



Consulting and Training | Reach New Heights

Course Name

Health, Safety and Environment (HSE) Workshop

Sector Name

Health, Safety and Environment

Document Type

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Health, Safety and Environment (HSE) Workshop

Course Introduction

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.

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Health, Safety and Environment (HSE) Workshop

Target Audience

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

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Learning Objectives

- ✓ 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

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Course Outline

✓ DAY 01

Module (01) Definitions and overview

- ✓ 1.1 Why the concerns for safety?
- ✓ 1.2 Various definitions of accident, safety, and 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

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Course Outline

✓ 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

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Course Outline

✓ 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

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✓ 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

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Course Outline

✓ 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

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Oct. 19, 2026	Oct. 23, 2026	5 days	4250.00 \$	UAE , Dubai
Jan. 24, 2027	Jan. 28, 2027	5 days	4250.00 \$	KSA , Riyadh
April 19, 2026	April 23, 2026	5 days	4250.00 \$	KSA , Dammam
July 20, 2026	July 24, 2026	5 days	4950.00 \$	Turkey , Istanbul

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