



Your distance learning course
from Astutis

NEBOSH International Diploma in Occupational Health and Safety

About the NEBOSH International Diploma in Occupational Health and Safety

Successful completion of the NEBOSH International Diploma in Occupational Health and Safety requires you to undertake around 468 hours of learning and revision of the topics specified in the course syllabus, in preparation for the NEBOSH final assessments ... 3 exams and a workplace-based assignment.

Unit IA
Managing health and safety
 assessed by a 3 hour written exam

9 elements: Recommended study time: 156 hours	IA1. Principles of health and safety management (11 hours)	IA2. Regulating health & safety (32 hours)	IA3. Loss causation and accident investigation (11 hours)
IA4. Measuring and reviewing health and safety performance (16 hours)	IA5. The assessment and evaluation of risk (19 hours)	IA6. Risk control (14 hours)	IA7. Organisational factors (25 hours)
IA8. Human factors (18 hours)	IA9. The role of the health and safety practitioner (10 hours)		

Unit IB
Hazardous substances / agents
 assessed by a 3 hour written exam

10 elements: Recommended study time: 115 hours	IB1. Managing occupational health (12 hours)	IB2. Identification, assessment and evaluation of hazardous substances (14 hours)	IB3. Control of hazardous substances (12 hours)
IB4. Monitoring and measuring of hazardous substances (11 hours)	IB5. Biological agents (9 hours)	IB6. Noise and vibration (17 hours)	IB7. Radiation (11 hours)
IB8. Mental ill-health and dealing with violence and aggression at work (11 hours)	IB9. Musculoskeletal risks and controls (9 hours)	IB10. Work environment risks and controls (9 hours)	

Unit IC
Workplace and work equipment safety
 assessed by a 3 hour written exam

10 elements: Recommended study time: 120 hours	IC1. General workplace issues (12 hours)	IC2. Principles of fire and explosion (10 hours)	IC3. Workplace fire risk assessment (10 hours)
IC4. Storage, handling & processing of dangerous substances (12 hours)	IC5. Work equipment (general) (15 hours)	IC6. Work equipment (workplace machinery) (15 hours)	IC7. Work equipment (mobile, lifting and access) (10 hours)
IC8. Electrical safety (12 hours)	IC9. Construction hazards and controls (14 hours)	IC10. Workplace transport and driving for work (10 hours)	

Unit DNI
Application of health and safety in the workplace

The workplace-based assignment requires you to apply the knowledge and understanding developed in Units IA, IB and IC to a workplace, and to produce an overall review of the arrangements for managing health and safety and justified recommendations to improve health and safety performance within the workplace.
 (77 hours)



About your Astutis distance learning course

The Astutis distance learning course for the NEBOSH International Diploma aims to provide you with the essential **course materials** and **support** to guide you through your 468 hour learning and revision journey, with your ultimate destination being successful completion of the NEBOSH International Diploma exams.

Course materials

Unit IA

Managing health and safety

- ◆ Full-colour, digital course notes for the 9 elements of Unit IA
- ◆ Exam questions and answers booklet for Unit IA
- ◆ Mock exam paper for Unit IA

Unit IB

Hazardous substances / agents

- ◆ Full-colour, digital course notes for the 10 elements of Unit IB
- ◆ Exam questions and answers booklet for Unit IB
- ◆ Mock exam paper for Unit IB

Unit IC

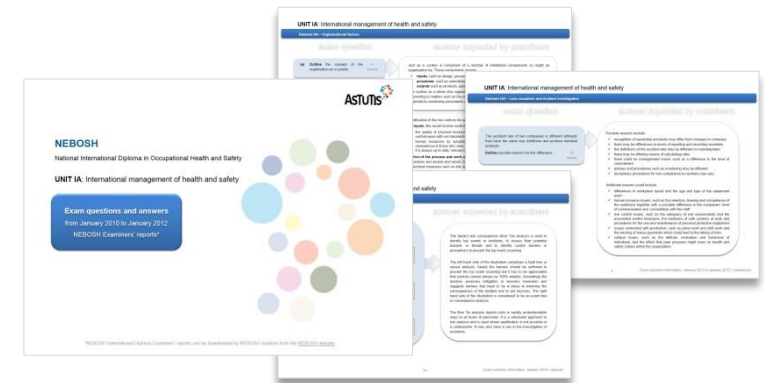
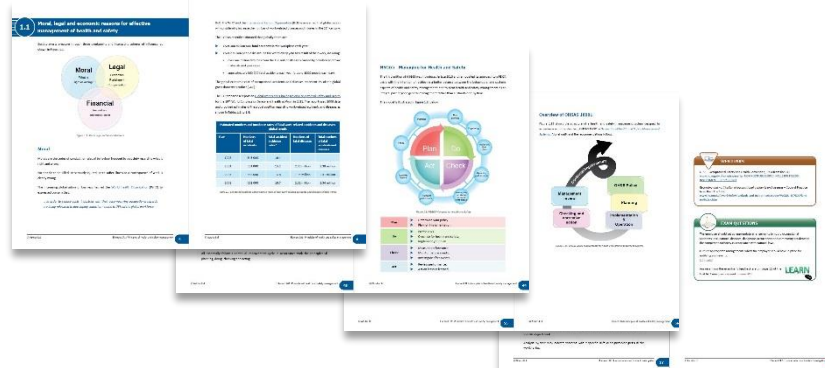
Workplace and work equipment safety

- ◆ Full-colour digital course notes for the 10 elements of Unit IC
- ◆ Exam questions and answers booklet for Unit IC
- ◆ Mock exam paper for Unit IC

Unit DNI

Application of health and safety in the workplace

- ◆ Full-colour, digital guide to help with the completion of the Unit DNI workplace-based assignment





How we support you

Planning advice



We offer [study planning](#) guidance and support resources to help you get organised before you begin.

Your own tutor



As soon as you start the course you will be assigned a tutor who will be your main point of contact and support through the course. Your tutor will offer on-going support via email, telephone or Skype. Your mock exam will be marked by your tutor and their feedback on your performance will be shared with you. Your tutor will also be taking an active part in the discussion forums.

A mock exam



You will have the opportunity to sit a mock exam for each unit of the course. Once you have completed the exam simply send it to your tutor, who will mark it and return it with detailed feedback about what is good and what you could improve upon.

Discussion forums



The discussion forums give you the opportunity to share your experiences, thoughts and questions with fellow distance Diploma learners. Astutis tutors will be taking part in the discussions too, but the main purpose of the discussions is to enable you to learn from and support each other.

Revision sessions



We offer additional online revision sessions for Units IA, IB and IC and a support session for Unit DNI, via our live, online classroom (webinars). [Contact us](#) for more details.

Our [distance learning advisor](#) will always be happy to help you with any general queries relating to your course.



Accessing your course materials

All of the course materials can be accessed via the Astutis Resources area:
www.astutis-resources.com

Astutis Resources

Login to this site to access your Astutis resources.

Username:

Password:

Login

Once you have logged in with your username and password you have a number of choices ...

Please choose what you would like to do:

- Download files
- View discussion groups
- Change my details/preferences

You can change your password or the email address we contact you with, choose to be informed when new files are added or updated, and subscribe by email to discussion posts.

You can access all of this on your computer or on a mobile device.



NEBOSH International Diploma (distance learning) - UNIT IA

NEBOSH IDiploma (distance) Unit IA Element IA1.pdf	0/1	IA1: Principles of health and safety management	1.68 MB
NEBOSH IDiploma (distance) Unit IA Element IA2.pdf	0/1	IA2: Loss causation and accident investigation	1.71 MB
NEBOSH IDiploma (distance) Unit IA Element IA3.pdf	0/1	IA3: Measuring and reviewing health and safety performance	0.75 MB
NEBOSH IDiploma (distance) Unit IA Element IA4.pdf	0/1	IA4: Identifying hazards, assessing and evaluating risks	1.17 MB
NEBOSH IDiploma (distance) Unit IA Element IA5.pdf	0/1	IA5: Risk control	0.69 MB
NEBOSH IDiploma (distance) Unit IA Element IA6.pdf	0/1	IA6: Organisational factors	1.03 MB
NEBOSH IDiploma (distance) Unit IA Element IA7.pdf	0/1	IA7: Human factors	2.59 MB
NEBOSH IDiploma (distance) Unit IA Element IA8.pdf	0/1	IA8: Regulating health and safety	1.18 MB

Download course notes, exam questions and answers, and the mock exam.

Discussions for NEBOSH International Diploma (distance learning) - UNIT IA

Title

Welcome International Diploma Distance Learners!

General discussions

Title	Posts	Created by
Purpose of a Risk Assessment	6	David

Can't find a discussion for what you want?

Create a new discussion

Join the discussions.



Downloading and using your course materials

NEBOSH International Diploma (distance learning) - UNIT IA		
NEBOSH IDiploma (distance) Unit IA Element IA1.pdf	0/1 IA1: Principles of health and safety management	1.68 MB
		1.71 MB
		0.75 MB
		1.17 MB
		0.69 MB
		1.03 MB
NEBOSH IDiploma (distance) Unit IA Element IA7.pdf	0/1 IA7: Human factors	2.59 MB
NEBOSH IDiploma (distance) Unit IA Element IA8.pdf	0/1 IA8: Regulating health and safety	1.18 MB

Click on the file name to download it to your computer or chosen device.

The number of downloads available for each file, the subject of the file and the file size are all detailed here.

Remember: You can only download each of the documents from this website once, so **saving the documents as soon as you have downloaded them is very important.**

Note: When we update course materials we will let you know and you will be given an additional download.

The digital course notes and the exam question and answer booklets have all been designed to enable you to use and navigate them as easily as possible.

Bookmarks make it easy for you to jump to different parts of the notes quickly.

Hyperlinks to relevant web resources make it easy for you to find out more about a particular topic.

Key elements of a health and safety management system

Health and safety is managed in the same way as any other aspect of business. Management control is typically exerted through a cycle of Planning, Doing, Checking and Acting (PDCA).

Highlight text and add sticky notes just as you would if you were annotating a printed copy of the notes.

Act: take actions to continually improve health and safety performance.

Check: monitor and measure processes against health and safety policy, objectives, legal and other requirements; report the results.

Figure 1.10: PDCA cycle

There are a number of recognised safety management systems, notably:

- Successful Health and Safety Management HSG65 guidance from HSE, 1997
- Guidelines on occupational safety and health management systems ILO-OSH, 2001
- Occupational Health and Safety Management Systems OHSAS 18001, 2007

We have created a video to help you get the most out of our digital course notes when opened in Adobe Reader, including searching for keywords and having the text read to you. You can watch **Astutis e-learning: Getting the most out of PDFs** on our YouTube channel at: youtu.be/NSNCrW7dmXA



Joining the discussion

Discussions for NEBOSH International Diploma (distance learning) - UNIT IA

Title
Welcome International Diploma Distance Learners!

General discussions

Title	Created by
Purpose of a Risk Assessment	David

Click on the title of a discussion post to see what everyone is talking about.

 Search

Enter keywords or phrases into the search box to find out if anyone has been discussing a specific topic.

Note: The general discussions are for all the Astutis Diploma learners, both national and international.

Can't find a discussion for what you want?

Create a new discussion

Start a general discussion of your own.

Purpose of a Risk Assessment

Hello everyone. Just a quick question to consider in respect of employers' duties regarding risk assessments... "What is the primary purpose of conducting a risk assessment under the Management Regulations?". Comments / answers eagerly awaited

Posted by: David Bryan
Astutis tutor
04 Nov 2013, 12:55 PM

Regards
David (Diploma Tutor)

Hi David. The primary purpose of the risk assessment under Management Regulations, is to demonstrate that an employer has met its legal requirement to carryout a suitable and sufficient assessment of the hazards to which employees are exposed to whilst at work, it should also take into consideration anybody effected by those works such as members of the public, visitors etc. The risk assessment should identify what control measures are to be employed in accordance with the principals of prevention where its not possible to avoid the risk completely and finally the Risk Assessment should be briefed to all parties as part of the induction process or where any changes occur. Management

Posted by: Mark James
Astutis learn
04 Nov 2013, 13:00

Add your comments or questions to any discussion.

Posted by: David
Astutis tut
04 Nov 2013, 13:00

Add a comment to this discussion:

Rich text editor toolbar with options for Paragraph, Font Family, Bold, Italic, Underline, Bulleted List, Numbered List, Indent, Outdent, Undo, Redo, Link, Unlink, Image, Table, Table Border, Table Cell, Table Row, Table Column, Table Merge, Table Split, Table Delete, Table Insert, Table Remove, Table Edit, Table Copy, Table Paste, Table Print, Table Save, Table Cancel, Table Help.

Path: p

Subscribe

Subscribing to discussions means you will be emailed when anyone posts a new comment. You can choose how often you are emailed (see the next page about changing your details).



Remember: Everyone, including tutors, can read your posts.



Changing your details

My Details

Here you can update your details and manage additional features.

Wh
Em
Plea
Password:

Here you can change how your name is displayed in discussion posts and in any automated emails you receive ... you can update your email address if it changes ... or you can reset your password.

Astutis Resources area to download your key files

You can choose to receive an automated email if new files are added to the Astutis Resources area.

Discussion subscriptions

Keep up to date with discussion posts.

Immediately – Receive an email notification as soon as a new comment is posted. You will be able to post to the discussion by replying to the email.

Daily – Receive a summary of the day's posts in one email

Weekly – Receive a summary of the week's posts in one email

Wh

If you have subscribed to a discussion because you want to know when people have commented on posts you are interested in, you can choose how often you receive email notifications here.



Getting the most out of your course

As a distance learner you will already be motivated and prepared to use the course materials and support we have provided to ensure you get the most out of the course ... but in case you would like a bit of help getting started, here is what we suggest ...

Start by downloading all of the course materials from the Astutis Resources area.



- ◆ Units IA, IB and IC are split into **elements** and each element has a separate set of course notes (PDF).
- ◆ Each element is split into **sections**, based on the learning outcomes from the NEBOSH International Diploma syllabus.
- ◆ Each element contains all of the **essential course information**, diagrams, tables, etc. but it also contains **web links** to reference resources and relevant **exam questions** from past exams, which tell you where to find the **answers** in the *Exam questions and answers* booklet.

- ◆ The exam questions and answers in the *Exam questions and answers booklet* have been divided into elements too.
- ◆ As well as referring to this booklet to check the answers as you work through the course notes, it is also a **handy revision tool** in itself, as you practise answering exam questions in the run up to the exams.

Make sure you take advantage of the additional support we offer.



Your own tutor
for additional 1:1
support



The mock exam
so you can check your
progress towards the
exams



Discussion forums to
share your
experiences with
fellow learners



Revision sessions
with one of our tutors
via our live, online
classroom (webinars)



About the NEBOSH International Diploma exams



When can I sit the NEBOSH International Diploma exams?

- ◆ **Unit IA, IB and IC written exams** take place twice a year, in **January** and **July**.
- ◆ **Unit DNI written assignment** can be submitted **several times in a year**.

The exam and assignment submission dates are [published on the NEBOSH website](#) every year.

Where can I sit these exams?

We have NEBOSH International Diploma exam venues in a range of international locations. Contact our [course advisors](#) for more information.

What do I have to do to sit a NEBOSH International Diploma exam or submit my assignment with Astutis?

The NEBOSH International Diploma exams and assignment submission only happen a few times during the year so **everything you have to do in preparation has deadlines**. As an overview, there are 3 things for you to do:

- 1 **You must be enrolled as a Diploma student with NEBOSH** before we can register you to take any examinations or submit your Unit DNI written assignment. The [NEBOSH International Diploma Student Enrolment form](#) can be completed online.
- 2 You need to **advise us which of the 3 exams you want to sit, when and in which location**, so we can register this with NEBOSH.
- 3 You need to **let us know which date you are going to submit your Unit DNI assignment by**, so we can register this with NEBOSH.

For full details of **how to book an exam**, including the deadlines when you must do this by and the cost, contact our [course advisors](#) for more information.

Important things to remember:

! **Once you have been enrolled as a Diploma student** with NEBOSH, you have **5 years** to successfully complete the Unit IA, IB and IC exams and the Unit DNI written assignment. If you are **not enrolled** as a Diploma student with NEBOSH you **cannot sit the exams** or submit your Unit DNI assignment.