

COURSE OVERVIEW HE0740 Safe Work Practices in Plant

Course Title

Safe Work Practices in Plant

Course Date/Venue

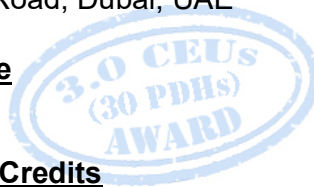
Session 1: May 26-30, 2025/Fujairah Meeting Room, Grand Millennium Al Wahda Hotel, Abu Dhabi, UAE

Session 2: November 16-20, 2025/Boardroom 1, Elite Byblos Hotel Al Barsha, Sheikh Zayed Road, Dubai, UAE



Course Reference

HE0740



Course Duration/Credits

Five days/3.0 CEUs/30 PDHs

Course Description



This practical and highly-interactive course includes real-life case studies and exercises where participants will be engaged in a series of interactive small groups and class workshops.



The OSHA 30-hour General Industry course covers topics required by the Occupational Safety and Health Administration (OSHA). The credit earned during this course applies to a 30-hour General Industry course completion card. The modules in this course vary from one, two, or three hours in length. This course is made up to 18 separate modules, each of which is followed by a course-specific quiz that will test your knowledge and retention of the information you have learned. Successful completion of this course will help you to meet the General Industry standards established by OSHA.



On completion of this learning programme, the delegate will have a general awareness of occupational health and safety issues with special aspects relating to applicable health and safety regulations in the working environment. The delegate will also understand his role within a Safety Management programme contributing towards a safe and healthy working environment as well as the concept of continual improvement.

Course Objectives

Upon the successful completion of this course, each participant will be able to:-

- Get certified in health and safety from the American Occupational Safety & Health Administration (OSHA)
- Describe the functions served by the Occupational Safety and Health Administration and discuss the major provisions of the OSH Act
- Develop an understanding of how the Code of Federal Regulations and OSHA standards are organized to aid in referencing information necessary for the maintenance of a safe working environment
- Locate OSHA standards concerning safety provisions and common citations specific to walking and working surfaces (Subpart D – Walking and Working Surfaces)
- Observe the regulations and standards specific to the use of fire suppression equipment, such as, fire extinguishers (Subpart E – Exit Routes, Emergency Action Plans and Fire Prevention Plans)
- Grasp the OSHA requirements for the storage, handling, and use of flammable and combustible liquids, compressed gasses and other hazardous substances (Subpart H – Hazardous Materials)
- Describe the layout and application of OSHA's Hazardous Waste Emergency Response Standard (HAZWOPER)
- Discuss the proper use and maintenance of the various types of personal protective equipment (Subpart I – Personal Protective Equipment)
- List and describe the common hazards associated with work in confined spaces (Subpart j – General Environmental Controls)
- Identify the major provisions of OSHA's permit-required confined space standard (Subpart J – General Environmental Controls)
- Know the key components of the lockout/tagout standard and how these components relate to a comprehensive energy control program (Subpart J 1910.147 – The Control of Hazardous Energy – Lockout/Tagout)
- Comprehend OSHA's material handling requirements specific to commercial and industrial vehicles (Subpart N – Materials Handling and Storage)
- Observe the guarding requirements for specific types of machinery and equipment (Subpart O – Machinery and Machine Guarding)
- Recognize the different hazards associated with electricity and electrical equipment (Subpart S – Electrical)
- Define the purpose of the Hazard Communication Standard (HCS) (Subpart Z – Toxic and Hazardous Substances)

Exclusive Smart Training Kit - H-STK®



Participants of this course will receive the exclusive “Howard Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.

Who Should Attend

This course provides a wide understanding and deeper appreciation of health and safety in accordance with the OSHA standard for those who are involved in management and control of safety, risks, audits, incident costs, environmental aspects, legislation and quality control. This includes operating managers, first-line supervisors and safety (HSE) professionals who are seeking OSHA General Certification in Health & Safety.

Course Certificate(s)

- (1) Internationally recognized Competency Certificates and Plastic Wallet Cards will be issued to participants who completed a minimum of 80% of the total tuition hours and successfully passed the exam at the end of the course. Certificates are valid for 5 years.

Recertification is FOC for a Lifetime.

Sample of Certificates

The following are samples of the certificates that will be awarded to course participants:-



- (2) Official Transcript of Records will be provided to the successful delegates with the equivalent number of ANSI/IACET accredited Continuing Education Units (CEUs) earned during the course

Howard Technology Middle East
Continuing Professional Development (HTME-CPD)

CEU Official Transcript of Records

TOR Issuance Date: 12-Oct-17
HTME No. PAR11317
Participant Name: Atif Al Habibi

Program Ref	Program Title	Program Date	No of Contact Hours	CEU's
HE740	OSHA General Certificate in Health & Safety (30 hours)	October 08-12, 2017	30	3.0

Total No. of CEU's Earned as of TOR Issuance Date: 3.0

TRUE COPY
Marica De Guzman
Academic Director

Howard Technology is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally recognized unit of measurement to quantify content of continuing education.

Howard Technology is accredited by:
ANSI, IACET, BAC, ilm, UKAS, City & Guilds, APTE

P.O. Box 26670, Abu Dhabi, United Arab Emirates | Tel: +971 2 3952 714 | Fax: +971 2 3952 716 | Email: info@howard.org | Website: www.howard.org

- (3) OSHA Wallet Card Certificates will be issued to participants who have successfully completed the course and passed the exam at the end of the course.

OSHA Card Certificate(s)

The following wallet card certificate is a sample of the OSHA card certificates that will be issued to successful candidates:

OSHA 700554439

U.S. Department of Labour
Occupational Safety and Health Administration

Mohamed Ali

has successfully completed a 30-hour Occupational
Safety and Health Training Course in


General Industry Safety & Health

Instructor Name

(Trainer) _____ (Date) _____

Certificate Accreditations


Certificates are accredited by the following international accreditation organizations:-

- 
Occupational Safety and Health Administration (OSHA)

Some of Haward's instructors are certified and approved by the **Occupational Safety & Health Administration (OSHA)** to conduct general safety courses and outreach training programs for industries. OSHA's mission is to assure safe and healthy working conditions for working men and women by setting and enforcing standards and by providing training, outreach, education and assistance

- 
British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

- 
The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units (CEUs)** in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

Course Fee

US\$ 5,500 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



Mr. Saad Bedir, BSc, NEBOSH-IGC, NEBOSH-ENV, is a **Senior Fire, Health, Safety & Environment (HSE) Consultant** with over **30 years** of extensive experience in the **Power, Petrochemical and Oil & Gas** industries. He is a **NEBOSH Approved Instructor** for various certification programs. He is well-versed in the areas of **NEBOSH International General Certificate, NEBOSH Certificate in Environmental Management, Health, Fire, Safety, Security & Environmental Codes of Practice, Legislations and Procedures, Active and Positive Fire Fighting, Fire & Gas Detection Systems, Fire Fighting Systems, Fire Proofing, ESD, Escape Routes, Mobile Crane Operation, Heavy Lifting Equipments, Scaffolding, Rigging Slings, the implementation of OHSAS 18001, ISO 9001, ISO 14001, QHSE Management Planning, Crisis & Business Continuity Management Planning, Emergency Response & Procedures, Industrial Security Risk Assessment & Management, Environmental Impact Assessment (EIA), Behavioural Safety, Occupation Safety, Incident & Accident Investigation, Integrated EHS Aspects, Risk Assessment & Hazard Identification, Environmental Audits, Chemical Handling, Hazardous & Non-Hazardous Waste Management, Confined Space Safety, SHEMS Principles, Process Safety, Basic & Advanced Construction Safety, Mobile Crane Operations, Rig & Barge Inspection, Lifting & Slings, Scaffolding, Air Quality Management, Safety & Occupational Health Awareness, Loss Control, Marine Pollution Hazards & Control, Ground Contamination & Reclamation Processes, Waste Management & Recycling, Clean Energy & Power Saving, FMEA, HAZMAT/HAZCOM, HAZOP, HAZWOPER, HAZID, HSEIA, QRA, Hazardous Area Classification and Radiation Protection**. Presently, he is the **HSE Director** for one of the largest and renowned companies in the Middle East, wherein he takes charge of all HSE and security operations of the company.

Mr. Saad's vast professional experience in directing and managing health, safety and the environment aspects as per **OSHA framework** and guidelines can be traced back to his stint with a few international companies like **Saudi ARAMCO, CONOCO, Kuwait Oil Co. (KOC)**, where he worked as the Field HSE Senior Engineer handling major projects and activities related to the discipline. Through these, Saad gained much experience and knowledge in the implementation and maintenance of international safety standards such as the National Fire Protection Association (**NFPA**), the American Petroleum Institute (**API**), Safety of Life at Sea (**SOLAS**) and Safety for Mobile Offshore Drilling Unit (**MODU**).

Mr. Saad has **NEBOSH** certificate which includes health & safety measures including:

- Fire fighting management system
- Rescue mechanisms (Escaping routes, Rope rescue, and emergency evacuation Plan)
- Machinery Safety requirement
- Occupational health measures & requirement

Mr. Saad has a **Bachelor** degree in **Chemistry**. Further, he is a **Certified Instructor/Trainer**, an **Approved Tutor** in **NEBOSH International General Certificate**, an **Approved Tutor** in **NEBOSH Certificate in Environmental Management**, a **Certified Lead Auditor** for **OHSAS 18001, ISO 9001, ISO 14001** and a **member of the Egyptian Syndicate & Scientific Professions**. His passion for development and acquiring new skills and knowledge has taken him all over the Middle East to attend and share his expertise in numerous trainings and workshops.

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.

Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1

0730 – 0800	<i>Registration & Coffee</i>
0800 – 0815	<i>Welcome & Introduction</i>
0815 – 0830	PRE-TEST
0830 – 0930	Introduction to OSHA Standards <i>OSH Act • General Duty Clause 5 (a) (1) • Inspections, Citations and Penalties (CFR Part 1903)</i>
0930 – 0945	<i>Break</i>
0945 – 1100	Walking and Working Surfaces, Subpart D <i>Video</i>
1100 – 1215	Walking and Working Surfaces, Subpart D (cont'd) <i>Workshop</i>
1215 – 1230	<i>Break</i>
1230 – 1420	Exit Routes, Emergency Action Plans, Fire Prevention Plans & Fire Protection <i>Subparts E & L</i>
1420 – 1430	Recap
1430	<i>Lunch & End of Day One</i>

Day 2

0730 – 0930	Review of the Previous Day
0930 – 0945	<i>Break</i>
0945 – 1100	Exit Routes, Emergency Action Plans, Fire Prevention Plans & Fire Protection (cont'd) <i>Subparts E & L • Video</i>
1100 – 1215	Electrical, Subpart S
1215 – 1230	<i>Break</i>
1230 – 1420	Electrical, Subpart S (cont'd) <i>Video</i>
1420 – 1430	Recap
1430	<i>Lunch & End of Day Two</i>

Day 3

0730 – 0930	<i>Review of the Previous Day</i>
0930 – 0945	<i>Break</i>
0945 – 1100	Flammable & Combustible Liquids, Subpart H
1100 – 1215	Flammable & Combustible Liquids, Subpart H (cont'd) <i>Video</i>
1215 – 1230	<i>Break</i>
1230 – 1420	Personal Protective Equipment, Subpart 1 <i>Workshop</i>
1420 – 1430	Recap
1430	<i>Lunch & End of Day Three</i>

Day 4

0730 – 0930	<i>Review of the Previous Day</i>
0930 – 0945	<i>Break</i>
0945 – 1100	Personal Protective Equipment, Subpart 1 (cont'd) <i>Video</i>
1100 – 1215	Machine Guarding, Subpart O <i>Video</i>
1215 – 1230	<i>Break</i>
1230 – 1420	Machine Guarding, Subpart O (cont'd) <i>Workshop</i>
1420 – 1430	Recap
1430	<i>Lunch & End of Day Four</i>

Day 5

0730 – 0830	<i>Review of the Previous Day</i>
0830 - 0930	Permit-Required Confined Spaces, Subpart J <i>Video</i>
0930 – 0945	<i>Break</i>
0945 – 1100	Ergonomics
1100 - 1215	Lockout/Tag Out, Subpart/J Workshop
1215 – 1230	<i>Break</i>
1230 – 1300	Hazard Communication, Subpart Z/Workshop
1300 – 1315	Course Conclusion
1315 – 1415	COMPETENCY EXAM
1415 – 1430	<i>Presentation of Course Certificates</i>
1430	<i>Lunch & End of Course</i>

Practical Sessions

This practical and highly-interactive course includes real-life case studies and exercises:-



Course Coordinator

Mari Nakintu, Tel: +971 2 30 91 714, Email: mari1@haward.org