



NEBOSH Social Purpose – Case Study Request Form

Thank you for supporting this case study. Please complete as much of this form as you feel comfortable with. Stories may be anonymised if preferred.

1. About You

Name: Sengue Ambe Carine Nadege

Job role/type of work:

Organisation/workplace:

Country/region: Douala, Cameroon.

2. Before the Project

What safety or health challenges were common in your work?

The most common safety and health challenges included exposure to environmental pollutants such as wastewater, dust, chemicals, and other waste generated from production activities. During my environmental assessment, I identified that large volumes of wastewater containing nutrients, solid waste generated from packaging materials, plastics, maintenance waste, and cleaning products posed risks of land contamination, air pollution, and water pollution when improperly disposed of in open landfills or burned.

Another common challenge involved handling cleaning and disinfection reagents and ensuring compliance with Cleaning-In-Place (CIP), Good Manufacturing Practices (GMP), and hygiene standards during laboratory and quality assurance activities. This required strict adherence to safety procedures, proper use of protective equipment, and continuous monitoring to reduce risks associated with chemical

How did these issues affect you or others? (e.g. lack of PPE, unsafe practices, limited awareness, long hours, heat, stress, no training etc)

These issues affected both workers and surrounding communities in several ways. Poor waste management practices, including improper disposal and burning of plastics and packaging materials, contributed to poor air quality, unpleasant working conditions, and increased exposure to pollution for workers and nearby residents. The release of smoke and greenhouse gases from burning waste also posed environmental and respiratory health risks.

The inconsistency in waste segregation and the absence of a formal environmental management system increased the likelihood of unsafe disposal practices.

In the laboratory and production environments, handling cleaning and disinfection reagents without strict adherence to safety procedures could expose workers to chemical hazards, skin irritation, or contamination risks. Thus, the continuous monitoring and compliance with hygiene and safety procedures were therefore necessary to reduce these risks.

3. Your Experience with the NEBOSH-supported activity

What training, support or activity did you take part in?

I attended the online Environmental Management Certificate training.

What did you find most useful or memorable?

One of the most memorable aspects of this training was learning to participate in environmental assessments and reviewing waste management challenges which showed me how small operational gaps, such as poor waste segregation or limited staff awareness, can create significant environmental and health risks if not properly managed.

Another memorable aspect was working closely with the management team and operational staff to communicate assessment findings and follow up on corrective actions. This experience strengthened my understanding of teamwork, accountability, and the importance of involving all departments in implementing safety and environmental improvement measures.

Did anything change in your understanding, confidence, or behaviour?

Yes. This experience significantly improved my understanding of workplace safety, environmental management, and the importance of preventive measures in the industrial sector.

My confidence also improved through participating in monitoring activities, communicating recommendations to management teams, and supporting awareness and training sessions for staff. These experiences strengthened my ability to identify risks, communicate safety concerns professionally, and contribute to problem-solving and implementation of corrective measures.

4. What has changed since?

Have you taken any new actions at work as a result?

As a result of the environmental assessment activities, I became more conscious about proper waste segregation, documentation, and monitoring of environmental risks. I have also become more proactive in promoting safe work practices, environmental responsibility during my activities. I also pay closer attention to compliance with hygiene, and safety standards.

Have you shared learning with colleagues?

I have contributed to learning activities with operational supervisors, and staff members on the importance of proper waste segregation, environmental protection measures, and implementation of corrective actions aimed at reducing pollution and improving workplace practices.

Has anything in your workplace improved or become safer?

Staff awareness on environmental management practices has improved through staff meetings, and training activities on the implementation of corrective measures.

How has this impacted you personally (confidence, wellbeing, communication etc)?

These experiences positively impacted my confidence and communication skills and are relevant for my professional growth. I am able to communicate effectively with colleagues, and other staff members. This also improved my organizational and problem-solving skills, especially in handling responsibilities under pressure, conducting follow-up activities, and responding to operational challenges.

5. Additional Comments (optional)

This training strengthened my understanding of the importance of continuous improvement, teamwork, and accountability in our everyday activities. Participating in assessments, and follow-up activities showed me that sustainable improvements require collaboration between management, operational staff, clients and other stakeholders affected by our activities.

I am hoping that with this certificate, I will be able to access senior level positions in the nearest future.

Anything else you would like to add about your experience or the project.

6. Permissions

Please tick one:

- ☐ I am happy for my name and story to be used publicly.
- ☐ I prefer to remain anonymous, but I allow my story to be shared.
- ☒ I do not want my story shared outside of the project team.

Photos

- ☐ I give permission for a photo of me to be used.
- ☒ I prefer not to include a photo.