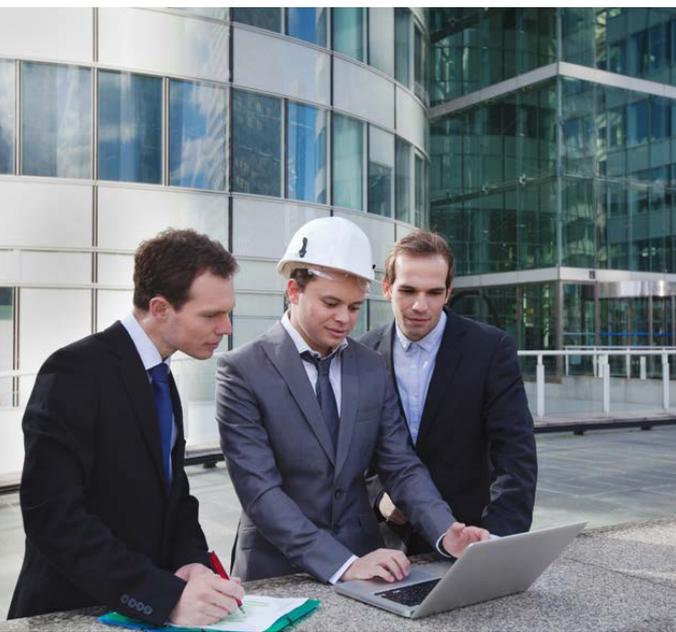




TRAINING THAT DEVELOPS
REAL CAPABILITY



Health & Safety Legislation

HS009

Health & Safety Legislation

All employers in Ireland have a legal duty to safeguard the health, safety and welfare of their workforce. This one-day course provides a clear and practical understanding of the key legal frameworks that govern occupational health and safety in the workplace.

Learners will examine the core requirements of the Safety, Health and Welfare at Work Act 2005 and associated regulations, including REACH and Construction-specific laws. This programme empowers organisations to identify and meet their obligations, avoid costly penalties and and foster a culture of compliance and care.

Duration & Price

Duration: 1 day

Public Virtual Training: 425

Delivery mode: This programme is available In-Company, and via Public Virtual Training

Dates & Locations

Date

28 Sep 2026

Venue

Virtual

[Book Date](#)

In-Company Training

Please [contact us](#) for more information on our In-Company training options

What's covered?

This intensive one-day programme delivers a practical overview of the key health and safety legislation in Ireland. The training is interactive and aligned with real workplace examples.

Key topics include:

- General Safety, Health and Welfare Legislation
- The Safety, Health and Welfare at Work Act 2005
- Safety, Health and Welfare at Work (General Application) Regulations 2007
- REACH/CLP Regulations and Dangerous Substances legislation
- Noise and Vibration Legislation
- Occupational Exposure Legislation
- Safety in Industry Legislation
- Construction Safety and the 2013 Regulations
- Emergency Preparedness and Legislative Duties

Who should participate?

This course is ideal for individuals responsible for health and safety compliance across a range of industries. It is designed to support those in safety-critical or compliance-focused roles who need a working understanding of Irish health and safety legislation.

- Health and Safety Officers and Managers
- Technical Managers
- Environmental Managers
- Quality Managers
- Safety Representatives
- Personnel and Human Resources Professionals

English Language Competency

A good standard of written and spoken English is important to engage effectively with this programme.

What will I learn?

On successful completion of this course, learners will be able to:

- Describe the Irish legal framework for occupational health and safety
- Identify key employer and employee responsibilities under the 2005 Act
- Interpret key provisions of the General Application Regulations 2007
- Recognise the implications of REACH and other hazardous substance legislation
- Apply knowledge of safety legislation in the context of ISO 45001
- Assess the consequences of non-compliance, including enforcement powers and penalties

These outcomes equip learners to apply their knowledge directly in the workplace to ensure compliance.

How do we train and support you?

This course uses an interactive, discussion-based approach supported by real-world examples and practical exercises. The goal is to build confidence in interpreting and applying legal requirements.

Learner support includes:

- Pre-training consultation for In-Company courses
- Comprehensive course notes, regularly updated to reflect the latest standards and best practices
- Real-time support from expert tutors
- Available as Public Virtual Training or tailored In-Company delivery

Places are generally limited to 12-15 to support personalised learning and individual support.

How can you progress?

Learners who complete this course may also consider:

- ISO 45001 Internal Auditor Training
- ISO 45001 Lead Auditor Training
- Overview of Safety, Health & Welfare at Work (Construction) Regulations 2013

Continued training supports compliance and strengthens internal safety systems.

What Our Learners Say

We believe in excellence through transparency and continuous improvement. That's why we invite all our delegates to share their experiences on [CourseCheck.com](https://www.coursecheck.com), an independent platform dedicated to genuine, unfiltered feedback. Learner insights help us not only to enhance our training programmes but also empower potential learners to make informed decisions. Click on the link below to read firsthand experiences and testimonials from past learners.



[Click Here](#)



TRAINING THAT DEVELOPS *REAL* CAPABILITY

SQT provide a unique combination of high quality, accredited, practical training delivered by leading industry experts and supported by the most up to date learning technology and tools

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