



BAM

Better Work Environment

Sweden's most popular basic training program
in occupational health and safety

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Course Overview

Better Work Environment (BAM) is Sweden's largest occupational health and safety training program, with 1.5 million participants.

The course provides managers, safety representatives, and others with fundamental and comprehensive knowledge of how workplace health and safety issues should be managed. The English-language course is based on Swedish legislation and ensures the knowledge required for everyday working life in Sweden.

Course Objective

The purpose of the training is to promote effective cooperation in occupational health and safety matters. The program provides a holistic perspective on the work environment while equipping you with fundamental knowledge of occupational health and safety and a practical method for addressing these issues in your daily work.

Target Audience

The course is intended for managers, supervisors, safety representatives, other union representatives, and anyone who, in their role, needs knowledge of how occupational health and safety issues should be managed.

Method

In the training, lectures are alternated with group work, where different cases of workplace safety situations are to be solved. All our BAM instructors are certified.

Course Syllabus

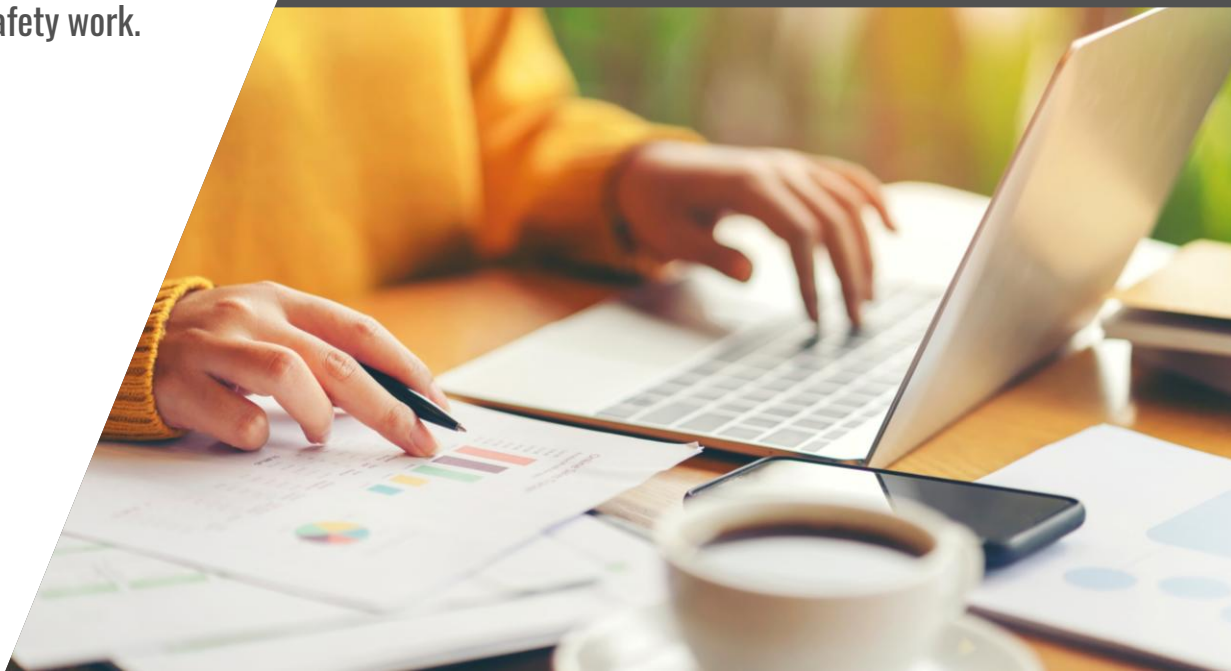


After the training, participants should be able to:

- Be familiar with laws, regulations, and directives that affect the work environment.
- Collaborate on occupational health and safety issues.
- Identify risks and implement preventive measures.
- Monitor the connection between the work environment and organizational development.
- Seek and use relevant information in daily occupational health and safety work.

Course Content

- Laws, regulations, and directives in occupational health and safety
- Roles, responsibilities, and collaboration for managers and safety representatives
- Preventive and systematic work environment management
- Risk assessment and action planning
- Identifying and managing factors that affect the work environment
- Occupational health and safety during organizational change





Course Format

All our training programs can be tailored to your company's needs. If you want a company-specific training, we will customize the program in close dialogue with you. Together, we review and decide on the content, scope, and objectives so that the training fits your organization perfectly.

Digital Course

Instructor-led course via Teams

BAM Online English –
Teacher-led Web Course
(2 days)

E-learning

Study at your own pace

eBAM English –
Web Course (2 days)

eBAM English –
Knowledge Test



Why Choose Kompetensutveckla?

- ✓ Wide range of training programs
- ✓ Experienced instructors with industry expertise
- ✓ Flexible formats – courses available in-person at 40 locations, online, and as e-learning
- ✓ Course certificate immediately after completion

Book directly on the website or request a quote!

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