
NEBOSH International General Certificate Exam Preparation

07 - 11 Dec 2026
Amsterdam





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Ref.: 1901_6527 **Date:** 07 - 11 Dec 2026 **Location:** Amsterdam **Fees:** 5700 **GBP**

NEBOSH International General Certificate Exam Preparation is a five-day intensive preparation programme delivered by Mars Training Centre UK in London, Dubai, Kuala Lumpur and other international locations — for HSE practitioners, line managers and supervisors preparing to sit the NEBOSH International General Certificate examination.

The NEBOSH International General Certificate is a widely recognised qualification in occupational health and safety, awarded by the National Examination Board in Occupational Safety and Health, a UK-based examining body. Employers across energy, construction, manufacturing and government routinely require candidates for HSE roles to hold the IGC, which makes structured preparation a sound investment for any practitioner serious about progressing. This course gives you that preparation in a focused, immersive working week at one of our international centres.

Across five days you work through the IGC syllabus, practise the question styles used in the open-book assessment and the closed-book examination, and build the written-answer technique the examiner expects. This is an exam preparation programme: the IGC qualification itself is awarded by NEBOSH following the assessments it administers, and the Mars award at the end of the week is the Mars Certificate of Completion.

What You Will Learn

- Explain the structure, scope and assessment pattern of the NEBOSH International General Certificate.
- Apply the core principles of health and safety management to common workplace scenarios.
- Identify and evaluate the main physical, chemical, biological, ergonomic and psychosocial hazards in the syllabus.
- Conduct a basic workplace risk assessment using the five-step approach.
- Analyse incident causation and apply structured investigation principles to a written case.
- Recognise the legal and regulatory context referenced in the international syllabus.
- Construct examiner-ready written answers using command-word analysis and the verb hierarchy.
- Manage your time across the open-book assessment and the closed-book examination.
- Identify your personal weak topics through diagnostic practice and target your revision accordingly.
- Plan a realistic post-course revision timetable up to your scheduled examination.

How You Will Benefit

You will leave with a working command of the IGC syllabus, examiner-ready written-answer technique, a personalised revision plan for the run-up to your assessment, and a Mars Certificate of Completion confirming attendance at this preparation course.

Your organisation will gain a better-prepared candidate for the examination, faster movement of HSE staff through the qualification, and a more capable safety practitioner whether or not the assessment is sat immediately after the programme.



Who This Programme Is For

The course is designed for HSE managers and coordinators preparing to sit the IGC; safety officers, supervisors and advisers; line managers accountable for safety in their teams; engineers, operations supervisors and site managers from energy, construction and manufacturing; construction project managers and quantity surveyors; quality, risk and compliance staff taking on safety responsibilities; and government inspectors broadening their formal HSE training. The seniority floor is supervisor or HSE officer level and above, with practical workplace experience.

The week moves from the foundations of health and safety management, through risk assessment and general workplace hazards, into the physical, chemical and biological hazard categories, then occupational health and the work environment, closing with examination technique and a personal revision plan built around your booked assessment date.