



Health, Safety and Environment

# Health, Safety and Environment (HSE) Workshop

## Course Introduction

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Who is responsible for health and safety in your organization? Who should be held accountable to meet legal obligations in safety requirements? Through this course, it will be apparent that workplace safety is the responsibility of everyone in the organization. Moreover, a thorough review of common hazards, as well as root causes of accidents and incidents, will allow participants to be armed with various tools to help them create, follow, and more importantly, implement the standards of health and safety. By being aware of hazards surrounding them, participants will be able to identify and anticipate such hazards. Moreover, the instructions on investigation techniques and processes delivered in this course will enable participants to better plan for upcoming tasks.

## Target Audience

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- Safety & Training Specialist
- HSE professionals
- Hazard Analysis
- Environmental Specialist
- Emergency Response Specialist
- Occupational Safety and Health Specialist

## Learning Objectives

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- Identify the sources of harmful acts
- Explain how safety is everybody's responsibility
- Recognize that accidental injuries are caused by unsafe acts, behaviors and conditions
- Prepare a job safety analysis and give job safety instructions
- Conduct an accident investigation and complete a meaningful accident report

- Respond to various work accidents and emergencies
- Plan and conduct a safety audit

## Course Outline

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### • DAY 01

#### **Module (01) Definitions and overview**

- 1.1 Why the concerns for safety?
- 1.2 Various definitions of accident, safety, health
- 1.3 World Health Organization (WHO) and Occupational
- 1.4 Safety and Health Administration (OSHA)
- 1.5 Reaching threshold limit values
- 1.6 The 6 Es in safety

### • Day 02

#### **Module (02) Industrial hygiene**

- 2.1 Recognition, evaluation, control
- 2.2 Types of hazards in the workplace
- 2.3 The four categories of hazards
- 2.4 Control methods used in a safe environment
- 2.5 Accident costs and reporting

#### **Module (03) Job Safety Analysis (JSA) and safety audit**

- 3.1 Objectives of JSA
- 3.2 JSA uses
- 3.3 Benefits of JSA
- 3.4 Procedures to follow for an effective JSA
- 3.5 How to keep accurate recordings
- 3.6 Importance of an audit
- 3.7 Safety audit tools
- 3.8 Benefits of a safety audit
- 3.9 Consequences after the audit

### • Day 03

## Module (04) Accidents investigation, reporting and prevention

- 4.1 Accidents and injuries at work
- 4.2 Identifying causes of accidents
- 4.3 Contributing causes of accidents
- 4.4 Immediate causes of accidents
- 4.5 Effects and costs of accidents
- 4.6 Reporting requirements
- 4.7 Importance of prevention

### • Day 04

## Module (05) Management of health and safety

- 5.1 Planning and setting objectives
- 5.2 Organizing to ensure accomplishment
- 5.3 Leading to inspire action
- 5.4 Controlling performance
- 5.5 Concerns for management: safe and sound

## Module (06) Proper behavior in case of an accident

- 6.1 Types of work related accidents
- 6.2 First aid basics and their needs
- 6.3 Cardiopulmonary Resuscitation (CPR) in an emergency
- 6.4 Calling for help when you need it

### • Day 05

## Module (07) Ergonomics and good posture

- 7.1 Bad work habits and their effects
- 7.2 Negative effects of bad ergonomics
- 7.3 Correction of bad habits

## Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
April 13, 2025	April 17, 2025	5 days	4250.00 \$	KSA - El Dammam

FROM	TO	DURATION	FEEs	LOCATION
July 14, 2025	July 18, 2025	5 days	4950.00 \$	Turkey - Istanbul
Oct. 13, 2025	Oct. 17, 2025	5 days	4250.00 \$	UAE - Dubai