



Health, Safety and Environment



Internationally Certified Training Programs

OSHA: Occupational Safety and Health Administration Standards

Course Introduction

OSHA (Occupational Health and Safety Administration)

The OSHA (Occupational Health and Safety Administration) Standards are precise, detailed and fully functional in matters of occupational health and safety.

These standards have to be followed in the United States by legislation. They are, however, also widely used internationally by many major organisations because they have shown to have prevented countless work-related injuries, illnesses and deaths. This course provides an understanding of the structure, contents and applicability of the Occupational Safety and Health Administration (OSHA) standards.

It covers the recognition, avoidance, abatement, and prevention of safety and health hazards in the workplace for general industries. It also provides information regarding employers' responsibilities as defined by OSHA, and focuses on the implementation of effective safety programs and record keeping requirements.

Target Audience

- Safety Committee Members
- Security personnel / Specialist
- Technicians and competent personnel
- Human Resource personnel
- Rescue Specialist

Learning Objectives

- Learn the principles of modern health and safety
- Develop an understanding of the risk assessment process
- Gain an insight into the importance of Occupational Health as well as Safety
- Learn about the causes of accidents, incidents and disaster
- Learn how to select / implement disaster prevention measures
- Explain and apply the contents of the Occupational Safety and Health Administration 29CFR1910 (OSHA) standards
- Prepare an effective safety program that will also increase employee morale and productivity, and reduce overall costs
- Describe the training requirements of OSHA standards and identify the training topics that their organization's employees will need
- Distinguish the difference between workers' rights and employers' responsibilities as defined by OSHA

Course Outline

- **DAY 01**

- OSHA and Health & Safety**

- Introduction
 - Health and Safety Drivers
 - An introduction to the OSHA Standards
 - OSHA Inspections
 - Health and Safety Policies and the Safety Management System
 - Risk Assessment
 - Group Work
 - Safe Systems of Work

- **Day 02**

Aspects of Occupational Health

- An Introduction to Occupational Health
- Chemicals
- Health Hazards
- Physical Hazards
- Global Harmonisation System for Classification
- Group Work
- Hazard Communication
- Bloodborne Pathogens
- Sanitation
- Noise
- The role of Health Surveillance

Work at Height & Confined Space Hazards

- Scaffolding
- Portable Ladders
- Work Permits & Hot Work Permits
- Lockout / Tagout
- Permit-required confined spaces
- Group Work
- PPE

• Day 03

Industry-specific standards

- Hazardous, flammable, and combustible materials
- Confined space: permit required, hazards, courses, rescue
- Machine guarding: hazards, requirements, methods
- Welding, cutting, g and brazing
- Power industrial trucks

Process Safety

- The Fire Triangle

- Fire Safety: Control measures and OSHA
- The Fire Safety Risk Assessment
- Process Safety Management
- Background
- Details of the standard
- HAZOP Studies
- Group Work
- The role of Inherently Safer Technology
- Case Study: Refinery Disaster

• Day 04

Incident Investigation and Start up and Dealing with Disaster

- Organisational Memory
- Incident Investigation
- Human Factors in Accident Causation
- Health and Safety Monitoring
- Case Study: Human Factors
- Process Safety Indicators ANSI / API RP 754
- Process Start-up – a riskier time
- Operating Envelope
- Operating Procedures
- Pre-Startup Safety Review
- Case Study: Emergency Response to Disasters
- Emergency Response

• Day 05

Safety and health programs

- Benefits of effective safety and health programs
- Major elements
- Management commitment
- Policy and goals
- Employee involvement
- Responsibility
- Worksite analysis
- Safety and health inspections
- Hazard prevention control
- Controlling the hazards
- Hazard prevention planning

- Safety and health training
- Safety and health orientation
- Supervisor responsibilities
- Specific training needs

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
April 13, 2025	April 17, 2025	5 days	4250.00 \$	KSA - Riyadh
July 14, 2025	July 18, 2025	5 days	4250.00 \$	UAE - Dubai
Oct. 13, 2025	Oct. 17, 2025	5 days	4250.00 \$	UAE - Dubai