



Workplace Health Training

To ensure your employees are capable of performing their duties safely and without risk to their health, you must provide them with training and instructions. Training helps employees understand what to do and not do in their work environment. All aspects of a job, from the most mundane to the most risky, should be taught to employees. Training employees can help reduce workplace accidents and incidents. This can result in lower costs, lower insurance premiums, and fewer lawsuits. It will also make your workforce happier, healthier, and safer.

This training session can be adapted and tailored to suit different aspects of Workplace Health. Whether it is healthy eating practices, safety issues, mental health areas, or processes and practices within your workplace we can create the right focus for you.

Course Overview

The first part of the day will be spent getting to know the participants and discussing the workshop. Students will have the opportunity to identify their learning goals.

At the end of this workshop, participants can:

- Recognize, assess, and manage physical, chemical and biological hazards. The course focuses on tools like Accident Investigation, Risk Assessment, and Job Safety Analysis.
- Define the OHS management role in meeting the needs external and internal stakeholders of the work environment.
- Employ safe and effective management strategies for workplace health, safety, and wellness.
- Discuss current workplace safety, health and environment issues facing Human Resources professionals, including bullying, violence and emergency response planning.

Introduction to Workplace Health and Safety Concepts

In this session, participants will learn the definition of workplace health and the models of workplace health and safety management.

Chemical & Biological Agents

In this session, participants will learn the definitions of chemical and biological agents, the nature of biological and chemical hazards and their effects.

Physical Agents

In this session, participants will know what physical agent is and how human reacts to physical hazards; noise, vibration, thermal stress, and radiation.

Ergonomics

During this session, participants will learn the goals of ergonomics, and ergonomic control measures.

Psychosocial Hazards and Workplace Violence

In this session, participants will learn the stress definition, explore transactional model of stress and its implications, and the sources and consequences of stress.

Managing Psychosocial Hazards - Workplace Wellness

This session will focus on the concept of healthy workplace such as work-life balance, flexible workplace, job sharing, telecommunicating, violence prevention and healthy lifestyles.

The Legislative Framework for Health, Safety Management

This session will teach the participants about the laws and regulations, and duties of the employee and employer.

Workers' Compensation Management and Disability Management (if requested)

This session will focus on workers compensation goals such as issues concerning compensation, assessment methods for WCBs, and managing disability including early and safe return to work.

Workshop Wrap-Up

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725