



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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Overview of OHS in the Workplace (All Employees)

Overview

This seminar provides employees with a practical introduction to Occupational Health & Safety (OHS) in the workplace. Participants will gain an understanding of their roles, responsibilities, and rights, while learning how to identify hazards, prevent accidents, and contribute to a safe and healthy working environment.

Key Objectives

By the end of this seminar, participants will be able to:

- Understand the purpose of workplace health & safety and why it matters.
- Identify common workplace hazards and apply safe work practices.
- Recognize their responsibilities under health & safety principles.
- Promote a culture of safety through awareness and prevention.

Value Added

This seminar is ideal as a workplace induction or refresher — it gives every employee the knowledge and confidence to contribute to a safe working environment.

Who should attend?

This seminar is ideal for:

- All employees (new hires & existing staff)
- Supervisors and team leaders
- Health & Safety representatives
- HR, wellness & training coordinators
- Anyone needing general workplace safety awareness

This seminar consists of the following 15 topics

Topic 1	What is Occupational Health & Safety (OHS)?
Topic 2	Purpose of OHS in the workplace
Topic 3	Employer and employee responsibilities
Topic 4	The role of Health & Safety representatives and committees
Topic 5	Identifying workplace hazards
Topic 6	Unsafe acts vs. unsafe conditions
Topic 7	Common workplace accidents and causes
Topic 8	Importance of housekeeping for safety
Topic 9	Workplace ergonomics: posture & safe lifting basics
Topic 10	Personal Protective Equipment (PPE): purpose and correct use
Topic 11	Fire safety basics and evacuation awareness
Topic 12	First aid awareness and emergency preparedness
Topic 13	Reporting hazards, incidents, and near-misses
Topic 14	Creating a safety culture: teamwork and accountability
Topic 15	Benefits of OHS: reduced risk, improved wellbeing, legal compliance

Additional Information

Duration	3-Hour Seminar	
Includes	• Seminar notes • Refreshments (not applicable to on-site / online training)	• Free telephonic after-training support • Electronic Attendance Certificate

PST Training (Pty) Ltd has been assessed and accredited as having satisfactorily met the MICT ETQA Specified Training Provider criteria. It provides an accepted benchmark of knowledge and skills, ensuring specified levels of competency and ability in terms of industry standards. Accreditation Number - ACC/2007/02/603.