



COURSE OVERVIEW HE0711

Food Poisoning

Course Title

Food Poisoning

Course Date/Venue

May 25-29, 2025/Business Meeting, Crowne Plaza Al Khobar, Al Khobar, KSA

Course Reference

HE0711

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.



Food poisoning is a common yet potentially serious health issue caused by consuming contaminated food or beverages. It results from harmful bacteria, viruses, parasites, or toxins, leading to symptoms such as nausea, vomiting, diarrhea, abdominal pain, and fever. Understanding the causes, prevention methods, and appropriate responses to foodborne illnesses is essential for ensuring food safety and protecting public health. This course aims to provide a comprehensive understanding of food poisoning, its impact, and effective measures to minimize risks.



This course is designed to provide participants with a detailed and up-to-date overview of Food Poisoning. It covers the food safety legislation, food poisoning facts and its definition; the various types, causes signs and symptoms of food poisoning; the food poisoning and stomach flu various, when the doctor shall be called for food poisoning; how food poisoning is diagnosed including the treatment for food poisoning and home remedies for food poisoning; how long does food poisoning last and assess complications of food poisoning and how it can be prevented; the essentials of food safety-4-C's covering cleaning, cooking, chilling and cross contamination; and the bacteria and food pests and how these can be prevented.



Course Objectives

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

- Apply and gain a good working knowledge on food poisoning
- Discuss food safety legislation, food poisoning facts and its definition
- Identify the various types, causes, signs and symptoms of food poisoning
- Differentiate food poisoning and stomach flu and recognize when the doctor shall be called for food poisoning
- Explain how food poisoning is diagnosed including the treatment for food poisoning and home remedies for food poisoning
- Discuss how long does food poisoning last and assess the complications of food poisoning and how it can be prevented
- Describe the essentials of food safety-4-C's covering cleaning, cooking, chilling and cross contamination
- Identify bacteria and food pests and how these can be prevented

Exclusive Smart Training Kit - H-STK®



Participants of this course will receive the exclusive “Haward 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 is beneficial for those who are working in the food industry and who have responsibility to prepare food that is safe and suitable to eat.

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.

Accommodation

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



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 Certificate(s)

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours

Certificate Accreditations


Certificates are accredited by the following international accreditation organizations: -

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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.

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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.





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:



Dr. Yousef Al-Mashni, PhD, MSc, BSc, is a Senior Health, Safety & Environment (HSE) Consultant with over 35 years of medical and practical experience. His wide expertise covers Food Additives, Food Hygiene and HACCP, Food Safety, Food Poisoning, HAZOP, Safety, Health, Environmental & Quality Management (SHEQ), Lock Out/Tag Out, First Aid & CPR, Firefighting, and Fire Safety. Further, he is also well-versed in the areas of Medical Laboratory Quality Management (ISO 15189), Medical Laboratory Auditing, ISO 15489, Lab Safety & Health, Infection Control, Internal Quality Control for Microbiologists, Good Laboratory Practice (GLP), Analytical Techniques, Biochemical, Hematological, Parasitological, Biochemical, Microbiological & Serological Analysis of Clinical Specimens, Helminth Ova & Salmonella in Waste Water & Sludge, Microbiological Aspects & Analysis of Wastewater, Microbiology of Wetlands, Microbiological Indoor Air Quality, Entrococcus, Pseudomonas & Aeromonas, Sulfate Reducing Bacteria, Fluorescence Microscopy, Planktology of Ambient Environment, Oral, Medical & Diagnostic Microbiology and Oral & Dental Hygiene. He is currently the Deputy Principal & Chief Technical Instructor of UNRWA wherein he is responsible in developing and managing operations at the college/centre including building workshops and laboratories capacity, curriculum development and introducing new courses.

During his long career life, Dr. Yousef worked for many international companies handling key positions such as ICDL Centre **Manager, Deputy Principal, Chief Technical Instructor, Acting Principal, Laboratory Supervisor, Technical Instructor, Technical & Vocational Instructor, Senior Medical Laboratory Technician and Medical Laboratory Technician.**

Dr. Yousef has a **PhD degree in Natural Health Sciences** from the **University of Florida (USA)**, **Master degree in Clinical Microbiology** and **Bachelor degree with Honours in Microbiology**. Further, he has **Diploma in Vocational Education (UNRWA & UNESCO)** and received several **certifications** like **ICDL** and **Training of Trainers (TOT) in Cambridge University (England)**. He is a **Certified Internal Verifier/Assessor/Trainer** by the **Institute of Leadership & Management (ILM)**, a **Certified Instructor/Trainer** and an active member of **Jordan Medical Laboratories Society, Technical Accreditation Committee of Medical Laboratories (Jordan Institution & Metrology)** and the **Technical Accreditation Committee for Granting ISO 15189 Certificate**. Furthermore, he has also published numerous technical papers and books including **Medical & Diagnostic Microbiology, Practical Competencies in Medical Laboratory Technology, Safety in Medical Laboratory Science** and **Quality Control in Medical Laboratory Science** just to name a few.





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: Sunday, 25th of May 2025

0730 – 0800	Registration & Coffee
0800 – 0815	Welcome & Introduction
0815 – 0830	PRE-TEST
0830 – 0930	Introduction & Course Overview
0930 – 0945	Break
0945 – 1100	Domestics
1100 – 1230	Food Safety Legislation
1230 – 1245	Break
1245 – 1420	Food Poisoning Facts
1420 – 1430	Recap
1430	Lunch & End of Day One

Day 2: Monday, 26th of May 2025

0730 – 0900	What is Food Poisoning
0900 – 0915	Break
0915 – 1100	Types of Food Poisoning
1100 – 1230	Causes of Food Poisoning
1230 – 1245	Break
1245 – 1420	Signs & Symptoms of Food Poisoning
1420 – 1430	Recap
1430	Lunch & End of Day Two

Day 3: Tuesday, 27th of May 2025

0730 – 0900	Are Food Poisoning & Stomach Flu the Same Thing
0900 – 0915	Break
0915 – 1100	When should the Doctor be Called for Food Poisoning
1100 – 1230	How is Food Poisoning Diagnosed
1230 – 1245	Break
1245 – 1420	Treatment for Food Poisoning
1420 – 1430	Recap
1430	Lunch & End of Day Three

Day 4: Wednesday, 28th of May 2025

0730 – 0900	Home Remedies for Food Poisoning
0900 – 0915	Break
0915 – 1100	How Long does Food Poisoning Last
1100 – 1230	Complications of Food Poisoning
1230 – 1245	Break
1245 – 1420	How can Food Poisoning be Prevented
1420 – 1430	Recap
1430	Lunch & End of Day Four





Day 5: Thursday, 29th of May 2025

0730 – 0930	<i>Prognosis for Food Poisoning</i>
0930 - 0945	<i>Break</i>
0945 – 1100	<i>Essentials of Food Safety-4- C's: Cleaning, Cooking, Chilling & Cross Contamination</i>
1100 – 1215	<i>Bacteria</i>
1215 – 1230	<i>Break</i>
1230 - 1345	<i>Food Pests</i>
1345 – 1400	<i>Course Conclusion</i>
1400 - 1415	<i>POST-TEST</i>
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

