



Health, Safety and Environment



Internationally Certified Training Programs

OSHACADEMY General Industry Safety & Health Training 30-Hour

Course Introduction

Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide.

Upon successful completion of the course, participants will receive an OSHA general industry safety and health 30-hour course completion certificate and wallet card from OSHACADEMY – USA.

Target Audience

- Health and Safety Managers
- All professionals use health and safety requirements in their work processes.

Learning Objectives

- State the purpose of the OSH Act and list the functions of OSHA.
- List the OSHA inspection priorities and describe the inspection process.
- Describe the rights and responsibilities of employers and employees under the OSH Act.
- The basic requirements for proper aisle and passageway maintenance.
- Guidelines for identification and protection of floor openings.
- To understand the importance of effective Egress fire protection program.
- To know the safe means of Egress to provide fire protection in emergencies from new or old buildings or structures.
- Outline the machine safeguarding methods.

- Occupational Health and Industrial Hygiene.
- Outline the general requirements for general safety standards, establish the guidelines and requirements for special purpose equipment.

Course Outline

- **DAY 01**

Introduction to OSHA and Safety Regulations

- Walking and Working Surfaces
- Exit Routes, Emergency Action Plans, Fire

- **Day 02**

Electrical Safety

- PPE
- Hazard Communication
- Materials Handling

- **Day 03**

Powered Industrial Trucks

- Ergonomics
- Hazardous Materials (Flammable & Combustible)
- Permit Required Confined Space

- **Day 04**

Lock-Out & Tag-Out

- Machine Guarding
- Welding & Cutting
- Introduction to Industrial Hygiene

- Bloodborne Pathogens
- **Day 05**
- Fall Protection**

- Safety & Health Programs

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
May 4, 2025	May 8, 2025	5 days	4250.00 \$	KSA - Riyadh
Aug. 18, 2025	Aug. 22, 2025	5 days	4250.00 \$	UAE - Dubai
Dec. 29, 2025	None	None days	4250.00 \$	UAE - Abu Dhabi