



Occupational Risk Prevention

60 HOURS PROFESSIONAL COURSE

A comprehensive training program designed to equip participants with the knowledge and practical skills necessary to identify, assess, and prevent occupational risks in the workplace — building safer, healthier organizations from the ground up.

Course Overview & Objectives

This course provides participants with the foundational knowledge and hands-on skills required to create safer working environments. By the end of the program, learners will be empowered to take an active role in occupational health and safety within their organizations.

Primary Objective

Provide participants with the knowledge and practical skills necessary to identify, assess, and prevent occupational risks in the workplace. Learners will understand fundamental principles of occupational health and safety, recognize common workplace hazards, and apply preventive measures.

Secondary Objective

Develop a sense of responsibility regarding workplace safety by helping participants understand their rights, duties, and legal obligations. By the end of the program, learners will contribute effectively to accident prevention, respond in emergencies, and promote safe working practices.

Identify Hazards

Recognize and classify workplace risks across all categories

Assess Risks

Apply systematic methodologies to evaluate risk levels

Prevent Accidents

Implement effective preventive measures and controls

Build Safety Culture

Foster proactive participation and continuous improvement

Course Structure at a Glance

The program is organized into six comprehensive modules, each addressing a critical dimension of occupational risk prevention. Together they form a complete 60-hour learning journey.



Each module builds upon the previous, creating a progressive learning experience that moves from theory to practical application — ensuring participants are fully prepared to contribute to workplace safety from day one.

Module 1: Fundamentals of Occupational Risk Prevention

FOUNDATION

The first module establishes the essential theoretical groundwork for understanding occupational health and safety. Participants explore the relationship between work and health, and learn to recognize the core concepts that underpin all preventive action.

1	Work and Health Understanding the relationship between working conditions and worker well-being, and how the workplace environment directly impacts physical and mental health.
2	Occupational Risks and Hazards Defining and distinguishing between hazards and risks, and learning how to categorize different types of occupational threats present in the workplace.
3	Accidents and Occupational Diseases Analyzing the causes, consequences, and classification of workplace accidents and occupational diseases, including their legal and health implications.
4	Risk Factors and Working Conditions Identifying the key risk factors associated with different working conditions, including physical, organizational, and environmental elements.
5	Preventive Disciplines Overview of the main technical disciplines involved in occupational risk prevention: safety, industrial hygiene, ergonomics, and occupational medicine.
6	Principles of Preventive Action Applying the hierarchy of preventive principles — from hazard elimination to personal protection — as the foundation for all safety interventions.

Module 2: Legal Framework and Prevention Responsibilities

COMPLIANCE & LAW

Understanding the legal landscape is essential for every worker and employer. This module covers the regulatory framework governing occupational risk prevention in Spain, including rights, duties, and documentation requirements.

Key Legislation

→ Law 31/1995 — ORP Law

The cornerstone of occupational risk prevention legislation in Spain, establishing the general framework for safety obligations and rights.

→ Prevention Regulations & Standards

Complementary regulations, royal decrees, and technical standards that develop and specify the requirements of the main law.

→ Prevention Documentation

Required records, plans, and reports that organizations must maintain to demonstrate compliance with legal obligations.

Rights & Duties

Employers are responsible for:

- Ensuring a safe and healthy workplace
- Conducting risk assessments
- Providing training and information
- Implementing preventive measures
- Assuming all prevention costs

Workers have the right to:

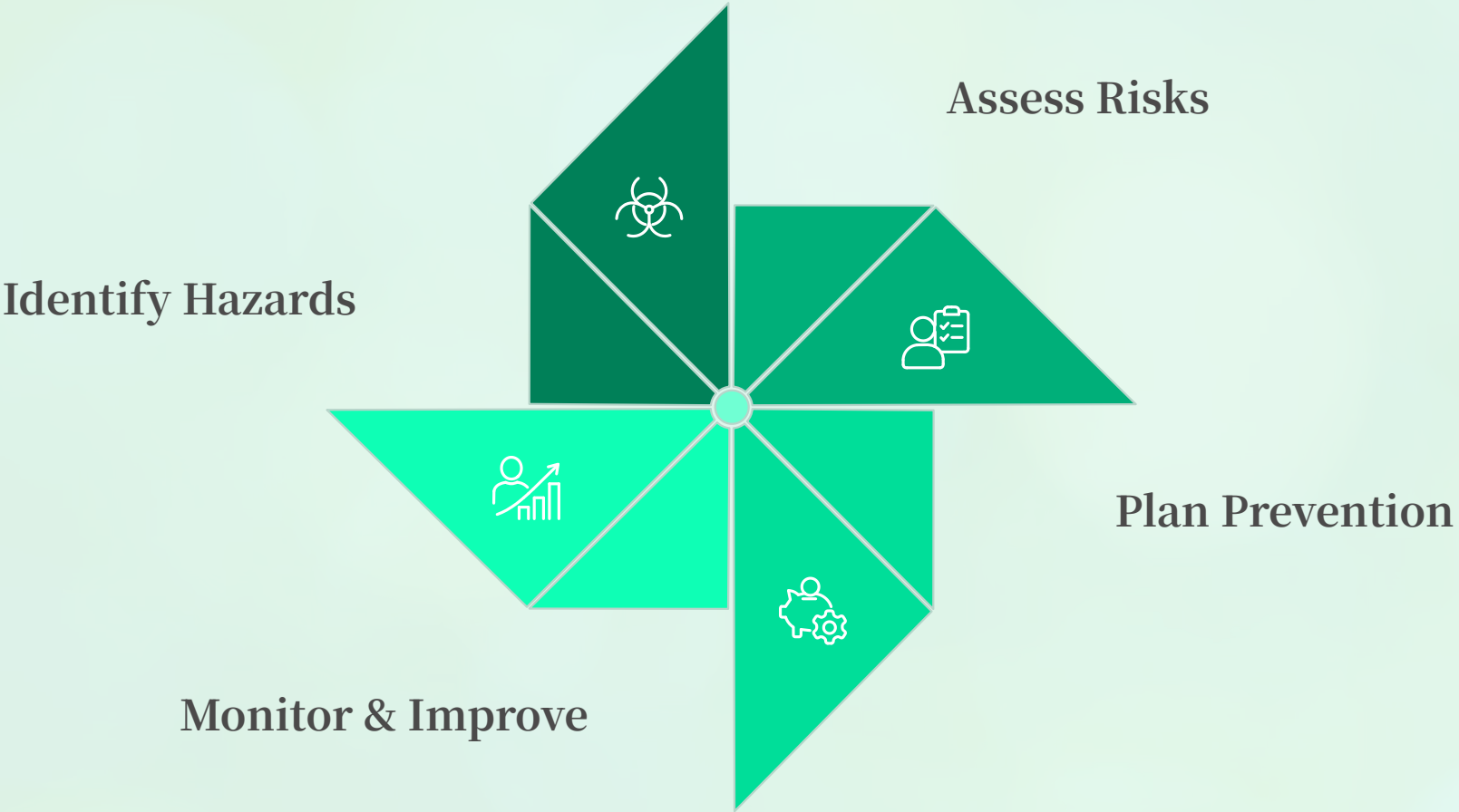
- Receive safety information and training
- Participate in prevention activities
- Stop work in serious danger situations
- Be consulted on safety matters

i Responsibilities and liabilities under occupational risk prevention law can extend to criminal, administrative, and civil consequences for both employers and workers who fail to comply with their obligations.

Module 3: Risk Assessment and Preventive Management

ASSESSMENT & PLANNING

Risk assessment is the cornerstone of any effective prevention system. This module provides participants with a structured methodology to identify hazards, evaluate risks, and plan appropriate preventive actions — creating a cycle of continuous improvement.



This systematic approach ensures that no hazard goes unaddressed. By following a rigorous assessment methodology, organizations can prioritize their preventive efforts, allocate resources effectively, and track the impact of safety measures over time.

Hazard Identification

Systematic techniques for detecting and cataloguing all potential sources of harm in the workplace, including walkthroughs, checklists, and worker consultation.

Risk Assessment Methodology

Applying qualitative and quantitative methods to evaluate the likelihood and severity of harm, using standardized matrices and scoring systems.

Preventive Planning

Developing action plans that prioritize corrective and preventive measures, assign responsibilities, set timelines, and allocate necessary resources.

Monitoring and Continuous Improvement

Establishing indicators, conducting periodic reviews, and updating the prevention system to reflect changes in the workplace and lessons learned.

Module 4: Occupational Risks and Preventive Measures

HAZARD TYPES & CONTROLS

This is the most extensive module of the course, covering the full spectrum of workplace hazards and the specific preventive measures applicable to each. Participants will gain practical knowledge to address risks across all sectors and work environments.

Physical, Chemical, Biological & Ergonomic Risks



Physical Risks

Noise, vibration, thermal environments, radiation, and lighting. Participants learn measurement methods, exposure limits, and engineering controls to reduce physical hazard exposure.



Chemical Risks

Hazardous substances, dust, fumes, and vapors. Covers classification, labeling (GHS/CLP), safety data sheets, and exposure prevention through substitution and ventilation.



Biological Risks

Bacteria, viruses, fungi, and other biological agents in the workplace. Includes containment measures, hygiene protocols, and vaccination requirements for at-risk workers.



Ergonomic Risks

Repetitive movements, awkward postures, and workstation design. Participants learn ergonomic assessment tools and workplace adaptation strategies to prevent musculoskeletal disorders.



Psychosocial Risks

Work-related stress, burnout, harassment, and organizational factors. Covers identification methods, intervention strategies, and the legal framework for psychosocial risk management.

Electrical, Fire, Machinery & Protective Measures



Electrical Risks

Direct and indirect contact, electrical burns, and arc flash. Prevention through insulation, grounding, lockout/tagout procedures, and safe work practices near live equipment.



Fire and Explosion Risks

Fire triangle, flammable materials, and explosive atmospheres. Covers fire prevention strategies, detection systems, and the proper use of firefighting equipment.



Manual Handling of Loads

Biomechanical principles, safe lifting techniques, and ergonomic aids. Participants practice correct postures and learn when mechanical assistance is required.



Machinery and Equipment Safety

Machine guarding, CE marking, safe operating procedures, and workplace layout. Includes specific risks from tools, vehicles, and elevated work platforms.

Protective Measures

Collective Protection — the first line of defense:

- Safety barriers and guardrails
- Ventilation and extraction systems
- Machine guards and interlocks
- Fall arrest systems

Personal Protective Equipment (PPE) — last resort:

- Head, eye, and face protection
- Respiratory protection
- Hand and foot protection
- High-visibility and protective clothing

Safety Signage

- Prohibition, warning, and mandatory signs
- Emergency and fire equipment signs
- ISO and EN standards for signage

Module 5: Emergency Management and First Aid

CRITICAL SKILLS

When emergencies occur, the speed and quality of the response can mean the difference between life and death. This module prepares participants to act decisively and correctly in any workplace emergency situation, from fire outbreaks to medical incidents.

Emergency Plans

Developing and implementing self-protection plans, including risk mapping, resource inventories, and organizational structures for emergency response.

Emergency Teams

Composition and responsibilities of first intervention teams, second intervention teams, first aid teams, and evacuation teams.

First Aid & CPR

Applying the P.A.S. protocol (Protect, Alert, Assist), basic life support, cardiopulmonary resuscitation, and initial response to common workplace injuries.

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Alarm & Evacuation

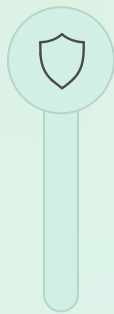
Alarm systems, evacuation routes, assembly points, and the roles of floor wardens and emergency coordinators during an evacuation.

Fire Prevention

Fire behavior, detection systems, and the correct selection and use of portable fire extinguishers, fire hoses, and suppression systems.

First Aid Protocols: P.A.S. and CPR

First aid knowledge is a critical competency for all workers. This section of Module 5 focuses on the practical skills needed to provide immediate assistance before professional medical help arrives.



P — Protect

Ensure the scene is safe for both the rescuer and the victim. Eliminate or control any ongoing hazard before approaching. Never become a second victim.



A — Alert

Call emergency services immediately (112 in Spain). Provide clear information: location, nature of the incident, number of victims, and condition of the injured person.



S — Assist

Provide basic first aid within your competence level. Keep the victim calm, comfortable, and monitored until professional help arrives. Do not move unless there is immediate danger.

CPR — Basic Life Support

- Check for responsiveness and breathing
- Call for help and an AED
- 30 chest compressions at 5–6 cm depth
- 2 rescue breaths (if trained)
- Continue 30:2 ratio until help arrives
- Use AED as soon as available

Basic Response to Workplace Accidents

- Hemorrhage control and wound care
- Burns: cooling and covering
- Fractures: immobilization
- Fainting and shock management
- Eye injuries and chemical exposure



Never move an injured person unless they are in immediate danger. Incorrect movement can worsen injuries, particularly in cases of suspected spinal trauma.

Module 6: Participation, Safety Culture & Practical Application

CULTURE & PRACTICE

The final module brings everything together by focusing on the human and organizational dimensions of occupational risk prevention. A strong safety culture — built on participation, communication, and shared responsibility — is the most powerful tool for preventing accidents.

Prevention Delegates

Elected worker representatives with specific rights and functions in occupational risk prevention, including the right to be consulted and to accompany inspections.

Health & Safety Committee

Joint employer-worker body for consultation and participation in prevention matters, required in companies with 50 or more workers.

Worker Participation

Mechanisms for worker consultation, information sharing, and active involvement in the design and implementation of preventive measures.

Prevention Services

Internal and external prevention services, their functions, composition requirements, and how they integrate with the overall prevention management system.

Accident Investigation and Business Activity Coordination

Understanding why accidents happen — and ensuring that multiple employers working in the same space coordinate their safety efforts — are essential competencies for any safety professional.

Accident Investigation

A systematic process to determine the root causes of workplace accidents and near-misses, with the goal of preventing recurrence:

- Immediate and root cause analysis
- The "5 Whys" and fault tree techniques
- Witness interviews and scene documentation
- Corrective action planning and follow-up
- Reporting obligations and statistical analysis

Coordination of Business Activities

When multiple companies share a workplace, coordination is legally required under Spanish law. Key elements include:

- Identifying the main contractor's obligations
- Exchanging risk information between companies
- Coordinating emergency procedures
- Monitoring subcontractor compliance
- Designating coordination resources

☐ Coordination of business activities is governed by Royal Decree 171/2004, which develops Article 24 of Law 31/1995.

Safe Behaviors, Best Practices & Continuous Improvement

Technical measures alone are not enough — lasting safety requires a culture where every worker embraces safe behaviors as a personal value. This final section of the course focuses on practical application and the mindset of continuous improvement.



Safe Behaviors and Best Practices

Translating safety knowledge into daily habits: proper use of PPE, following procedures, reporting near-misses, and looking out for colleagues. Behavioral safety programs and observation techniques.



Practical Case Studies

Real-world scenarios drawn from different industries allow participants to apply their learning in a safe environment. Groups analyze incidents, identify failures, and propose comprehensive preventive solutions.



Continuous Improvement and Prevention Culture

Applying the PDCA (Plan-Do-Check-Act) cycle to occupational health and safety management. Building a culture where safety is not a compliance exercise but a shared organizational value and competitive advantage.

Your Path to a Safer Workplace

Upon completing this 60-hour program, participants will be fully equipped to make a meaningful difference in workplace safety — from the shop floor to the boardroom.

60

Training Hours

Comprehensive curriculum covering theory and practice

6

Core Modules

From fundamentals to practical application

30+

Topics Covered

Spanning all major occupational risk categories

100%

Practical Focus

Real-world case studies and hands-on exercises

"Safety is not a priority that can be traded off against other priorities. It is a precondition for everything else we do at work."

- ✓ Participants who successfully complete this course will receive a certificate of completion in Occupational Risk Prevention, demonstrating their commitment to workplace health and safety excellence.