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RRC Students Top Performers in 2012 NEBOSH Diploma Exams



NEBOSH 2012 Prize Winners Celebrate Their Success
with Sir Bill Callaghan (NEBOSH Chair), Teresa Budworth (NEBOSH Chief Executive) and
Lawrence Waterman OBE (Head of Health and Safety at the Olympic Delivery Authority)

**NEBOSH National Diploma Prize Winner -
Jamie Lewis**

**NEBOSH International Diploma Prize Winner -
Satya Prakash Gautam**



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NEBOSH National Diploma Prize Winner – Jamie Lewis

RRC's NEBOSH Candidate Outperforms the Rest of the UK



Jamie Lewis has just become the UK's top performer in the NEBOSH National Diploma course. This outstanding result sets Jamie, who studied for the Diploma with RRC Training, apart from fellow candidates, having achieved the highest marks overall for the Diploma in the country.

Background

Jamie, still only 27, has an impressive CV and has come a long way in the last 10 years. He started his working life as a Royal Marine when he was 16, serving in Iraq during 2003. After leaving the Marines, he worked for a year in a private security firm in Iraq and was then offered a job as Environment, Health and Safety Adviser by global engineering firm Invensys Process Systems in Kazakhstan and Nigeria.

"I've always been put in a role where I've been given a lot of responsibility from day one," says Jamie, who set up management systems in Nigeria and implemented projects for Shell, after which he became HSE manager for a Nigerian construction company for 18 months.

Jamie worked for engineering consultancy Amec Natural Resources as Corporate HSSE Manager in 2010 and now works for leading global EPC company Worley Parsons in their Hydrocarbons sector. He says: *"Worley Parsons are world leaders in safety in the oil and gas industry, setting extremely high standards in safety performance."* Jamie has recently been working on a \$55 bn BP Rumaila project to develop one of the world's largest oil fields in Iraq, with responsibility for all supply chain and sub-contractor management. He will shortly start as HSE manager for Worley Parsons on a multibillion \$ oil and gas project in Kazakhstan with TCO – Chevron Oil – responsible for all contractor management.

The RRC Training experience

Although the NEBOSH Diploma can sometimes take up to five years to finish, Jamie completed the course in around 18 months. He studied Unit A by distance learning and Units B and C on block release from Amec in the classroom at RRC's head office in South-West London.

"I prefer distance learning because you can get on with your own work. Sometimes in the classroom other people can waste a lot of time," says Jamie.

Jamie had previously gained a distinction in the NEBOSH General Certificate before he started the Diploma. He was also a BS OHSAS 18001 and ISO 9001 Lead Auditor.

So why did he decide to take the NEBOSH Diploma? *"The Diploma is very well recognised in the oil and gas industry,"* he explains. *"There are a lot of mature people with many years' experience in this*



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industry, who may have the NEBOSH Certificate, but don't have the Diploma. As a young guy, with both the Diploma and the experience, you are really well set up."

Jamie adds that the NEBOSH Diploma gives credibility with colleagues, senior management and clients, which is very important if you haven't got 20 years' or so experience. *"It is ruthless out there,"* he cautions. He also studied for the Diploma because he wanted to acquire the knowledge he needed to do his job well.

Jamie most enjoyed Unit A of the Diploma, covering health and safety management and legal requirements. He found Dr David Wenham, who was his Unit A and D tutor to be inspirational, giving him endless support and guidance.

"I wouldn't have achieved this award without David," he declares. *"I only used him in the week before the exam, but he was there all the time for me. He was very efficient and if I emailed him, would come back straight away. He is extremely spot-on with case law and very good at putting information in an exam-friendly way. Jim Phelpstead was an excellent tutor for Unit B, as he was also very knowledgeable."*

Jamie is less enthusiastic about parts of the actual NEBOSH Diploma course. He did not enjoy Unit C as much because it was not as interesting and relevant to him. *"Unit B was very new to me, a lot of it was the science behind health and safety, which is interesting, but I know quite a bit about the industry anyway and I found that a lot of the course in Unit C was based around manufacturing that was not relevant, such as power presses,"* he laments.

"Personally, I would prefer more information on oil and gas, although a lot of the course is applicable to this sector," he adds.

Jamie is happy with the way RRC ran the course. *"RRC are well established and have a good reputation,"* he says. One of the most useful aspects of the course to him was reading and learning old exam reports. *"I studied all of them, which came in useful, even though questions are not repeated,"* he notes. However, for him, he would rather practise old exam questions on his own and get feedback the next day, without everybody chipping in and shouting out answers. *"But the more mock questions and mock exams the better,"* he believes, adding: *"RRC have a great mini revision booklet, which is extremely useful coming up to the exam – I used to read it on the tube on the way to work."*

Why did Jamie come out top in the whole of the UK? He knew he was on track for a distinction, but did not put too many hours in early on in the course – he tended to cram at the last minute. *"Other than that, I don't really know why,"* he adds modestly. *"RRC are great at preparing you for exams and, importantly, I also had a lot of personal support from my manager, Wayne Seddon, at Amec, who was an absolute inspiration."*

Any advice for other candidates? *"You need to get in the mind of the examiner, and be clear about what the question is asking. It is really easy if you can do this. It's down to exam technique,"* he counsels.

Adds Jamie: *"You need a positive outlook. It is not easy but you can do it. Also, don't do the Diploma unless you've got the time to devote to it and don't underestimate it. But ultimately it is not as hard as you think if you apply yourself."*



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Outcome

How does Jamie see his future career? *“My new role with WorleyParsons on the TCO project is another good step in my career,”* he observes. Jamie sees his future in management with the aim of becoming a regional safety director with aspirations to sit on the Board one day.

Jamie seems to be unstoppable. He is already a member of IOSH and is starting a Masters’ Degree at Loughborough University in September in Occupational Health and Safety Management on top of all his work commitments. His can-do attitude is perfectly illustrated by his thoughts on the Masters: *“The Diploma gives you exemption from the first five modules of the Masters and prepares you for anything any other course can throw at you. You have to do a 20,000 word dissertation, but, having completed the Diploma, I feel well prepared for the challenge.”*

Jamie received his Best Candidate Award at the annual NEBOSH Graduation and Awards Ceremony on 25th June at Warwick University.

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NEBOSH International Diploma Prize Winner – Satya Prakash Gautam

On Top of the World: RRC's Candidate for NEBOSH International Diploma is Top Global Performer



India's Satya Prakash Gautam, who studied with RRC Training, has gained the highest marks in the world in the NEBOSH International Diploma in Occupational Health and Safety course.

Background

Satya is extremely passionate about health and safety, his chosen profession. *"My desire for growth in the health and safety profession bolstered my enthusiasm to get a specialised qualification in this field,"* he explains.

Satya started his career aged 22 as a safety professional in a Middle Eastern oil and gas plant in 2009, with responsibility for job planning, training, motivating, and supervising staff.

He obtained 79%, the highest score in India, when he passed the NEBOSH International General Certificate in 2010. This excellent result inspired him to go on to study for the NEBOSH International Diploma by e-learning with RRC, which he started in February 2011, taking only one year to complete the five-year course.

Satya has several other reasons for deciding to study for the Diploma. *"Firstly, it is recognised worldwide; secondly it is a gateway to studying a UK MSc in Occupational Safety and Health; and thirdly it leads to acceptance by international professional organisations such as IOSH and IIRSM, and this inspired me to pursue it,"* he says.

"Besides this," he adds, *"I believe that getting the International Diploma was the best way to compete with my peers who have longer working experience in this field. I knew it would help me immensely in my individual growth and my zeal for excellence."*

In the end, Satya achieved a fantastic 90% in Unit IA of the International Diploma (International Management of Health and Safety), 82% in Unit IC (International Workplace and Work Equipment Safety) and 78% in Unit IB (International Control of Hazardous Agents), a truly amazing result.

The RRC Training experience

Satya is generous in his praise for RRC. *"I am hugely grateful to RRC for their tremendous effort, encouragement and support throughout the course,"* he enthuses. *"RRC material is a complete package. The study materials are informative, well planned and pertinently explained. I studied the course notes more than 50 times and never got bored, accumulating better insights and expanding my knowledge."*

The only downside for Satya was that RRC does not have a recognised centre in India. *"I had to deal with certain issues on my own in my preparation and I believe that an active RRC centre could have been effective and of immense help to aspirants like me. It would be a matter of great pride and satisfaction if RRC establishes any regional branches here,"* he believes.



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Advice

So what does Satya put his outstanding success in the Diploma down to? *“Hard work has no substitute,”* says Satya, who gives credit to the effort and labour he put in to his studies. *“I went through more than 500 case studies during my preparation, and this was the concrete base of my success,”* he says.

Satya advises others taking the Diploma to use the RRC Revision Notes as a *“beacon of light”*. *“Go through the previous year’s questions, as this will give you an idea of what should constitute the structure of your answer,”* he urges. However, Satya stresses that: *“There is no shortcut to success without rigorous hard work”*.

Outcome

Satya is not content to rest on his laurels with his superb achievement in the NEBOSH International Diploma. *“I am now one more step ahead, and have overcome an important milestone in my career. However, my destination is not yet near, because the Diploma is a means to the end and not the end in itself,”* Satya declares.

“At the age of 25, my ambitions are expanding my potential,” he says. *“This result has definitely boosted my confidence and I now plan to do an MSc and PhD from the UK in occupational safety and health.”*

Career-wise, the achievement means that Satya is now eligible for GRAD IOSH membership and he is hoping to become CMIOSH in the next two years. *“My reliability as a safety professional has increased drastically. I now feel at a par with my peers, even though they may have more actual work experience than me.”*

Future

Until recently Satya has been working as a safety consultant in India with Chola MS Risk Services, a pioneer risk management solutions provider in Asia. However, he says: *“I would rather be an employer and expand my possibilities, than be an employee and work under limited opportunities.”*

With this mantra in mind, Satya resigned from his post a few months ago and is currently looking to establish his own risk management and safety training company.

“Thanks to NEBOSH, I have been provided with a strong, concrete foundation,” says Satya. *“I want to thank RRC for being the participant in my odyssey to success. I thank my family for being my support system. Last but not the least, the grace and blessings of the almighty have been my motivation throughout.”*



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Gary Fallaize and Dr David Towlson accept Satya's NEBOSH Best Candidate Prize on his behalf

Left to right: Lawrence Waterman OBE (Head of Health and Safety at the Olympic Delivery Authority), Gary Fallaize (RRC Managing Director), Sir Bill Callaghan (NEBOSH Chair), Dr David Towlson (RRC Director of Training and Quality) and Teresa Budworth (NEBOSH Chief Executive).

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