

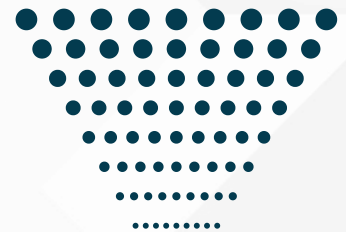
TSW
TRAINING



nebosh

LEARNING
PARTNER

GOLD 889



NEBOSH

General Certificate in Occupational Health and Safety (GNC)

Course Guide

2025 Syllabus



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Introduction to Training



Advance your health and safety career with TSW's expert-led NEBOSH training.

Who is This Course For?

The NEBOSH General Certificate is ideal for

- ▶ **Managers and Supervisors** Enhance your health and safety knowledge.
- ▶ **Aspiring Health and Safety Professionals**
Start a career in health and safety.
- ▶ **Individuals with Workplace Safety Responsibilities**
Gain the skills to improve health and safety culture.



Statistical Insight

NEBOSH qualifications are widely held across various industries. According to NEBOSH:

70% of UK health and safety job advertisements specify a NEBOSH qualification as a requirement.

Common job roles that undertake this qualification include:

- Health & Safety Officer
- Facilities Manager
- Site Supervisor/Manager
- Risk Assessor
- Compliance Coordinator

01

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Why Choose TSW Training



At TSW, we are committed to providing an engaging and supportive learning environment. Our NEBOSH training offers:

- ▶ **Experienced Trainers** – Learn from industry professionals with real-world expertise.
- ▶ **Flexible Learning Options** – Choose from classroom, virtual, or in-house training to fit your schedule.
- ▶ **Comprehensive Support** – We guide you from enrolment to assessment success.
- ▶ **Proven Success** – High pass rates and outstanding learner feedback.



Rated by Learners



At TSW, we believe in transparency and continuous improvement. That's why we use **CourseCheck**, an independent course rating platform, to collect genuine feedback from our learners.

WHAT OUR LEARNERS SAY



Great course! The support provided made all the difference, and the materials were very clear

Sarah. L

Site Supervisor



The trainer was excellent – engaging and knowledgeable. I now feel much more confident in managing workplace safety.

James. P

Health & Safety Coordinator



SCAN
FOR
MORE



Who is NEBOSH

& Why Study with Them



NEBOSH (The National Examination Board in Occupational Safety and Health) is a globally recognised awarding body in health and safety qualifications.

The General Certificate is one of the most respected qualifications in the industry, providing learners with practical skills to create safer workplaces.



International Recognition

Trusted by employers worldwide.



Industry Standard

A fundamental step toward a professional health and safety career.



Career Advancement

Opens doors to health and safety roles.

VISIT NEBOSH
HOMEPAGE FOR
MORE INFO



Course Curriculum & Outcomes



The NEBOSH General Certificate is structured into two key units each with their own study time and assessment types.

NG 1

| MANAGEMENT OF HEALTH AND SAFETY | LEARNING HOURS | ASSESSMENT TYPE |
|---|----------------|---|
| Element 1 Why we should manage workplace health and safety | 6 | Open Book Examination (OBE) |
| Element 2 How health and safety management systems work and what they look like | 2 | Unit GNC 1: Management of Health and Safety |
| Element 3 Managing risk – understanding people and processes | 14 | Elements 1.1, 1.2, 1.4 and 3 are also assessed by the practical assessment (Unit GNC 2) |
| Element 4 Health and safety monitoring and measuring | 7 | |

NG 2

| RISK ASSESSMENT | LEARNING HOURS | ASSESSMENT TYPE |
|---|----------------|-------------------------------|
| Element 5 Physical and Psychological Health | 7 | |
| Element 6 Musculoskeletal Health | 5 | |
| Element 7 Chemical and Biological Agents | 5 | Practical Assessment |
| Element 8 General Workplace Issues | 9 | Unit GNC2: Risk Assessment |
| Element 9 Work Equipment | 5 | |
| Element 10 Fire | 4 | |
| Element 11 Electricity | 3 | |

LEARNING OUTCOMES



Each of the two units are made up of learning outcomes.

A learning outcome is what you should be able to do, understand, or apply after completing the course.

Think of it as the end result of your learning — what skills or knowledge you walk away with. These outcomes ensure that, as a certificate holder, you can contribute significantly to maintaining and enhancing health and safety standards within your organisation.

- 01 Justify the need for health and safety improvements
- 02 Advise on duties under UK health and safety legislation
- 03 Help your organisation manage contractors
- 04 Work within a health and safety management system
- 05 Positively influence health and safety culture and behaviour
- 06 Carry out a general risk assessment
- 07 Recognise workplace changes and their impacts
- 08 Develop basic safe systems of work, including emergency arrangements and know when to use a permit-to-work system
- 09 Take part in incident investigations
- 10 Help your employer check the effectiveness of their health and safety management system through monitoring, auditing and review
- 11 understand a range of common workplace hazards with associated risks and control measures



ASSESSMENT CRITERIA



When studying for your NEBOSH General Certificate, you'll come across Assessment Criteria in each unit. But what exactly does that mean?

An assessment criterion is a specific statement that tells you what you need to learn, understand, or be able to do to pass the course.

GNC 1

- E1**
- Discuss the moral, financial and legal reasons for managing health and safety in the workplace
 - Recognise how health and safety is regulated
 - Recognise the main health and safety duties of employers and workers in HSWA 1974 and MHSWR 1999
 - Describe how contractors should be selected, monitored and managed
 - Identify the different roles and responsibilities under the Construction (Design and Management) Regulations 2015
- E2**
- Identify the key components of a health and safety management system (ISO 45001 and HSG65)
 - Recognise the benefits and limitations of different types of health and safety management systems
 - Recognise the key components of an effective health and safety policy



- E3**
- Recognise how health and safety culture influences performance
 - Recognise how to improve health and safety culture at work
 - Outline how human factors influence behaviour in a way that can affect health and safety
 - Apply the principles of the risk assessment process
 - Outline what to consider when developing and implementing a safe system of work for general work activities
 - Identify the role, function and operation of a permit-to work system
 - Identifying common workplace hazards and how human behaviour impacts risk management.
 - Learning about risk perception and how to encourage a strong safety culture.
 - Understand typical emergency procedures (including training and testing) and how to decide what level of first aid is needed in the workplace.

- E4**
- Recognise why and how incidents should be investigated, recorded and reported
 - Recognise how to monitor the effectiveness of management systems
 - Recognise why and how audits are used to evaluate a management system
 - Recognise why regular reviews of health and safety performance are needed and how they are carried out

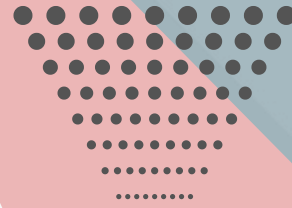


GNC 2

- E5 -
E 11**
- Describe hazards present in the workplace and associated risks
 - Outline existing control measures
 - Evaluate existing control measures
 - Explain suitable additional control measures



WHY ARE ASSESSMENT CRITERIA HELPFUL?



Knowing the assessment criteria before you start learning helps you:

- **Stay Focused** – You know exactly what you need to learn.
- **Feel More Confident** – You can check off each criterion as you master it.
- **Prepare for the Exam** – You won't get caught off guard by unexpected questions.
- **Apply Your Knowledge** – The criteria are based on real-world skills, not just theory.

At TSW, we make sure you understand each assessment criterion in a practical way — so that when you take your exam, you are fully prepared to show what you've learned and apply it to real workplace situations.



Assessment & Examination

WHAT YOU NEED TO KNOW

The NEBOSH General Certificate is assessed through two parts.

These assessments **don't just test what you remember** — they assess how well you can apply your knowledge in real-world situations. This ensures that when you pass, you have the confidence and skills to make a real impact in the workplace.

WHY THIS APPROACH?

Unlike traditional exams that rely on memorisation, the NEBOSH assessment method is designed to:

- ✓ **Reflect real workplace challenges** – You'll analyse scenarios similar to those faced in professional health and safety roles.
- ✓ **Encourage problem-solving** – You'll demonstrate your ability to assess risks and recommend practical solutions.
- ✓ **Ensure long-term retention** – Applying knowledge in assessments helps reinforce learning, making it easier to use in your job.

WHAT SUPPORT IS OFFERED?

At TSW, we're committed to helping you succeed. We provide:

- ✓ Guidance on how to structure your answers for GNC 1.
- ✓ Templates and frameworks to help with your GNC 2 risk assessment.
- ✓ Feedback and support from experienced tutors to boost your confidence.



GNC 1 - Open Book Examination (OBE)



Format

Scenario-based, open-book exam completed online



Duration

24 hours (but should take around 4-5 hours to complete)



Pass Mark

45 out of 100 (45%)

What to Expect

You will answer questions based on a given case study

Show how you can use what you've learned in real-world situations.

Answers should be logical, well-reasoned, and relevant.

You can use course notes, books, and online resources.

How to Approach the Exam

Read the scenario carefully – Identify key risks and challenges.

Structure your answers – Explain, justify, and apply your knowledge.

Use references – Support your answers with relevant health & safety legislation and best practices.

Manage your time – Even though you have 24 hours, aim to finish in 4-5 hours.

Closing Interview

After submission, you will have a short interview with an NEBOSH representative.

They may ask you to explain your answers to confirm your work is your own.

Results & Resits



Results provided together with GMC2 results



If you fail, you can retake the exam.

Top Tip



Apply **real-world examples** in your answers! Show how you would handle the situation practically



GNC2 - Practical Risk Assessment Summary



Format

Work-place Risk Assessment



Pass Mark

60% Pass Mark



What to Expect

- You will complete a risk assessment for a real or simulated workplace.
- Identify hazards, assess risks, and recommend control measures.
- Your report must follow a structured format that an employer could use.

How to Approach the Assessment

Keep it realistic

Your recommendations should be practical and workplace-ready.

Use clear and structured language

Keep it professional but easy to understand.

Use the Five Steps to Risk Assessment model

01

Identify Hazards

02

Decide who may be harmed and how

03

Evaluate risks and decide on controls.

04

Record your findings

05

Review and update as needed

Results & Resits



Results provided with GNC1, 60 days after exam.



If you don't meet the standard, you can resubmit with improvements.

Top Tip



Imagine you are submitting this risk assessment to your manager – Make it clear, professional, and actionable!

SCAN FOR MORE TIPS



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NEBOSH

Progression Routes



The NEBOSH General Certificate is your gateway to a successful career in health and safety.

It leads to professional memberships, specialist qualifications, and senior roles. Follow the pathway below to see where your qualification can take you!

Qualification Pathway



Career Pathway





Get Started Today!





Booking your NEBOSH General Certificate course is easy!

1 Choose Your Learning Format


 CLASSROOM

 VIRTUAL

 IN-HOUSE

 E-LEARNING

2 Upcoming Course Dates

 Visit TSW's website to view the dates available for booking.




3 Book Online in Minutes

 Scan the QR Code to book online

OR

 Call us for advice or group bookings

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