GREEN WORLD GROUP
Pioneers in HSE Consultancy and Training

CANDIDATE COURSE INFORMATION

NEBOSH National General Certificate

in Occupational Health and Safety

Accelerated Blended Delivery

Two weeks of live tutor guidance combined with structured, monitored online learning.

DURATION	SCHEDULE	COURSE HOURS	SELF-STUDY
2 weeks	8 live evening sessions	66 taught + 6 prep	40 recommended hours

Full syllabus delivery: all 66 prescribed teaching hours are protected, with 6 additional hours of structured assessment preparation.

1. Course Overview

The NEBOSH National General Certificate in Occupational Health and Safety develops practical knowledge for managing workplace health and safety. This course combines management principles, risk assessment skills and control of common workplace hazards, with structured preparation for both qualification assessments.

Study mode	Blended delivery: live tutor sessions plus structured guided eLearning
Class pattern	Live sessions Monday to Thursday, recommended 19:00-21:30, supported by 5.5-6 hours of guided online learning on each course day.
Completion period	8 live sessions across 2 weeks, with 20 live hours, 46 guided eLearning hours and 6 additional preparation hours.
Best suited to	Highly motivated, self-disciplined learners with reliable LMS access and protected study time during the two-week period.

2. Who Should Consider This Course?

- Health and safety officers, coordinators and advisers who want a structured professional foundation.
- Managers, supervisors and team leaders with responsibility for people, processes or workplace risk.
- Engineers, facilities, operations, maintenance, construction and logistics professionals.
- Career changers seeking practical health and safety knowledge that can be applied across industries.

3. What Will You Be Able to Do?

- Explain the moral, legal and financial reasons for managing workplace health and safety.
- Understand health and safety management systems, policy, leadership, culture and worker involvement.
- Identify hazards, assess risks and select controls using a structured risk-management approach.
- Investigate incidents and use active and reactive monitoring to improve performance.
- Recognise and control health, ergonomic, chemical, workplace, machinery, fire and electrical risks.
- Plan and complete a practical workplace risk assessment in a clear, prioritised and justified format.

4. Learning-Hour Structure

Learning component	Hours	How it is used
Prescribed syllabus teaching	66	Tutor-led / guided tuition
Recommended self-study	40	Reading, quizzes and workplace tasks
Assessment time	9	GNC1: 5 h; GNC2: 4 h
NEBOSH notional total	**115**	Official qualification commitment
Additional preparation included	6	Mocks, practical planning and readiness

5. What You Will Study

Foundation and responsibilities	Why health and safety should be managed; legal responsibilities; enforcement; civil liability; employer and worker duties; contractor management; management systems and policy.
Risk management and performance	Safety culture, human factors, risk profiling, risk assessment, management of change, safe systems of work, permits, emergency arrangements, incident investigation, monitoring, auditing and review.
Occupational health and ergonomics	Noise, vibration, radiation, mental ill-health, violence, substance abuse, upper-limb disorders, manual handling and load-handling equipment.
Hazard control in the workplace	Chemical and biological agents, exposure limits, welfare, work at height, confined spaces, lone working, slips and trips, workplace transport, driving, work equipment, machinery, fire and electricity.

6. Assessment Structure

Unit	Assessment	Time	What candidates demonstrate
GNC1	Open-book examination	5 h	Apply knowledge to a workplace scenario using clear explanation, evidence and reasoning.
GNC2	Practical risk assessment	4 h	Identify hazards, evaluate existing controls, prioritise improvements and justify key actions.

7. Assessment Preparation Built into the Course

- Command words and scenario-based writing introduced from the beginning of GNC1.
- Regular short answer practice and at least one marked practice response each week.
- Progressive GNC2 planning: workplace selection, hazard identification, draft review and final quality checks.
- Six additional preparation hours for mock practice, practical assessment planning and readiness checks.
- Tutor feedback focused on application, structure, prioritisation and technical accuracy.

8. Learning Support and Quality Controls

- Structured lesson sequence: explanation, example, activity, scenario and knowledge check.
- LMS resources, quizzes, guided reading and workplace observation tasks.
- Weekly progress reviews covering attendance, quiz performance and assessment readiness.

- Attendance monitoring and an approved catch-up process for missed syllabus hours.
- Practical learning activities such as case studies, risk assessments and control-selection exercises.
- Final completion and quality-assurance checks confirming delivery of the full syllabus hours.

9. Accelerated Blended Delivery - Study Plan

This high-intensity route combines evening tutor contact with structured, time-recorded and tutor-supported eLearning. It provides the full prescribed syllabus hours in two weeks, but requires substantial daily online study and disciplined completion of all activities.

Class timing	Teaching pattern	Syllabus completion	Assessment preparation
Live 1G:00-21:30	20 live + 46 guided online hours	Thursday, Week 2	6 guided online hours by weekend

9. Indicative Learner Journey

Stage	Main learning focus	Candidate output
Week 1 - Live	Legal principles, management systems, culture, risk assessment, monitoring and occupational health.	Live discussion, policy and culture work, risk-assessment practice and tutor feedback.
Week 1 - Online	Legal duties, contractor management, human factors, change, safe systems, emergencies and health hazards.	Required readings, videos, activities, quizzes and recorded completion evidence.
Week 2	Manual handling, hazardous substances, workplace issues, transport, equipment, fire, electricity and assessment preparation.	Practical control tasks, final syllabus checks, timed response and GNC2 planning checklist.

10. Why Choose the Accelerated Blended Route?

- Fastest completion route while still protecting all 66 prescribed syllabus hours.
- Live sessions focus on difficult concepts, application, discussion and tutor feedback.
- Guided eLearning allows flexible completion within each course day while remaining monitored.
- Suitable for experienced learners who prefer independent study supported by regular tutor contact.
- Online completion records, quizzes and required activities provide clear evidence of progress.

Candidate commitment

- Complete every live session and all assigned guided eLearning activities within the set deadlines.
- Allow approximately 8 hours of structured course activity on most course days.
- Complete the separate 40-hour recommended self-study programme in addition to guided eLearning.
- Maintain reliable internet access, a suitable device and strong daily study discipline.

Before enrolment

- Complete an English-language suitability check and learner induction.
- Confirm access to a suitable workplace for the GNC2 practical assessment.
- Confirm reliable computer, internet and LMS access.
- Complete a suitability discussion confirming protected study time and readiness for a high-intensity blended programme.

Speak with our course advisor to confirm the next batch, delivery arrangements and enrolment process.

Schedule details are based on the June 202C training plan. Batch dates may be adjusted without reducing the required learning hours.