

Table of Contents : Health and Safety Including 5S

Course Duration- 2 Days (8 hours)

The Outlines

Day 1

1. Welcome and Course Overview (30 mins)

- Course Objectives
- Trainer & Participant Introductions
- Icebreaker Activity

2. Module 1: Introduction to 5S Methodology (1.5 hour)

- Definition and Purpose of 5S
- Benefits of 5S in Workplace Organization
- Overview of the 5S Steps
 - Sort (Seiri)
 - Set in Order (Seiton)
 - Shine (Seiso)
 - Standardize (Seiketsu)
 - Sustain (Shitsuke)
- Examples and Videos

3. Module 2: Deep Dive – Implementing 5S (2 hours)

- Planning a 5S Rollout
- Step-by-step Implementation
- Visual Controls and Standard Work
- 5S Red Tag Strategy and Audit Tools
- Group Activity: Simulated 5S Audit

Day 2

4. Module 3: Integrating 5S with Health and Safety (1.5 hours)

- How 5S Improves Safety
- Identifying and Eliminating Hazards via 5S
- Case Studies from Industry

Group Presentation: 5S + Safety in Practice

5. Module 4: Final Assessment and Practical Application (1.5 hours)

- Written Quiz / Case Study
- Practical Safety and 5S Walkthrough
- Peer Review and Group Feedback

6. Wrap-up and Certification (30 mins)

- Course Review and Feedback
- Q&A and Final Thoughts
- Certificate Distribution