

Green World's Newsletter

GREEN WORLD GROUP CONCLUDES 926 BATCH

Green World just completed the training for its 926th NEBOSH IGC batch in Dubai office for 23 candidates on 23rd August 2019. A total of 12 days of intensive training was conducted by our Trainer **Mr. Dilip Madurai**. Students from various organizations who are also from different fields attended the training.



Dilip Madurai., Grad IOSH
Sr HSE Tutor
(ME US, IDipNEBOSH, ISO 45001 :2018 OHSMS)



NEBOSH LAUNCHES HSE INTRODUCTION TO INCIDENT INVESTIGATION

NEBOSH and Great Britain's Health and Safety Regulator, the Health and Safety Executive (HSE) jointly developed a new course of Incident Investigation and was launched recently for all by its Accredited Training Provider. Green World Group is happy to announce the launch of this course worldwide as one of the very few first partners on this new initiative. Completion of this course will enable anyone to carry out an Accident / Incident investigation effectively. This is a 1-day training course and could be also done at the Clients premises. An internal practical assessment is completed at the end of the course based on a video of three witness interviews. There are no entry requirements for this course but its always recommended that the students have good knowledge in Health and Safety and any other NEBOSH courses like NEBOSH International General Certificate or NEBOSH Health and Safety at Work

For further information please visit

<https://www.nebosh.org.uk/qualifications/nebosh-hse-introduction-to-incident-investigation/>

OCCUPATIONAL STRESS

-A major concern in Occupational Safety

Occupational Stress is one of the growing issues around the globe which may affect not only the Health and Well-Being of the particular Employee but may also reduce the Productivity of the specific Industrial Unit. Over the time, continued strain on your body from routine stress may contribute to serious health problems, such as cardiovascular disease, high blood pressure, diabetes, and other illnesses, as well as mental disorders like depression or anxiety. If you or your coworker is undergoing any of the below mentioned conditions repeatedly, you must consider a health check up from the doctor:



Physical Conditions:

- Fatigue
- Muscular tension
- Headaches
- Heart palpitations
- Sleeping difficulties, such as insomnia
- Gastrointestinal upsets, such as diarrhea or constipation
- Dermatological disorders.

Psychological Conditions:

- Depression
- Anxiety
- Discouragement
- Irritability
- Pessimism
- Feelings of being overwhelmed and unable to cope
- Cognitive difficulties, such as a reduced ability to concentrate or make decisions

Behavioral Conditions:

- An increase in sick days or absenteeism
- Diminished creativity and initiative
- Problems with interpersonal relationships
- Lower tolerance of frustration and impatience
- Isolation.
- Aggression
- A drop in work performance
- Mood swings and irritability
- Disinterest

Despite of the listed symptoms, occupational stress can still be controlled, by consulting the health physician, by involving yourself in the routine exercises, having a proper diet, and significantly by consulting the management representatives while highlighting the root cause which is the reason for your occupational stress. Stress can only be controlled if we find the solution.

Our Upcoming Batch Calendar for the month of Sep – Dec 2019.

NEBOSH IGC INDIA Batches Dates

Location	IGC Start Date & End Date
Delhi	17 th Sep 2019 to 27 th Sep 2019
	12 th Nov 2019 to 22 nd Nov 2019
Mumbai	10 th Sep 2019 to 20 th Sep 2019
	05 th Nov 2019 to 15 th Nov 2019
Cochin	17 th Sep 2019 to 27 th Sep 2019
	05 th Nov 2019 to 15 th Nov 2019
Hyderabad	22 nd Oct 2019 to 01 st Nov 2019
	07 th Jan 2020 to 17 th Jan 2020
Bangalore	08 th Oct 2019 to 18 th Oct 2019
	20 th Dec 2019 to 31 st Dec 2019
Chennai	15 th Oct 2019 to 25 th Oct 2019
	10 th Dec 2019 to 20 th Dec 2019
Kolkata	22 nd Sep 2019 to 02 nd Oct 2019
	20 th Dec 2019 to 31 st Dec 2019

NEBOSH IGC DUBAI & ABU DHABI Batch Dates

DUBAI WEEKEND (Friday)

IGC Start & End Date
27 th Sep 2019 to 06 th Dec 2019
18 th Oct 2019 to 20 th Dec 2019
15 th Nov 2019 to 24 th Jan 2020
13 th Dec 2019 to 21 st Feb 2020

DUBAI EVENING (Sunday-Thursday)

IGC Start & End Date
29 th Sep 2019 to 31 st Oct 2019
03 rd Nov 2019 to 05 th Dec 2019
08 th Dec 2019 to 09 th Jan 2020

ABU DHABI WEEKEND (Friday)

IGC Start & End Date
20 th Sep 2019 to 29 st Nov 2019
18 th Oct 2019 to 27 th Dec 2019
06 th Dec 2019 to 14 th Feb 2020

ABU DHABI EVENING (Sunday-Thursday)

IGC Start & End Date
01 st Sep 2019 to 02 nd Oct 2019
06 th Oct 2019 to 06 th Nov 2019
10 th Nov 2019 to 11 th Dec 2020
15 th Dec 2019 to 15 th Jan 2020

Out Upcoming Exam Schedule for the Months of Sep – Dec 2019

NEBOSH IGC INDIA Exam Dates

Location	Month	IGC - 1	GC - 2
Delhi	October	03 rd Oct 2019	04 th Oct 2019
	November	28 th Nov 2019	29 th Nov 2019
Mumbai	September	26 th Sep 2019	27 th Sep 2019
	November	21 st Nov 2019	22 nd Nov 2019
Cochin	October	03 rd Oct 2019	04 th Oct 2019
	November	21 st Nov 2019	22 nd Nov 2019
Hyderabad	November	07 th Nov 2019	08 th Nov 2019
	January	23 rd Jan 2019	24 th Jan 2019
Bangalore	October	24 th Oct 2019	25 th Oct 2019
	January	06 th Jan 2020	07 th Jan 2020
Chennai	October	30 th Oct 2019	31 th Oct 2019
	December	26 th Dec 2019	27 th Dec 2019
Kolkata	October	10 th Oct 2019	11 th Oct 2019
	January	06 th Jan 2020	07 th Jan 2020

NEBOSH IGC DUBAI Exam Dates

Location	Month	IGC - 1	GC - 2
Dubai	September	27 th Sep 2019 (Morning Session)	27 th Sep 2019 (Evening Session)
	October	25 th Oct 2019 (Morning Session)	25 th Oct 2019 (Evening Session)
	November	29 th Nov 2019 (Morning Session)	29 th Nov 2019 (Evening Session)
	December	27 th Dec 2019 (Morning Session)	27 th Dec 2019 (Evening Session)

NEBOSH IGC ABU DHABI Exam Dates

Location	Month	IGC - 1	GC - 2
Dubai	September	06 th Sep 2019 (Morning Session)	06 th Sep 2019 (Evening Session)
	October	04 th Oct 2019 (Morning Session)	04 th Oct 2019 (Evening Session)
	November	08 th Nov 2019 (Morning Session)	08 th Nov 2019 (Evening Session)
	December	13 th Dec 2019 (Morning Session)	13 th Nov 2019 (Evening Session)