



COURSE OVERVIEW HE0740
OSHA General Certificate in Health & Safety
(30 hours)

Course Title

OSHA General Certificate in Health & Safety
(30 hours)

Course Date/Venue

Please refer to page 7

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 “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 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

CEUs
Page 1 of 1

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

CEU Official Transcript of Records

TOR Issuance Date: 12-Oct-17
 HTME No. PAR11317
 Participant Name: Aif Al Herchi

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 CEUs Earned as of TOR Issuance Date: 3.0

TRUE COPY

 Maricar De Guzman
 Academic Director

Haward Technology has been approved as an authorized provider by the International Association for Continuing Education and Training (IACET), 1790 Old Meadow Road, Suite 503, McLean, VA 22102, USA. In obtaining this approval, Haward Technology has demonstrated that its courses meet the professional standards and criteria for quality. All CEUs for programs that qualify under the ANSI/IACET 1-2013 Standard.

Haward Technology's courses meet the professional standards and criteria for quality. All CEUs for programs that qualify under the ANSI/IACET 1-2013 Standard.

IACET is an international authority that evaluates programs, according to strict, research-based criteria and guidelines. The CEU is an internationally recognized unit of measurement for quality training and learning activities.

Haward Technology is accredited by

P.O. Box 26070, Abu Dhabi, United Arab Emirates | Tel.: +971 2 399 714 | Fax: +971 2 399 716 | E-mail: info@haward.org | Website: www.haward.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

Haward's 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

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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**. Haward's certificates are internationally recognized and accredited by the British Accreditation Council (BAC). 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.

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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.



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. Rawda El-Sheikh, MD, MSc, BSc, is a Certified OSHA Instructor and a Senior Health, Safety & Environment (HSE) Consultant with over 20 years of extensive experience. She is well-versed in the areas of Occupational Health and Safety, OSHA, Food Safety Management, Food Hygiene, Industrial Hygiene, Oilfield Safety Programs, HAZCOM, HAZOP, HAZWOPER, Occupational Exposure Limits, Hazardous Waste Management, Emergency Response

Planning, First Aid, Associate Ergonomic Professional (AEP), Ergonomic Interventions, Incident & Accident Investigation & Reporting, Defensive Driving Program, Confined Spaces Program, H2S Awareness, Biological Monitoring, Air Sampling, Risk Assessment, Job Safety Analysis (JSA), Scaffolding Safety, Toxicology Surveillance, Hearing Conservation Program, Fire Prevention and Control, Nutrition Promotion, Assessment of Fitness of Workers for Work, Disability Compensation, Drug Abuse Cessation, Obesity Management, Pre-employment Medical, Periodic Medical Examination and Quality Management. Presently, she is the Professor in Public Health & Industrial Medicine of Al-Azhar University and a Certified Consultant and a Registered Trainer for Food Safety and Occupational Health & Safety Trainer of various International oilfield companies.

Dr. El-Sheikh is a Certified Lead Auditor for ISO 22000:2005, OHSAS 18001:2007, ISO 14001:2004 from the International Registered of Certified Auditors (IRCA, UK), Certified Safety Manager/Trainer, HAZWOPER Training Specialist (HTS) and Safety Planning Specialist from the National Association of Safety Professional (NASP, USA) as well as a NEBOSH Certified in International General Certificate in Occupational Safety and Health, a Registered Food Safety Trainer from the National Environmental Health Association (NEHA, USA) and Authorized OSHA Trainer for Construction and for General Safety from the OSHA Training Institute, USA. She is also an International Member and an Authorized & Approved Trainer of OSHA, NEBOSH, CIEH, ICOH, IASP, IEMA, IOSH and APHA. Further, her vast professional experience includes facilitating occupational, health, safety and the environment aspects and continuous delivery of numerous training courses in coordination between World Health Organization (WHO) and Ministry of Health & Population. She has been the Lecturer in Public Health & Industrial Medicine and Demonstrator of Occupational Health & Industrial Medicine for various Universities as well as the Public Health Trainer for International Non-Governmental Organizations (NGOs), the Consulting Editor at the Journal of Psychology (USA) and Field & Central Supervisor for the Ministry of Health.

Dr. El-Sheikh has a Doctor of Medicine (MD) in Occupational Health & Industrial Medicine, has a Master degree in Occupational Medicine (MSc), a Bachelor degree in Medicine & Surgery (MBBCh) and a Diploma Certificate in Total Quality Management from the American University. Further, she is a Certified Instructor/Trainer, a Certified Internal Verifier/Assessor/Trainer by the Institute of Leadership & Management (ILM), an Approved Food Safety Person in Charge (Level 1-4) by Dubai Municipality (DM) and has participated in various international conferences and published numerous papers and journals globally.



Course Date/Venue

Session(s)	Date	Venue
1	April 06-10, 2026	Glasshouse Meeting Room, Grand Millennium Al Wahda Hotel, Abu Dhabi, UAE
2	July 26-30, 2026	Tamra Meeting Room, Al Bandar Rotana Creek, Dubai, UAE
3	August 16-20, 2026	Meeting Room 4, Four Seasons Hotel Cairo at Nile Plaza, Corniche El Nil, Garden City, Cairo, Egypt
4	September 27-October 01, 2026	Crowne Meeting Room, Crowne Plaza Al Khobar, an IHG Hotel, Al Khobar, KSA
5	November 08-12, 2026	Meeting Plus 9, City Centre Rotana, Doha, Qatar
6	December 20-24, 2026	Pierre Lotti Meeting Room, Movenpick Hotel Istanbul Golden Horn, Istanbul, Turkey
7	January 10-14, 2027	Tamra Meeting Room, Al Bandar Rotana Creek, Dubai, UAE
8	February 07-11, 2027	Pierre Lotti Meeting Room, Movenpick Hotel Istanbul Golden Horn, Istanbul, Turkey
9	March 14-18, 2027	Meeting Plus 9, City Centre Rotana, Doha, Qatar

Course Fee

Abu Dhabi	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.
Dubai	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.
Cairo	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.
Al Khobar	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.
Doha	US\$ 6,000 per Delegate. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.
Istanbul	US\$ 6,000 per Delegate + VAT . This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

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

Day 2

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

Day 3

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

Day 4

0730 – 0930	<i>Review of the Previous Day</i>
0930 – 0945	<i>Break</i>
0945 – 1100	<i>Personal Protective Equipment, Subpart 1 (cont'd)</i> <i>Video</i>
1100 – 1215	<i>Machine Guarding, Subpart O</i> <i>Video</i>
1215 – 1230	<i>Break</i>
1230 – 1420	<i>Machine Guarding, Subpart O (cont'd)</i> <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	<i>Permit-Required Confined Spaces, Subpart J</i> <i>Video</i>
0930 – 0945	<i>Break</i>
0945 – 1100	<i>Ergonomics</i>
1100 – 1215	<i>Lockout/Tag Out, Subpart/J</i> <i>Workshop</i>
1215 – 1230	<i>Break</i>
1230 – 1300	<i>Hazard Communication, Subpart Z/Workshop</i>
1300 – 1315	<i>Course Conclusion</i>
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

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