

Case Study: Accredited Health and Safety Training and Competence Development

A significant part of my professional practice involves the delivery of accredited health and safety training and the development of workplace competence. Over the course of my career, I have delivered training to learners from a wide range of industries, including construction, manufacturing, engineering, logistics, education and public services. My aim is not simply to help learners achieve a qualification, but to ensure they develop the knowledge, skills and confidence required to apply health and safety principles effectively within their own workplace.

I regularly deliver accredited programmes including the NEBOSH National General Certificate, NEBOSH Construction Certificate, IOSH Managing Safely and other health and safety qualifications through established training providers. My background as both a health and safety practitioner and trainer allows me to bridge the gap between theory and practice, helping learners understand how legal requirements and management principles translate into real-world workplace situations.

One of the key lessons I have learned throughout my training career is that people learn most effectively when they understand the relevance of a subject to their own role and responsibilities. For this reason, I place significant emphasis on practical examples, discussion, workplace scenarios and shared experiences. Rather than relying solely on presentation materials, I encourage learners to explore how health and safety principles can be applied within their own organisations and to consider the challenges they face in managing risk.

My previous experience supporting learners through professional and accredited qualifications has reinforced the importance of developing competence rather than simply preparing individuals for assessment. While examination success is important, my focus is on helping learners understand the underlying principles so that they can make informed decisions, identify hazards, assess risks and contribute positively to workplace safety performance long after the course has ended.

Feedback from learners consistently highlights my ability to explain complex legal and technical concepts in a clear and accessible manner. Subjects such as legislation, risk assessment, management systems and incident investigation can often appear daunting to those with limited health and safety experience. By using practical examples and drawing upon real workplace situations, I aim to make these topics understandable, relevant and engaging. Independent learner feedback through Coursecheck has consistently reflected high levels of satisfaction and positive learning experiences.

Training is delivered through both classroom-based and virtual learning environments, enabling me to support learners throughout the UK and internationally. Through platforms such as Microsoft Teams and Zoom, I have adapted my delivery style to ensure that online learning remains interactive and engaging. This includes the use of breakout discussions, scenario-based exercises, collaborative activities and regular knowledge checks to maintain participation and support learning outcomes.

Beyond formal course delivery, I regularly provide mentoring and individual learner support. This may involve assisting candidates with examination preparation, helping managers understand specific workplace challenges, or providing guidance on the practical application of health and safety principles. I believe that effective learning continues beyond the classroom and that ongoing support can play a valuable role in helping individuals develop confidence and competence.

Reflecting on my training practice, I believe one of my greatest strengths is the ability to combine technical knowledge with practical workplace experience. This allows me to present health and safety as a business enabler rather than simply a compliance requirement. By helping learners understand not only what they need to do, but why it matters, I seek to create lasting behavioural

change that contributes to safer workplaces and stronger safety cultures.

Ultimately, my objective as a trainer is to equip people with the competence to recognise risks, make informed decisions and positively influence health and safety performance within their organisations. Success is measured not solely by examination results, but by the confidence and capability learners demonstrate when applying their knowledge in the workplace.