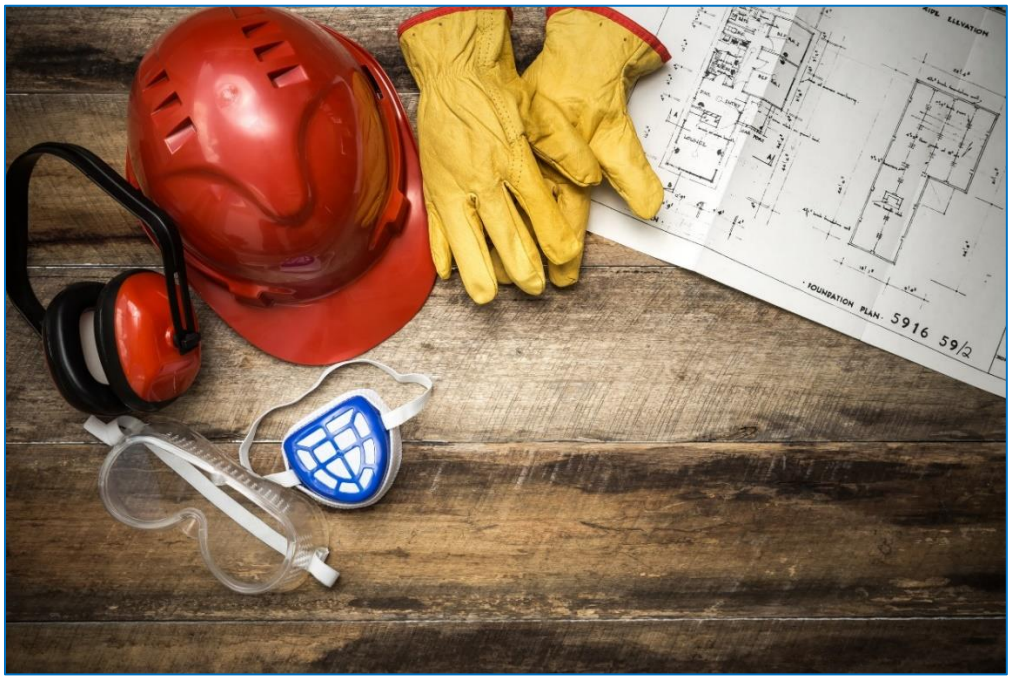
CAREER MANAGEMENT CONSULTANCY &TRAINING
كرير للإستشارات الإدارية والتدريب

Tel No:+97126654546 | Fax No:+97126654182 | Email: aisha@cmc-me.com | www.cmc-me.com



HS306-10D:
Master Class in Health and Safety:
A Roadmap for Health and Safety

Tel No:+97126654546 | Fax No:+97126654182 | Email: aisha@cmc-me.com | www.cmc-me.com

Training Description:

"That was a near miss. Okay now we continue with our work". This is not the way Health and Health and Safety should be handled. Certainly, a near miss is better than an accident but it only means luck intervened. Safety requires a robust system of management, competent leaders, methods for hazard identification and risk reduction through inherently safer work designs

All organisations invest considerable amounts in training and guiding their Team Leaders, Managers, Engineers and Supervisors on new methods of leaner and higher efficiency production methods. Incidents however keep occurring resulting in human harm and financial loss.

This intensive training course aims at rectifying the loss cycle by attaining superior competencies in the areas of Health and Safety. This 10-day Master Class training course provides a valuable understanding to Health and Safety and is a serious step towards developing competencies that will enable further progression in these fields. The increased competencies of the delegates will result in cost savings and increased efficiencies within the company. The training course covers Safety Management, Hazard Control and Process Safety Management.

This training course will highpoint:

- Management Systems and the role of risk management
- Occupational Health and the importance of safety management
- Process safety and legislation that is applicable to the industry
- Systems to prevent loss of containment
- Hazards and controls available for the oil and gas industry
- Emergency Preparedness

This training course consists of two modules which can be booked as a 10 Day Training event, or as individual 5 Day course. Further, this course is not advisable for online.

Module 1 – Safety Measures and Hazard Control
Module 2 – Perfecting Process Safety

Training Objectives:

By the end of the training, participants will be able to:

- ✓ Understand Safety Management
- ✓ Explain the Risk Assessment process
- ✓ Analyse workplace hazards
- ✓ Identify methods of Hazard Control
- ✓ Explain the foundations of process safety
- ✓ Describe the systems to prevent loss of containment
- ✓ Analyse common risks and controls in the process safety industry
- ✓ Understand Furnace operations
- ✓ Appreciate Start Up and Shutdown Hazards
- ✓ Summarise safe entry procedures in confined spaces
- ✓ Create Emergency response strategies

Training Designed for:

This course is intended for those working in the Process Industry such as Oil & Gas, Chemicals and Petrochemicals. It is aimed at professionals, who have responsibilities for health and safety and require superior competence in this field, including but not limited to; Process Managers, Process Engineers, Team, Leaders/Supervisors, Maintenance Engineers and Health and Safety personnel.

Training Program:

Module 1: Safety Measures and Hazard Control

DAY ONE:

- Pre-Test
- Safety Management Foundations
  - The nature of workplace health and safety
  - Responsibilities of Employers and Employees
  - Safety Management Systems (Plan, Do, Check, Act)
  - OHSAS 18001, ISO 45001, OSHA Guidelines for Safety Management
  - Improving health and safety performance
  - A Safety Policy
  - Inspections & Audits

DAY TWO:

- Risk Assessment and Control
  - Setting Targets - Key Performance indicators
  - Health and safety risk assessment
  - General principles for control
  - Hierarchy of risk reduction
  - Safe systems of work
  - Human Error
  - Case Study

DAY THREE:

- Hazards and Controls
  - Physical Hazards (Noise, Vibration)
  - Electricity Hazards
  - Work Equipment Hazards
  - Manual Handling Hazards
  - Workplace hazards (Temperature, Violence and Bullying, Slips and Trips, Work at Height)
  - Transport Hazards

DAY FOUR:

- Incident Investigation, Fire and Emergency Procedures
  - Incident Investigation
  - Why investigate Incidents
  - When to investigate Incidents
  - Fire safety

- Need for Emergency plans
- First Aid Provisions

DAY FIVE:

❖ Occupational Health (HazCom) & Safety Culture
- Chemical Hazards
- Occupational exposure limits
- Stress
- Safety Culture
- Review of the Week
- Evaluation

Module 2: Perfecting Process Safety

DAY SIX:

❖ The Foundations of Process Safety
- Introduction
- Learning from Accidents
- Good Practice Standards for the process industry (EU and USA)
- Permit-to-work system
- Case Study
- Shift handover the key principles

DAY SEVEN:

❖ Risk Management and Management of Change
- Risk Management
- The Swiss Cheese Model
- HAZOP Studies
- Inherent Safer Design
- Case Study
- Management of Change
- Case Study

DAY EIGHT:

❖ Combustion and Confined Space Entry
- Furnace operations
- Firing conditions
- Confined Space Entry
- Cleaning, Isolating and Atmospheric Testing
- Training
- Case Study

DAY NINE:

❖ Start Up, Shutdown, Hydrocarbon Storage & Types of Fire & Explosions
- Start Up & Shutdown
- Storage Depots – Bund Areas
- Safety Instrumented Systems

Tel No:+97126654546 | Fax No:+97126654182 | Email: aisha@cmc-me.com | www.cmc-me.com

- Case Study
- Types of Fire & Explosions – VCE, UVCE, BLEVE, Boil Over
- Case Study

DAY TEN:

- ❖ Fire and Emergency Response
  - Passive and Active Fire Protection
  - Case Study
  - Emergency Response
  - Review of the Week
- ❖ Course Conclusion
- ❖ Final Examination and EVALUATION

Training Requirement:

"Hand's on practical sessions, equipment and software will be applied during the course if required and as per the client's request."

This training course is available upon request in English or Arabic. Content, location and duration can be adapted to your specific wishes. It is therefore possible to focus on specific modules of the training course as per client's learning needs and objectives. Further, it should be forwarded to us a month prior to the course dates.

Training Methodology:

This interactive training course includes the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures, Concepts, Role Play
- 30% Workshops & Work Presentations, Techniques
- 20% Based on Case Studies & Practical Exercises
- 20% Videos, Software & General Discussions
- Pre and Post Test

Training Certificate(s):

Internationally recognized certificate(s) will be issued to each participant who completed the course.

Training Fees:

As per the course location - This rate includes participant's manual, hand-outs, buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Note: The 5% VAT (Value Added Tax), will be effective starting 01st of January 2018 as per the new regulation from the UAE Government. The VAT applies for all quotation both for local and abroad.

Training Timings:

Daily Timings:

07:45 - 08:00	Morning Coffee / Tea
08:00 - 10:00	First Session
10:00 - 10:20	Recess (Coffee/Tea/Snacks)
10:20 - 12:20	Second Session
12:20 - 13:30	Recess (Prayer Break & Lunch)
13:30 - 16:00	Last Session

For training registrations or in-house enquiries, please contact:

aisha@cmc-me.com / training@cmc-me.com
Tel.: +971 2 665 3945 / 643 6653 | Mob.: +971 52 2954615
Training & Career Development Department