

# Vincent Theobald-Vega



FIIRSM, FRSPH, MISTR, MIAI, BSc, MSc, PgDip, Cert Ed  
Partner / Director of **Safety 4 HEd** LLP

Health & Safety Training

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A very experienced expert Health and Safety Professional, and qualified lecturer / trainer. Highly committed to the development of quality Occupational Health, Safety and Environment cultures - with a proven track record of creating good training programmes and bespoke sessions. In addition to this, consistently praised thanked with excellent student feedback and pass rates. Students often go on to expand their H&S careers, and credit Vincent's courses.

Vincent uses the skills and experience of over 3 decades of practical health and safety investigation experience, court cases and expert witness reports to ensure that courses are richly endowed with real-world examples.

## Core Competencies

**Delivering Safety courses as part of a team and as a solo practitioner since 1999.** Work at Newcastle University required contributions to the MSc and postgraduate teaching programmes as well as in-house course provision for a wide range of staff.

**Author of many training materials** including the [Asbestos Awareness Handbook](#) sold by Health and Safety Publications since 2018.

**Delivering papers for the HSE.** As part of the Inspector's role, there were occasional papers that needed to be delivered to conferences. The most high profile of these was for a Building Research Housing Group Conference 1997, on the 1994 CDM Regulations (the first ones).

Vincent also co presented (with Osbourne Clarke Solicitors) one of the first ever IOSH Health and Safety on Trial sessions (in Bristol, September 2000).

**Delivering In-House training** for a wide variety of organisations, including several Universities (Newcastle, Northumbria, Durham, Aberystwyth and others) and many commercial companies (from small enterprises to blue chip companies).

Most of these courses required the development of tailored quality materials, as well as the presentation of the courses, and the subject matter has covered a wide range of issues.

Since 2003 Vincent has been delivering **NEBOSH Certificate and Diploma courses**, and until 2025 (when he resigned from IOSH) he was also delivering the full range of **IOSH courses**. These have been mainly via RRC and Northumbria University, as parts of their commercial course programmes.

Large and complex projects are not a problem having previously worked in PRINCE environments and operated as a Stage Manager and Product Manager.

**Qualifications** earned over time as an active trainer. Vincent has undertaken a range of courses and evaluations to improve his training skills. These have included:

- 1997 Stage 1 Certificate in Education (Further Education), Bridgend College.
- 2003 Group Training Certificate, Stonebow at Newcastle University.
- 2004 Evac+Chair trainer, Paraid.
- 2005 Hot Fire Trainer Competency Course, MSF Ltd.
- 2010 Manual Handling Train the Trainer, City and Guilds.
- 2013 Certificate in Education, Cert(Ed) LLS, Leeds Metropolitan University.

**Student Feedback** has always been excellent and appreciated the interactive style of delivery, the use of experience, and the intensive guidance and support provided, including following the completion of the courses.

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## Specialist Subjects

In addition to the general health and safety training areas the following specialist training subjects are specifically covered:

- BioSafety training** (including work in Containment Laboratories);
- Construction Safety** (including asbestos and other sub disciplines);
- COSHH for laboratory workers** (including a special variant for HF laboratory use);
- Ergonomics** (and how they influence the worker and the workplace);
- Fire Evacuation** (including by Evac Chairs);
- Investigation skills** for safety practitioners (especially on implementing HSG245);
- Manual handling** (including train the trainer).

## Key Memberships and Accreditations and Qualifications

<b>FIIRSM</b>	Fellow	International Institute of Risk and Safety Management.	[2013]	<a href="http://www.iirmsm.org/">www.iirmsm.org/</a>
<b>FRSPH</b>	Fellow	Royal Society of Public Health.	[2002]	<a href="http://www.rsph.org.uk/">www.rsph.org.uk/</a>
<b>MISTR</b>	Member	Institute for Safety in Technology and Research.	[2000]	<a href="http://www.istr.org.uk/">www.istr.org.uk/</a>
<b>MIIAI</b>	Member	Institute of Industrial Accident Investigators	[2025]	<a href="http://iai.org.uk/">iai.org.uk/</a>
	Member	Health and Safety Lawyers' Association.	[2013]	<a href="https://hsla.org.uk/">https://hsla.org.uk/</a>
	Member	Federation of Forensic and Expert Witnesses.	[2018]	<a href="http://forensicandexpertwitness.co.uk">forensicandexpertwitness.co.uk</a>
	Ass. Memb.	Institute of Ergonomics & Human Factors.	[2013]	<a href="http://www.ergonomics.org.uk/">www.ergonomics.org.uk/</a>
<b>OSHCR</b>	Registered	Occupational Safety and Health Consultants Register	[2011]	<a href="http://www.oshcr.org/">www.oshcr.org/</a>
	Registered	UK Register of Expert Witnesses	[2015]	No. 1736 <a href="http://www.jspubs.com/staticelink.cfm?ID=224A5A534B503A0E351B2C122B">www.jspubs.com/staticelink.cfm?ID=224A5A534B503A0E351B2C122B</a>
<b>BSc (Hons)</b>	1985-1988	BSC Hons. in Forestry - UCNW (now Bangor University)		
<b>MSc</b>	1988-1989	MSC in Biological Computation - University of York		
<b>Pg Dip</b>	1989-1990	Postgraduate Diploma in Health & Safety - Aston University		
<b>Cert Ed</b>	2012-2013	Certificate in Education (LLS) - LMU via Newcastle College		

## Main Awards

See [safety4hed.co.uk/awards/](http://safety4hed.co.uk/awards/)

There are many others going back to 2015.

✓	Global 100 Winners Award	2026	2023	2022	2020	2017				
✓	Lawyer International Legal 100	2026	2024	2023	2022	2021	2020	2019	2018	
✓	Lawyer Monthly Expert Witness Awards	2025	none	2023	2022	2021	2020	2019	2018	2017
✓	Corporate International Magazine	2025	2024	2022	2021	2020				
✓	Corporate Live Wire	2025	2023/24	2022/23					2018	

## Employment (abbreviated)

<b>2012 - Now</b>	<b>Safety 4 HEd LLP</b> - Partner & Director	<a href="http://safety4hed.co.uk">safety4hed.co.uk</a>
<b>2012 - Now</b>	Affiliate Tutor with <b>RRC</b>	<a href="http://www.rrc.co.uk">www.rrc.co.uk</a>
<b>2003 - Now</b>	Ass. Lecturer <b>Northumbria University</b>	<a href="http://www.northumbria.ac.uk">www.northumbria.ac.uk</a>
<b>1999 - 2012</b>	Head of Safety for <b>Newcastle University</b>	<a href="http://www.ncl.ac.uk">www.ncl.ac.uk</a>
<b>1989 - 1999</b>	HSE Inspector	<a href="http://www.hse.gov.uk">www.hse.gov.uk</a>