



**Instructor-led**  
classroom and onsite courses

# Principles of Occupational Safety and Health (POSH)

## Translate the fundamentals into action plans

POSH is an intensive four-day course, covering 19 topics that will give you a firm understanding of the fundamentals of workplace safety and health. This 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.

### 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

### Course description

This information-packed 4-day course has trained thousands of professionals from an array of industries. POSH delivers a solid curriculum of important safety concepts and terminology, with an emphasis on best practices for implementing and managing a safety program. The most important components of occupational safety and health are presented. We also show you how to put them into practice to help prevent injuries and related costs.

### Course materials

- POSH Participant Guide
- *Accident Prevention Manual: Administration & Programs, 13th Edition*, on CD
- *Accident Prevention Manual: Engineering & Technology, 13th Edition*, on CD
- *Injury Facts*® CD
- Reference Materials CD

### Who would benefit

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 else with safety and health responsibilities within an organization.

### \* 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.



4 days

2.6 CEUs\*

Upon successful completion of POSH, you will earn the Certificate in Principles of Safety.

The certificate also qualifies you to pursue the NSC Advanced Safety Certificate (ASC).

**National Safety Council**  
1121 SPRING LAKE DRIVE  
ITASCA, IL 60143-3201  
(800) 621-7619  
[nsc.org](http://nsc.org)