

# 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 of health and safety**  
 assessed by a 3 hour written exam

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

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

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

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

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



# NEBOSH International Diploma distance learning course from Astutis



As a distance learner you will be a motivated, independent individual who is prepared to use the NEBOSH International Diploma **course materials** and **support** we provide to achieve your ultimate goal ... successful completion of the NEBOSH International Diploma exams. The digital course materials, exam questions and answers, and discussions can all be accessed on your computer or even on a mobile device.

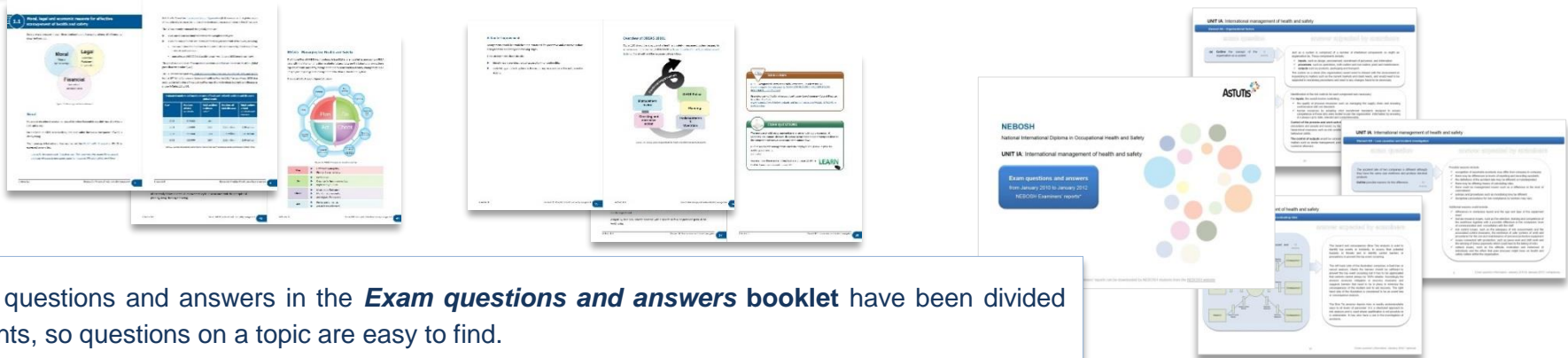
**All of the digital course materials can be downloaded from our online Astutis Resources area.**

Course materials



We provide full-colour digital course notes for Units IA, IB and IC and a full colour digital guide for Unit DNI.

- ◆ Units IA, IB and C 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, so questions on a topic are easy to find.
- ◆ 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.



To get the most out of the course, make sure you take advantage of the additional support we offer.

Astutis support

**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 groups.

**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 groups**



The discussion groups give you the **opportunity to share your experiences, thoughts and questions** with fellow distance International 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.

And our **distance learning advisor** will always be happy to help you with any general queries relating to your course.



The Astutis NEBOSH International Diploma distance learning course has been designed to enable a flexible, portable learning experience which provides you with all of the course materials, revision opportunities and support you need to complete your 468 hour journey towards the NEBOSH International Diploma exams.





# About the NEBOSH International Diploma exams



## When can I sit the NEBOSH National 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 downloadable NEBOSH International Diploma Student Enrolment Form can be found with your course materials.**
- 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.