFY the gas contained in a cylinder by its color code and its label
- **Harassment and Violence at Work**
 - Introducing the learners to the concept of HARASSMENT and VIOLENCE at work
 - Knowing the CAUSES and IMPACT of violence at work
 - Knowing when workplace behavior is unacceptable. Distinguishing between ACCEPTABLE and UNACCEPTABLE behavior at work
 - Knowing the OUTCOMES of harassment at work
 - Knowing the appropriate STEPS TO TAKE if harassment does occur
 - Knowing how to AVOID harassment at work
 - Knowing how a HARASSMENT COMPLAINT should be resolved appropriately
- **Drugs & Alcohol Awareness**
 - Knowing the NEGATIVE EFFECTS of taking alcohol, drugs, over-the-counter medicines and herbal preparations for human beings.
 - Knowing the RISKS of the use of these substances at work.
 - Knowing how it should be a correct workplace POLICY against drugs & alcohol consumption at work.

- **Work Permits**
 - Knowing what is a SAFETY RULE
 - Distinguishing between GENERAL and SPECIFIC RULES and the characteristics and requirements of each one
 - Knowing what is a WORK PERMIT and the persons involved in the procedure to grant a work permit
 - Identifying WHEN it is required to have a work permit

- **Emergency Responses**
 - Introducing the learners to the more common INJURIES and INCIDENTS at work
 - Being AWARE of the more common injuries and incidents that can occur at work
 - Knowing the STEPS to be taken in case of these injuries and incidents occur
 - Knowing the FIRST AID CARES to be provided in case of these injuries and incidents

- **Musculoskeletal Disorders**
 - Knowing about Workplace Musculoskeletal Disorders (WMSDs), CAUSATIVE and PREVENTIVE MEASURES
 - Understanding the RISK FACTORS for WMSDs
 - Knowing about SIGNS and STAGES of WMSDs and importance of early DETECTION/INTERVENTION
 - Knowing simple practical TIPS for PREVENTION of WMSDs

- **Health & Safety Committees**
 - Making awareness on the BENEFITS of CONSULTATION and communication between employer and worker
 - Knowing an HSC setting up PROCESS, REQUIREMENTS to the member appointment and election
 - Distinguishing HSC and health and safety representatives (HSRs)
 - Knowing the main REQUIREMENTS to structure, size and composition of the committee
 - Knowing governance PROCEDURES on the committee
 - Understanding main FUNCTIONS of the committee, RIGHTS and DUTIES of members
 - Knowing REQUIREMENTS to the committee meetings and communication
 - Knowing REQUIREMENTS to the health and safety education and training and its importance
 - Studying EXAMPLES OF GOOD PRACTICE in health and safety committee's activities and their practical results

- **Safe and Healthy Workplaces for Young Workers**
 - Define YOUNG WORKERS
 - Describe the RISK FACTORS that increase young workers VULNERABILITY to workplace injuries
 - Explain the processes of HAZARD IDENTIFICATION, RISK ASSESSMENT and RISK CONTROL considering young workers issues
 - Familiarize with WORKPLACE ARRANGEMENTS contributing to better OSH conditions for young workers
 - Analyze SPECIFIC REQUIREMENTS for young workers UNDER 18 YEARS of age

- **Managing health crises and COVID-19**
 - Understand what HEALTH CRISES are and their IMPACT on the workplace
 - Know the basics of carrying out a RISK ASSESSMENT and establishing or reviewing and updating the OSH MANAGEMENT SYSTEM to deal with health crises, the case of COVID-19

How to ensure HEALTH AND SAFETY in the face of a health crisis emergency, the example of the COVID-19
Learn about the general and specific PREVENTIVE AND PROTECTIVE MEASURES to safely return to work