
HSE Risk Assessment and Hazard Identification

18 – 22 October 2026
Muscat





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Risk Assessment and Hazard Identification is a five-day practical course delivered by Mars Training Centre UK at its international training centres in London, Dubai, Doha and Istanbul — for HSE professionals, line managers and supervisors who write, approve or rely on workplace risk assessments.

A great deal of the safety paperwork in modern organisations is risk assessment in name only — copy-paste templates signed off in haste, generic hazard lists, and control measures that bear no relationship to what people actually do. After an incident, that paperwork has a habit of becoming the focal point of a regulator's interview. Credible risk assessment is not paperwork. It is a structured method for thinking clearly about what could go wrong, who could be harmed, and what is actually in place to stop it.

Across five focused days you work through the five-step risk assessment approach set out by the British regulator and used internationally, examine more advanced techniques used in higher-hazard environments, and practise writing risk assessments and method statements on realistic operational material. You leave with a personal toolkit and a clear sense of what good looks like.

What You Will Learn

- Explain the legal, moral and operational case for credible risk assessment.
- Apply the five-step risk assessment approach to common workplace tasks.
- Distinguish hazard, harm, risk and residual risk with precision.
- Identify physical, chemical, biological, ergonomic and psychosocial hazards systematically.
- Apply the hierarchy of control to design effective and proportionate controls.
- Use task-based, location-based and dynamic risk assessment in the appropriate situation.
- Draft a clear, audit-ready risk assessment and accompanying method statement.
- Apply more advanced techniques including HAZID, what-if and matrix-based scoring.
- Review the risk assessments produced by others with appropriate scepticism.
- Embed risk assessment into the wider HSE management system.

How You Will Benefit

You will leave with a practical risk assessment toolkit, a clear method for producing and reviewing assessments, and a Mars Certificate of Completion.

Your organisation will gain higher-quality risk assessments, better operational decisions based on them, more credible documentation for regulators, and a deeper bench of staff capable of producing them.



Who This Programme Is For

The course is designed for HSE managers, coordinators and advisers; safety officers and supervisors; line managers and front-line supervisors; operations and site managers; project managers in construction and engineering; maintenance engineers and planners; and internal auditors with HSE coverage. The seniority floor is supervisor or HSE adviser level and above.

Delegates work on their own operational material wherever possible, so the assessments drafted during the week are usable on return. Faculty critique each draft against the standard a regulator or an external auditor would apply, which is a very different bar from the one most internal sign-off processes use.