

Summary of the Main Points – Session 1

Introduction to HSE:

An integrated management system that combines

Health, Safety, and Environment.

Objective:

To protect workers, prevent accidents, and minimize environmental impact.

Key Concepts (Distinction between):

Hazard: The source of potential harm (e.g., chemical substance, electricity).

Risk: The probability of harm occurring upon exposure to a hazard (Equation: $Risk = Hazard \times Exposure$).

Accident: An event that actually resulted in harm or damage.

Incident (Near Miss): An event that did not result in harm but served as a warning sign.

Conclusion:

Understanding these concepts is the first step

toward building an effective safety culture. The focus should be on **prevention** through identifying and analyzing risks before accidents occur.

Next Session Topic:

In the upcoming session “***Stakeholders in Prevention and Performance Indicators***” we will discuss the responsibilities of each party (**employer, employee, and safety committee**) in maintaining safety, and learn how to measure performance using indicators such as the **frequency rate** and **severity rate**.