

# DAC-IOSH Level 3 Certificate in Occupational Safety and Health Principles and Practice

A qualification for new and aspiring **OSH professionals** to build **OSH capability**.

## WHAT is it?

The IOSH Level 3 Certificate in OSH Principles and Practice is a global qualification, built on the IOSH competency framework. It offers a clear career pathway for new and aspiring OSH professionals providing the knowledge, application, and real-life skills that they and their employers require to apply safety systems and positively influence OSH performance within their organisations

## Who Should Take This Qualification?

- Individuals beginning or building a career in occupational health and safety.
- Professionals who have OSH responsibilities within their current role.
- Aspiring OSH practitioners seeking to enhance credibility and confidence when engaging with senior management.

## Benefits of the IOSH Level 3 Certificate

- **Career Advancement** – opens pathways to roles such as Safety Supervisor, Health & Safety Manager, Risk Assessor, or OSH Consultant. Employers recognise it as a mark of competence.
- **Global Recognition** – respected internationally, allowing you to work confidently across industries and countries.
- **Practical Skills** – learn real-world applications that you can implement immediately in your workplace and improve your own and your organisation's performance through sustainable and effective application of systems, processes, procedures, and resources
- **Apply OSH principles** in the workplace to mitigate risk and help to prevent incidents
- **Clear Progression Pathway** – successful learners gain eligibility for IOSH Technical Membership (TechIOSH) and can progress towards advanced qualifications such as the IOSH Level 6 Diploma.
- **Flexible Learning** – study online at your own pace, with remote exams to balance work, study, and personal commitments.

## Key Features

	Comprehensive coverage of the IOSH competency framework
	Develops an optimal balance of the fundamental technical OSH knowledge and skills with behavioural and core business skills
	Assessment via online remotely invigilated multiple choice exam and scenario based tasks
	Globally Recognised Qualification
	Meets the academic requirements for application for TechIOSH membership and designatory letters
	Ofqual regulated
	Eligibility for IOSH student membership allowing access to a multitude of benefits to support learning including the Blueprint CPD tool, mentoring and the Career Hub
	Confidence in the IOSH brand

## Why Study with DAC?

- Aligned to the IOSH Competency Framework – covers the essential foundation every OSH professional needs.
- Expert-led learning – on-demand video lessons taught extensively by Dr. David Arku, free of charge for enrolled learners.
- Practical assessment – ensures learners can apply OSH principles effectively in real workplace situations.
- Covers emerging risks – including AI, climate change, and the gig economy.
- Flexible access – available both through our website and mobile app for learning anytime, anywhere.

## Course Structure

To be awarded the IOSH Level 3 Certificate in Occupational Safety and Health Principles and Practice, learners are required to successfully complete four mandatory units that focus on the IOSH competency framework.

### 4 Core Units

1

#### Fundamentals of OSH Principles and management systems

Enabling learners to understand OSH principles, elements of a safety management system and the role they play in OSH performance, drawing from the Technical competencies.

2

#### Principles and application of OSH Risk Management

Enabling learners to apply OSH tools and techniques including risk assessment, risk management, workplace inspections and audits. Assessing their ability to apply them effectively to workplace scenarios using Core and Behavioural competencies

3

#### Principles and application of OSH incident Management

Enabling learners to understand the principles of incidents and their causation drawing from the Technical competencies and assessing the ability to use Behavioural and Core competencies when carrying out an investigation.

4

#### Improving OSH Performance and Culture

Enabling learners to ensure their own effectiveness as an OSH professional and the effective application of the organisation's safety management systems by influencing and collaborating with colleagues. This unit draws heavily from the Core and Behavioural competencies.

5

#### (BONUS Unit by DAC) Not Examinable- Occupational Health & Wellbeing

6

#### Preparing for the exam

## Studying the IOSH Level 3 Certificate



**122 Hours (80 Hours Guided Learning + 42 Hours Self Study)**

## Assessment

### Day 1: Scenario-Based Practical Assessment

[Click here to PRACTICE](#)

- 4 Tasks- Workplace inspection task, Risk Assessment task, Incident Investigation Task, Toolbox Talk preparation task
- 2 Hour Duration
- Online Remote invigilation
- Pass mark- 50%

### Day 2: Multiple-Choice Knowledge Exam

[Click here to PRACTICE](#)

- 80 multiple Choice
- 2 Hour Duration
- Online Remote Invigilation
- Pass mark- 70% ( 56 Correct Answers)



## About IOSH

IOSH, the world's largest and only Chartered professional body, has over 75 years of experience in setting standards and developing resources, guidance and training in the occupational safety and health profession. IOSH is a regulated awarding organisation (AO), recognised by The Office of Qualifications and Examinations Regulation (Ofqual), meaning IOSH offer their own qualification routes to membership, underpinned by their competency framework.



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