

THE GLOBAL & FRONTLINE SAFETY REVIEW

SAFETY MAGAZINE

From global OHS trends to the frontline realities of nursing – the stories shaping how the world stays safe at work.



COVER STORY

Inside a Live Fire Drill: What 130+ Nursing Students Learned in 3 Days

Safety Is a Language — We Are All Still Learning to Speak It Fluently

Welcome to the first issue of the Pacesetter Safety Magazine.

2026 has been a year of quiet transformation in Health, Safety and Environment practice. Globally, organisations are shifting from reactive safety — responding after an incident — to predictive safety, using data and technology to anticipate risk before it becomes injury. At the same time, the International Labour Organization used this year's World Day for Safety and Health at Work to remind us that safety is not only physical: a psychologically unsafe workplace is, in every measurable sense, an unsafe workplace.

Closer to home, and closer to our hearts, healthcare workers — the nurses we are proud to train — continue to face a workplace violence crisis that the rest of the world is only beginning to reckon with. We dedicate a significant part of this issue to that reality, because awareness is the first form of protection.

In between, you will find the global trends shaping our profession, a look back at our own recently concluded training for the College of Nursing Sciences, Umulogho (CONSU), and practical tools you can put to use today.

Our mandate remains simple: to spread the gospel of HSE. Thank you for reading, and for carrying that mandate forward with us.



Kanayo Duke Okonkwo

FOUNDER & LEAD HSE CONSULTANT, PACESETTER HSE CONSULT · FELLOW, SGI/WSO

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Predictive Safety: How 2026 Redefined the HSE Playbook

"The next generation of safety leaders won't wait for data to explain what went wrong; they'll use it to anticipate what's coming next."



A safety officer reviews real-time sensor data on the factory floor — predictive analytics is reshaping how hazards are caught before they become incidents.

For decades, safety programmes were built almost entirely around physical hazards — slips, trips, machinery, chemical exposure. In 2026, that definition has expanded. Across construction, energy, manufacturing and healthcare, organisations are investing in technology that doesn't just record incidents, but predicts and prevents them.

\$4.5B

Projected global EHS software market by 2029, up from \$1.9B in 2023

9.8%

CAGR forecast for the workplace safety training market through 2033

"Predictive safety is more than a technology trend — it's a strategic shift. In the future of workplace safety, the greatest protection comes from foresight."

For institutions and organisations still building their HSE foundations, the lesson is not that every workplace needs AI-powered sensors tomorrow — it's that the direction of travel is clear: toward data, toward anticipation, and toward treating safety as core strategy.

"Let's Ensure a Healthy Psychosocial Working Environment"

That was the ILO's theme for the 28 April 2026 observance – and it marked a turning point in how the world defines a "safe" workplace.



A supportive team check-in – psychosocial risk management starts with conversations like this one.

Since 2003, the International Labour Organization has used 28 April to draw global attention to occupational accidents, injuries and disease. This year's theme moved beyond hard hats and harnesses to something less visible but equally dangerous: psychosocial risk – the workload pressures, poor communication, isolation, bullying and lack of autonomy that erode a worker's mental health.

The observance leaned on ISO 45003, the world's first international standard dedicated to psychological health and safety at work – giving organisations a practical framework for treating a toxic reporting culture or chronic overwork with the same seriousness as a faulty machine guard.

840,000

Estimated annual deaths linked to work-related psychosocial and stress factors worldwide

2.3M

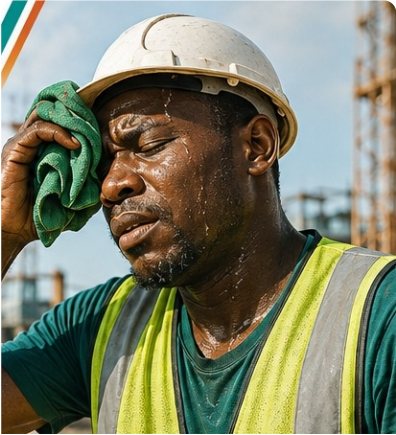
Deaths per year globally from occupational accidents and work-related disease combined

For safety officers and institution leaders, the practical takeaway is simple: a psychosocial audit belongs alongside your fire drill and your PPE inspection. Ask your team what, in their daily workflow, causes unnecessary stress – and treat the answer as a hazard report.



Working on a Warmer Planet

Heat is no longer a seasonal inconvenience. It is one of the fastest-growing occupational hazards on Earth.



A construction worker cools off mid-shift — heat exhaustion is now one of the fastest-growing occupational hazards globally.

A joint 2026 technical report from the World Health Organization, World Meteorological Organization and International Labour Organization confirms what frontline workers already feel: climate change is amplifying occupational heat stress, and the workers least able to escape it — outdoor labourers, construction crews, and workers in poorly ventilated indoor facilities — are carrying the heaviest burden. The physiological toll compounds quickly: heat exhaustion and heatstroke in the short term; chronic cardiovascular, respiratory and renal disease in the long term.

2.4bn

Workers globally exposed to excessive occupational heat

22.85M

Occupational injuries linked to heat exposure each year

\$361bn

Potential global savings if heat-prevention OSH measures were fully adopted

Productivity suffers too — research cited by the ILO shows output declining by roughly 2.3% for every degree Celsius above 19°C.

In Qatar, hospitalisations related to workplace heat stress fell by more than half after new heat-safety legislation was introduced — proof that policy, not just PPE, saves lives.

The Hidden Epidemic: Violence Against Nurses

Healthcare workers are roughly five times more likely to experience workplace violence than workers in any other industry — and most incidents go unreported.



Nurses face the highest workplace violence exposure of any profession — and are increasingly trained to recognise, de-escalate and report it.

The World Health Organization estimates that between 8% and 38% of healthcare workers worldwide experience physical violence at some point in their careers, with many more exposed to verbal aggression. A 2026 survey found that more than one in four nurses were physically assaulted at work in the past year alone — hit, kicked, pushed, bitten or grabbed — and most did not report it.

75%

Of healthcare workers report they do not feel safe at work

36.4%

Of nurses report a rise in workplace violence on their unit in the past year

62%

Of assaulted nurses report PTSD symptoms a full year later

Most violence comes from an unexpected source: patients themselves account for roughly 75% of incidents, ahead of visitors (15%) and coworkers (10%). Long wait times are the single most common trigger, cited by 73% of nurses in one study, followed by dissatisfaction with care and communication breakdowns.

"Violence is part of the job" is a misguided perception the profession is finally rejecting. Employers, unions and regulators increasingly treat it as a preventable occupational hazard — not an unavoidable cost of caregiving.

Why This Belongs in Every Nursing Curriculum

This is precisely why workplace violence awareness and de-escalation sit inside Pacesetter's 8-course Healthcare & Nursing curriculum — one of several sector-specific tracks we deliver — alongside hazard identification, PPE and emergency procedures. Safety training for healthcare workers cannot stop at biohazards; it must prepare them for the people, not just the pathogens.

Global Safety, By The Numbers

The stories in this issue, distilled to the figures that matter most.

\$4.5B Projected global EHS software market by 2029	2.4bn Workers globally exposed to excessive occupational heat	75% Of healthcare workers report feeling unsafe at work
840K Annual deaths linked to psychosocial risk factors worldwide	62% Of assaulted nurses report PTSD symptoms a year later	130+ Nursing students trained & certified in our own CONSU Batch 4 programme

Six numbers. One conclusion: the future of safety is data-informed, psychologically aware, and built sector by sector — not one-size-fits-all.

Safety at a Glance



Heat Stress: Early Warning Signs

- ☐ Heavy sweating and cool, clammy skin (heat exhaustion)
- ☐ Hot, dry skin with no sweating (possible heatstroke — emergency)
- ☐ Dizziness, headache, confusion, or nausea
- ☐ Rapid pulse or shallow breathing
- ☐ Muscle cramps during or after physical exertion

PPE Compliance Checklist

- ☐ PPE selected matches the specific hazard identified
- ☐ Equipment inspected for damage before every use
- ☐ Staff trained on correct donning and doffing procedure
- ☐ Replacement stock available on-site, not just in storage
- ☐ Non-compliance addressed immediately, not overlooked

De-escalation: First Response

- ☐ Keep a calm, level tone and open body posture
- ☐ Maintain a safe physical distance and clear exit path
- ☐ Acknowledge frustration without agreeing to unsafe demands
- ☐ Call for support early — do not wait for escalation
- ☐ Document and report every incident, even minor ones

Psychosocial Risk: Ask Your Team

- ☐ Is our workload realistic within normal working hours?
- ☐ Do staff feel safe reporting mistakes or near-misses?
- ☐ Is there clarity about roles and decision-making authority?
- ☐ Are staff experiencing isolation, bullying, or harassment?
- ☐ Is leadership visible, approachable, and responsive?

Remember

Most workplace incidents are preceded by warning signs. The goal of a strong safety culture is not to punish the report — it's to encourage it.

Inside CONSU Batch 4: 130+ Nurses, 3 Days, 8 Courses

Our most recently concluded HSE training and certification programme, delivered for the College of Nursing Sciences, Umulogho (CONSU).

In July 2026, Pacesetter HSE Consult delivered a complete Occupational Health and Safety Training and Certification Programme to over 130 nursing students at CONSU — covering all 8 core OHS modules, from Safety Law and PPE to Fire Safety and CPR, in a hands-on, practical-first format.



Live fire extinguisher practical with the Abia State Fire Service



Hands-on CPR practice on training mannequins



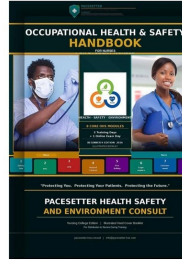
Over 130 trainees in session at the CONSU Lecture Hall



A facilitator leads a session on the 8 core OHS modules



Fire safety briefing ahead of the live extinguisher exercise



Our OHS Handbook for Nurses, used throughout the training

Participants who completed the programme and passed the professional examination received our official HSE Supervisor Certificate — a combined HSE 1, 2 & 3 credential.

The Global Safety Calendar

Key health and safety observances, all year round – build your institution's HSE calendar around them.



JANUARY – JUNE		JULY – DECEMBER	
FEB 04	World Cancer Day	JUL 28	World Hepatitis Day
MAR 03	World Hearing Day	SEP 10	World Suicide Prevention Day
APR 07	World Health Day	SEP 17	World Patient Safety Day
APR 28	World Day for Safety & Health at Work	OCT 10	World Mental Health Day
MAY 05	World Hand Hygiene Day	OCT, WK 2	Fire Prevention Week
MAY 12	International Nurses Day	NOV, 3RD SUN	World Day of Remembrance for Road Traffic Victims
MAY 31	World No Tobacco Day	DEC 01	World AIDS Day
JUN 05	World Environment Day	DEC 03	Int'l Day of Persons with Disabilities

Planning Tip

Institutions that tie their internal HSE refreshers to recognised global observances see stronger staff engagement than those that schedule training in isolation. Consider anchoring your next Pacesetter training around one of the dates above.

Pacesetter HSE Consult

Spreading the gospel of Health, Safety and Environment – across every industry, one workplace at a time.

Pacesetter HSE Consult is an Occupational Health, Safety and Environment training and consultancy organisation based in Port Harcourt, Rivers State, Nigeria. We are led by Kanayo Duke Okonkwo, Founder & Lead HSE Consultant and a Fellow of SGI / World Safety Organization, with over six years of hands-on HSE experience. We are also currently pursuing affiliation with OSHA Academy, USA, to further strengthen the international recognition of our certifications.



Industries We Serve

 Oil, Gas & Energy	 Construction & Engineering	 Manufacturing & Industrial	 Healthcare & Nursing
 Hospitality & Food Safety	 Corporate & Office Safety	 Transport & Logistics	 Power & Utilities

Featured Track: Healthcare & Nursing

Our 8-course Healthcare & Nursing curriculum — featured throughout this issue and recently delivered to 130+ students at CONSU — is one specialised track among several. Every sector we serve gets a curriculum built for its own hazards, not a one-size-fits-all course.

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| 1 Safety Law & Legislation | 2 Personal Protective Equipment |
| 3 Cardiopulmonary Resuscitation | 4 Hazard Identification & Control |
| 5 Fire Safety & Emergency Procedures | 6 Ergonomics & Manual Handling |
| 7 Environmental Safety | 8 Health & Hygiene |

Thank You for Reading

Safety is never finished – it is practiced, one shift, one classroom, one decision at a time. We'll see you in the next issue.

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