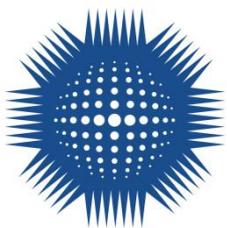




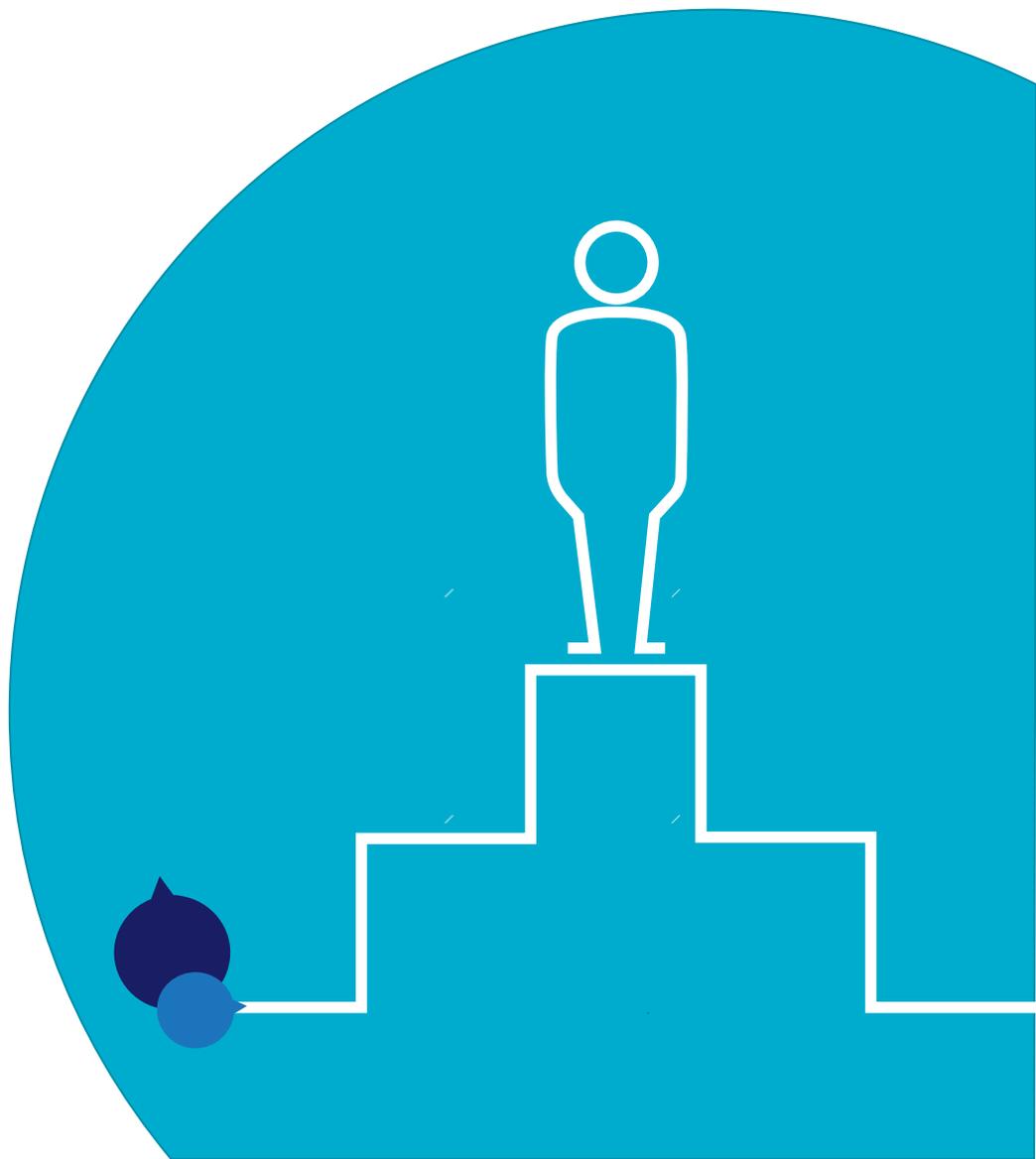
accidents don't have to happen

RoSPA's CMIOSH e-book

Your route to CMIOSH: NEBOSH vs
NVQ



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Introduction?

Looking to achieve CMIOSH status?

Let's assume you work in health and safety. You probably have a [NEBOSH certificate](#) or equivalent under your belt, but having decided that you want to progress your career in health and safety it's now time to move up to the next level and achieve CMIOSH (Chartered Member of the Institute of Occupational Safety and Health) status. The big question is – **how do you get there?**

The good news is that you've got options – you could decide to go for a [NEBOSH Diploma](#) or you could choose an [NVQ 5](#). The tricky part is selecting the right option for you. That's where we can help. This e-book will outline the facts, outcomes, pros and cons of each, so you can make an informed choice.

We'll also tell you how RoSPA can guide you through your chosen course and provide you with a comprehensive set of options. By the end, you should know which route to CMIOSH is the best for you.



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NVQ 5

1. What is it?

A RoSPA [City & Guilds NVQ 5](#) in Occupational Safety is a vocational route to CMIOSH. It's based on job performance rather than exams.

- There are no prerequisites for taking the NVQ, so it's suitable for anyone over the age of 19 who works in a safety management or safety officer role
- That being said, a NEBOSH Certificate is preferable for people wishing to undertake the NVQ
- There are no classroom sessions; delegates simply do their jobs whilst building a portfolio of evidence
- Delegates have three years to complete the course, however it can be done in as little as four months
- Delegates have a mentor who supports and guides them through the process
- The qualification will be specific to the delegates job
- Successful candidates receive the City & Guilds NVQ Level 5 Diploma in Occupational Health and Safety Practice.

NVQ 5

2. How is it assessed?

The NVQ contains 10 mandatory units of competence:

- **Promote a positive health and safety culture**
- **Develop and implement a health and safety policy**
- **Develop and implement effective communication systems for health and safety information**
- **Develop and maintain individual and organisational competence in health and safety matters**
- **Identify, assess and control health and safety risks**
- **Develop and implement proactive monitoring systems for health and safety**
- **Develop and implement reactive monitoring systems for health and safety**
- **Develop and implement health and safety emergency response systems and procedures**
- **Develop and implement health and safety review systems**
- **Maintain knowledge of improvements to influence health and safety practice.**

The assessment is submitted through RoSPA's online system and assessed against the required competencies, all of which must be demonstrated.

NVQ 5

3. Pros and cons

Pros:

- No time away from work – evidence is submitted from delegates' daily jobs
- Minimal disruption to workplace operations
- No travel or subsistence costs
- Work at your own pace
- Lower price
- No exams!

Cons:

- Portfolio relates to delegates current role therefore:
- Only really achievable if in a core safety role
- Not as easily transferrable to other roles and organisations
- Therefore can be considered less rigorous and be less sought after by employers.

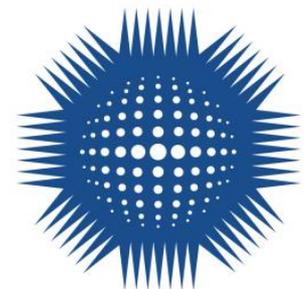


NEBOSH Diploma

1. What is it?

The NEBOSH Diploma is a prestigious and highly respected qualification held by over 10,000 OSH professionals. Holders of the Diploma may use the letters 'DipNEBOSH' after their name.

- **The Diploma covers health and safety management, hazardous agents and work equipment safety**
- **It builds on the foundation knowledge gained on the NEBOSH Certificate course**
- **The Diploma consists of four units – three are assessed via exams and one by a written assignment**
- **Delegates can take the units in any order over a five year period**
- **There are 241 taught hours and approximately 234 hours required for background reading and private study.**



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NEBOSH Diploma

2. How is it assessed?

There are 4 separately assessed units to the diploma:

Unit A: Managing Health and Safety

- Principles of health & safety management
- Loss causation & incident investigation
- Measuring & reviewing health and safety performance
- Identifying hazards, assessing & evaluating risk
- Risk control
- Organisational & human factors
- Principles of health & safety law
- Criminal law & civil law

Unit B: Hazardous agents in the workplace

- Principles of toxicology and epidemiology
- Hazardous substances and other chemicals - assessment of risk
- Monitoring and measuring
- Biological agents
- Physical agents
- Musculoskeletal risks and controls
- Work environment risks and controls
- Managing occupational health

NEBOSH Diploma

2. How is it assessed?

There are 4 separately assessed units to the diploma:

Unit C: Workplace and Work Equipment

- General workplace issues
- Principles of fire and explosion
- Workplace fire risk assessment
- Storage, handling and processing of dangerous substances
- Work equipment
- Electrical safety
- Construction hazards & controls
- Workplace transport and driving for work
- Pressure system hazards and controls

Unit D: Application of Health and Safety Theory and Practice

- Candidates are required to use the knowledge gleaned in the above units to make a detailed review of the health and safety performance of a workplace and produce a justified action plan to improve performance
- The expected length of the assignment is around 8,000 words
- The level of work should be that expected of a competent occupational health and safety practitioner working within an organisation.

NEBOSH Diploma

3. Pros and cons

Pros:

- Academic, degree level qualification
- Highly regarded and sought after by employers
- Transferrable knowledge base, therefore applicable across industry sectors and job roles
- Can be taken at the delegates own pace – over up to five years.

Cons:

- A considerable investment in terms of both time and money
- High degree of commitment required from the candidate
- Candidates need to perform well under pressure as there are three exams to sit.



End results

So you've been a fantastic student and you've completed your chosen route with flying colours, but what does that give you? How close are you to becoming a Chartered Member of the Institution of Occupational Safety and Health?

Both options give you Graduate Member of the Institution of Occupational Safety and Health (GradIOSH) status. This means you meet the academic requirements of chartered status, but you are still undergoing professional development.

The differences in the courses occur when it comes to how you achieve CMIOSH status:

NEBOSH Diploma holders must submit a mini-portfolio of evidence from their current job role, this is part of their Initial Personal Development in health and safety.

NVQ Level 5 holders must take an open book exam over a period of two weeks. This exam contains NEBOSH Diploma level questions.

Making your mind up

This is the most important bit!

Having read about both routes and looked at the pros and cons, you know what you need to do to achieve CMIOSH status. So which course do you pick? Here are the key questions to ask yourself:

How do you want to be assessed?

Do you like exams or prefer workplace assessment?

What is your end goal?

Is it to achieve CMIOSH status or do you want something that will be vital to your long term career development?

What kind of time commitment can you afford?

There will be an impact on your home and social time

Do you want to change jobs in the future?

It's worth looking at job adverts and role profiles and seeing what the requirements are.

To what extent is your employer assisting you?

In some cases this may take the decision completely out of your hands.

How can RoSPA help?

NVQ

Whatever you decide, RoSPA can help you achieve your goal. We offer both the NEBOSH Diploma and the NVQ Level 5 courses in occupational Health and Safety.

The **NVQ** is available at £1795 + VAT which includes access to the online portfolio management system. Discounts are available for multiple NVQ sales to the same organisation.

Delegates are mentored by a CMIOSH-qualified RoSPA assessor throughout. These mentors excel in passing on their wealth of knowledge and experience in such a way that delegates are able to translate their achievements into real, practical advantages for your workplace.

Delegates have access to RoSPA's [Infocentre](#), a huge library of health and safety-related resources.



How can RoSPA help?

NEBOSH Diploma

RoSPA offers NEBOSH Diploma courses in Birmingham, Glasgow and Edinburgh.

In addition, we also offer an exclusive **Mentoring Package**. This package allows delegates to receive advice on safety issues affecting their workplace, as well as support on issues relating to course content.

The package also gives delegates feedback on mock exams and assignments, as well as full use of RoSPA's 'Diploma Delegate Forum', an online learning aid which enables tutors to set discussion topics and answer questions, as well as giving delegates a platform on which to swap ideas and theories.

RoSPA tutors can offer advice to delegates on safety issues affecting their workplace in the context of the Diploma, helping to make their individual learning experience more relevant. They can also offer one-to-one telephone or email tutor support on any issues relating to the course content, plus the opportunity to complete mock exams and assignments, which the tutor will mark and provide feedback for, aiming to improve future exam performance

Unlimited access to RoSPA's onsite Infocentre (while studying here with us) which houses a unique collection of safety related documents and provides an extensive enquiry service on all aspects of health and safety.

*This Mentoring Package is available at a discounted fee of £4950 + VAT.
Dates and prices for individual units can be found [HERE](#).*



About RoSPA

RoSPA (The Royal Society for the Prevention of Accidents) is a registered charity and one of the UK's leading safety organisations. Through our [workplace safety training](#), [consultancy](#), [fleet](#), [awards](#) and [membership services](#), we work with organisations within the UK and overseas.

Why choose RoSPA training?

RoSPA offers one of the widest ranges of health and safety training courses and in-company safety training in the UK, from operative level right up to director and board level. We are one of the leading providers of NEBOSH and IOSH accredited courses, manual handling, safer people handling, auditor training and core health and safety training courses, covering a wide range of topics within the areas of risk assessment and the management of occupational safety.

We also lead the way in practical health and safety consultancy and audits. Tailored services provide a service that suits and ensures you're fully compliant and - above all - safe.

Which courses does RoSPA offer?

[NEBOSH Courses](#)

[IOSH Courses](#)

[Safer People Handling](#)

[Manual Handling](#)

[Core safety skills](#)

[Practical skills](#)

[Auditor training](#)

[In-company training](#)



accidents don't have to happen

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