

Start your NEBOSH journey



The **NEBOSH International General Certificate** is a leading, globally recognised health and safety qualification, studied in 167 countries. Whether you're looking to start a career in health and safety, or you're a manager, supervisor, or worker representative aiming to elevate your skills, or an organisation looking to upskill your team and foster a culture of safety excellence.

The practical, action-oriented training approach delivers improved outcomes for both individuals and organisations in managing workplace hazards and risks.

What this means for you

- Access world-class NEBOSH training
- Earn a globally recognised qualification
- Boost your safety knowledge, career prospects, and professional credibility

This is the essential qualification for those seeking international recognition, enhanced capability, and greater confidence in health and safety management.

Includes Complimentary 12-month access to the HSE Global Academy

With practical online modules, expert-led webinars, and high-impact masterclasses across Safety Leadership, Risk Management, Safety & Compliance, and Mental Health & Wellbeing. Build skills in the flow of work and apply proven strategies that uplift capability and drive real-world impact.

**HSE GLOBAL
ACADEMY**

www.hseglobal.com

training@hseglobal.com

Course overview

Health and Safety Management

- Why we should manage workplace health and safety
- How health and safety management systems work and what they look like
- Managing risks – understanding people and processes
- Health and safety monitoring and measuring

Risk Assessment

- Physical and psychological health
- Musculoskeletal health
- Chemical and biological agents
- General workplace issues
- Workplace equipment
- Fire
- Electricity

Duration and Dates

The course is held over 10 days (two block weeks) in class with online study support from our experienced tutors through our HSE Global Academy.

Block 1: 23-27th March 2026

Block 2: 4-8th May 2026

Location

Pastoral House, Level 9, 25 The Terrace | Wellington

Learner Commitments

- Attend all in person training dates (10 days in total)
- Complete the revision exercises set by our tutors
- 40 hours of self-directed study to prepare for the NEBOSH Examination
- 8 hours of assessment

Learner Pre-requisites

We recommend that learners have the equivalent of an International English Language Testing System (IELTS) score of 6.0 or higher in IELTS tests and a working knowledge of health and safety equivalent to an NZQA/Cert III qualification.

Course Costings

NZ \$5,455.00

Course structure

Block 1: 23-27th March 2026

Unit IGC1 Management of Health and Safety

Element 1: Why We Should Manage Workplace Health and Safety

- Morals and Money
- Regulating Health and Safety
- Who Does What in Organisations

Element 2: How Health and Safety Management Systems Work and What They Look Like

- Occupational Health and Safety Management Systems
- Making the Management System Work – The Health and Safety Policy

Element 3: Managing Risk – Understanding People and Processes

- Health and Safety Culture
- Improving Health and Safety Culture
- Human Factors Which Influence Safety-Related Behaviour
- Risk Assessment
- The Management of Change
- Safe Systems of Work
- Permit-to-Work Systems
- Emergency Procedures and First Aid

Element 4: Health and Safety Monitoring and Measuring

- Active and Reactive Monitoring
- Investigating, Recording, and Reporting Incidents
- Auditing
- Reviewing Health and Safety Performance

Block 2: 4-8th May 2026

Unit IGC2 Risk Assessment and common workplace hazards

Element 5: Physical and Psychological Health

- Noise
- Vibration
- Radiation
- Mental Ill Health
- Work-Related Violence
- Substance Abuse at Work

Element 6: Musculoskeletal Health

- Work-Related Upper Limb Disorders
- Manual Handling
- Load-Handling Equipment

Element 7: Chemical and Biological Agents

- Forms of, Classification of, and Health Risks from Hazardous Substances
- Assessment of Health Risks
- Occupational Exposure Limits
- Control Measures
- Specific Agents

Element 8: General Workplace Issues

- Health, Welfare and Work Environment Requirements
- Working at Height
- Working in Confined Spaces
- Lone Working
- Slips and Trips
- Safe Movement of People and Vehicles in the Workplace
- Work-Related Driving

Element 9: Work Equipment

- General Requirements for Work Equipment
- Hand Tools and Portable Power Tools
- Machinery Hazards
- Control Measures for Machinery Hazards

Element 10: Fire

- Fire Initiation, Classification, and Spread
- Preventing Fire and Fire Spread
- Fire Alarm Systems and Fire-Fighting
- Fire Evacuation

Element 11: Electricity

- Hazards and Risks of Electricity
- Control Measures

Proficiency

Foundational

Developing

Skilled

Pre-work

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8-9

Week 10

Self-paced study

Pre-reading the IGC textbook (2-4 weeks)

5 days

w/c 30th March 2026
Academy-based activities (4 weeks)

5 days

2-3 hours

Working on workplace project (2 weeks)

Training and Assessment

w/c 23-27th March 2026
Unit IGC1 Management of Health and Safety and Unit (In class)

w/c 4-8th May 2026
IGC2 Risk Assessment and common workplace hazards (In class)

w/c 25th May 2026
Online Open-Book Exam (12 hours access, takes 2-3 hours for most)

Workplace project submission

Coaching sessions

w/c 20th April 2026
Online or Face-to-Face Catch up session (1-hour)

Apply learning on the job

Study

In Class

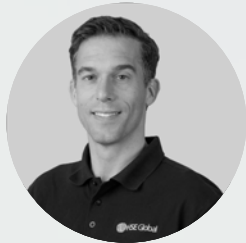
Drop-in session/coaching

Exam

Workplace

Submission Date

Meet the **facilitator**



Dan Davis

Head of Research, Development and Training (NZ)

Dan is a trusted, go-to person for health and safety advice for a wide range of clients across the public, private and not for profit sectors. He combines in-the-workplace consulting, workshop facilitation and training to deliver valuable insight to Executive Teams, Governance and Frontline Leaders.

Dan occasionally presents at regional and national events and conferences, and has had research work published in the NZ Journal of Health and Safety Practice.

Dan is passionate about the professionalism of health and safety and to that end is involved in voluntary work for various bodies. He serves as a mentor for the New Zealand Institute of Safety Management (NZISM) and is Deputy Manager of the Hawke's Bay branch.

Dan gained chartered membership of the Institute of Occupational Safety and Health in 2009, holds a degree in international communication, diplomas in health and safety and environmental management, and is working towards a master's degree in health and safety at Victoria University of Wellington. He is an accredited SafePlus Assessor and has experience in leading investigations into fatal incidents as well as assisting clients with regulatory enforcement action.

Dan co-developed New Zealand's first NEBOSH International Diploma program, which produced the highest performing student globally in 2017. In 2019 Dan was recognised as a global '40 under 40' influencer and innovator by the International Institute of Risk and Safety Management.

Contact information

dan.davis@hseglobal.com

+61 2 9016 1500

Please feel free to contact one of our friendly team members, who can support you throughout the pathway or assist with any questions regarding Learning Admin access.