



ONLINE

OCCUPATIONAL SAFETY AND HEALTH

DISTANCE LEARNING COURSE ON OCCUPATIONAL SAFETY AND HEALTH

8 SEPTEMBER 2025 – 16 JANUARY 2026

 24 WEEKS

Information Note



International
Labour
Organization



International Training Centre

INTRODUCTION

The rapid pace of technological change, combined with the persistence of unsafe or environmentally threatening working conditions, has served to focus attention on the need to create a safe, healthy working environment and to promote a new safety culture at the workplace. As other business issues, Occupational Safety and Health (OSH) can be managed in the enterprise. Organizations increasingly seek OSH professionals who can catalyse these processes, and it is not always easy to find professionals with the right skills.

Becoming a safety and health professional requires multidisciplinary training. The OSH profession calls for a broad-based educational background combined with specialized knowledge in physical sciences (medicine, physics, chemistry and engineering) and social sciences (behaviour, motivation and communication) together with the principles and concepts of management. Many professionals require updating their competences in line with this situation. The International Training Centre (ITC) of the International Labour Organization (ILO) is offering a distance learning course on OSH delivered through an Internet-based platform to satisfy this need. The proposed programme will incorporate the international ILO experience on OSH and the ITCILO's international training experience applied to the methodology.

This programme is addressed to participants of both developing and developed countries, who will thus have an opportunity to share their different experiences.

OBJECTIVES

GENERAL OBJECTIVE

Develop the knowledge and the understanding for managing the occupational safety and health.

SPECIFIC OBJECTIVES

At the end of the programme, participants are expected to be able to:

- organize the efforts of an enterprise to improve its OSH;
- formulate, implement and evaluate a safety and health management plan for an enterprise, incorporating essential OSH concepts and fundamental techniques of OSH management;
- manage the resources to conduct the required prevention activities to manage OSH;
- advise employers and workers on OSH technical requirements and on the decisions to be made for an adequate management of the OSH.

PARTICIPANTS' PROFILE AND REQUIREMENTS

The course is aimed at trainers and advisers in OSH belonging to governmental, employers' and workers' organizations involved in the promotion of OSH within enterprises. The programme may also be of interest to other people from professional or industrial bodies, training institutions involved in OSH issues and, above all, managers, supervisors and technical staff in charge of OSH within enterprises.

The following requirements are essential to participate in this course:

- the ability to use and access a computer with Internet;
- a working knowledge of written English.

CONTENTS AND METHODOLOGY

The course includes the following 8 modules:

- **Module A1:** Introduction to the occupational safety and health
- **Module A2:** Occupational Safety
- **Module A3:** Occupational Hygiene
- **Module A4:** Occupational Medicine
- **Module A5:** Occupational Psychosociology and Ergonomics
- **Module A6:** Organization of OSH at the enterprise level
- **Module A7:** Participatory approaches for the improvement of the working conditions
- **Module A8:** Organization of OSH at the national level (Safestart).

Participants will have access to an on-line platform through which they will have access the training modules and a documentation centre allowing to expand the participants' knowledge about the specific topics.

Participants have to study the modules and pass a test examination and prepare assignments for each module, as well as participate in a technical forum in which they will interact with other participants. Participants will receive continuous support from tutors with expertise and professional experience in the subject matter and in facilitating distance learning.

LANGUAGE, DATES AND DURATION

The programme will be held in English and will last 24 weeks from 8 September 2025 to 16 January 2026.

The course has an estimated duration of 550 hours of study. It includes 240 hours for self-studying the modules and 310 hours for passing the exams and the submission of the assignments required to complete each module.

DIPLOMA

An ITCILO certificate of achievement of the course will be awarded to those participants who fulfil following conditions:

- pass the prescribed examinations demonstrating the required level of knowledge and understanding;
- submit the assignments within the set deadlines satisfying the quality requirements.

Participants who will not fulfil the mentioned requirements will receive a letter acknowledging the modules that have successfully passed.

FEES AND APPLICATIONS

The training cost in the distance learning course is **3,465 Euros**, payable in advance by the participant or his/her sponsoring organization.

People interested in participating to this distance learning course should complete and submit the application form available on the website at <https://oarf2.itcilo.org/MIF/A9717953/en> no later than **15 August 2025**.

Applications should be accompanied by a nomination letter from the sponsoring institution indicating how the participant will be financed.

After the deadline for applications, our Centre will confirm the course and the candidates and will provide the bank references for the payment.

The course will not take place with less than 10 participants.

WITHDRAWAL, CANCELLATION POLICY, AND REFUNDS FOR OPEN COURSES

If an enrolled participant wishes or must withdraw from a course, they may choose to apply to a different course or be substituted by another candidate. The participant must notify the Centre, in writing, of their decision at least 14 days prior to the start date of the course. Cancellation of participation in regular courses will result in the following penalties:

- 14 days or more prior to the start date of the course: No penalty, 100% refund of amount paid less applicable bank charges
- 8 to 13 days prior to the start date of the course: Penalty of 50% of course price, refund of residual amount paid (if any) less applicable bank charges
- 7 days or less prior to the start date of the course: Penalty of 100% of course price.

INFO

FOR FURTHER INFORMATION PLEASE CONTACT

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