

# Course : Occupational Health and Safety Officer

*Practical course - 2d - 14h00 - Ref. RST*

*Price : 1590 € E.T.*

★★★★☆ 4,6 / 5

The French Labor Code does not specify any diploma or experience requirement for the appointment of one or more occupational health and safety (OHS) referents. The training of this employee is all the more important, as he or she must acquire the skills needed to implement a genuine prevention policy.

## Teaching objectives

**At the end of the training, the participant will be able to:**

- ✓ The role of the occupational health and safety officer
- ✓ Develop skills for analyzing occupational hazards
- ✓ Become a player in prevention and the improvement of working conditions
- ✓ Mastering occupational health analysis tools

## Intended audience

Référent santé et sécurité au travail, salarié désigné compétent, responsable QHSE ou préventeur et animateur sécurité.

## Prerequisites

No special knowledge required.

## Practical details

### Hands-on work

Analysis of practical cases, role plays and scenarios. Group reflection and educational games.

## Course schedule

### PARTICIPANTS

Référent santé et sécurité au travail, salarié désigné compétent, responsable QHSE ou préventeur et animateur sécurité.

### PREREQUISITES

No special knowledge required.

### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

## 1 The challenges of prevention in the workplace

- Understand the economic and social stakes.
- Identify the different players involved in prevention and their level of responsibility (civil, criminal).
- Identify the role of CSE members and the referent in raising employee awareness.
- Understand the main stages in a company's health and safety policy.

### Hands-on work

Group analysis of policies in place in participants' companies, putting them into perspective in relation to national statistics, and discussion of areas for improvement.

## 2 The role of the health, safety and working conditions advisor

- Measure the effects of working conditions to guide action: psychological, physical and financial impacts.
- Reducing workplace accidents, occupational illnesses and commuting accidents: the cause tree.
- Evaluate prevention policy using concrete indicators: frequency rate and severity rate.

### Hands-on work

Showing of a video on a workplace accident: analysis of the accident and creation of a cause tree.

## 3 Occupational risk prevention and the prevention plan

- Establish an appropriate prevention policy, distinguishing between danger, risk and damage.
- Analyze actual work situations and take into account deviations from prescribed work.
- Apply the 9 principles of prevention: good prevention practices and their different levels.
- Use mandatory documents: registers, DUERP, inspection reports, PDP, etc.

### Hands-on work

Practical case study of a company, completion of the DUERP by each team and presentation to the group.

## 4 Preventing specific risks

- Identify the various psychosocial risks and forms of workplace violence.
- Act on musculoskeletal disorders using basic ergonomic concepts.
- Dealing with teleworking issues: implementation and follow-up.

### Hands-on work

Using photos and videos, create a prevention plan based on factual situations.

### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@orsys.fr](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

## 5 Become the key player in your company's health and safety policy

- Position yourself in your role at all levels of the company: executive management, management, employees.
- Become the preferred contact for employee representatives.
- Negotiate its means of action with the various players in the company.

### Hands-on work

Collaborative work to draw up an action plan to integrate the OHS referent at all levels of the company and thus master the prevention policy.

### Times

Courses take place from 09:00 to 12:30 and from 14:00 to 17:30.

Participants may arrive beginning at 08:45. Breaks and lunches are complimentary.

For four- and five-day hands-on courses, sessions end at 16:00 on the last day of the course, regardless of the teaching mode..

### Dates and locations

#### REMOTE CLASS

2026 : 18 May, 1 Oct.

#### PARIS LA DÉFENSE

2026 : 18 May, 1 Oct.