



COURSE OVERVIEW HE0913

Certified Occupational Health, Safety & Industrial Hygiene

Course Title

Certified Occupational Health, Safety & Industrial Hygiene

Course Date/Venue

Please see page 3

Course Reference

HE0913

Course Duration/Credits

Five days/3.0 CEUs/30 PDHs



Course Description



This practical and highly-interactive course includes various practical sessions and exercises. Theory learnt will be applied using our state-of-the-art simulators.



The course covers the importance of occupational health, safety and industrial hygiene in the workplace with special emphasis on industrial plants. It presents the majority of the latest aspects in risk management and accident investigation. The course highlights how to identify safety training needs. Near miss, incident and accident reporting is handled to show how these statistics can help to prevent losses to the company and employees.



Industrial hygiene will be thoroughly discussed in this course including the anticipation, recognition, evaluation and control of health hazards in the workplace. The course will explain the necessity for backup information through laboratory research and field studies in all aspects of recognition, evaluation and control in order to assume a healthful working environment.

The need for formal working procedures is stressed so that all employees have conformity in their operations. A change in employee attitude is needed to improve the safety situation in a plant. The management of hazardous materials is covered by giving full details of storage, handling and safe disposal of spills.



Dangerous operations relating to confined space entry, scaffolding, hot work and gases are discussed in detail. A number of case histories will be covered to analyze the reasons for accidents and how they could have been prevented. The types and uses of safety equipment and personal protective equipment are also discussed.

Safety Programme auditing is covered to show how this can gauge the company's safety status. The "Permit to Work" system is described in detail to show how it can save lives. Emergency procedures are covered to ensure minimum additional loss in the case of an accident. Further, this course covers the training requirement by OSHA for PSM (Process Safety Management) as per OSHA 29 CFR 1910.119.

Course Objectives

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

- Apply and gain an in-depth knowledge on occupational health, safety and industrial hygiene to improve safety conditions in industrial plants and production facilities
- Identify the safety management methodologies including employee attitudes towards safety, staff motivation, safety statistics and reporting, risk assessment, hazard management, emergency procedures, safety training and assessment, permit to work system, etc.
- Recognize accident causation in the workplace and apply industrial preventive measures and safety procedures
- Discuss occupational health including legal requirements, information sources, job description, accident statistics, task analysis, job safety analysis, etc.
- Apply the safety management system in a professional manner
- Practice accident investigation by using safety legislation as it pertains to industrial applications
- Discuss the industrial hygiene including the anticipation, recognition, evaluation and control of health hazards in the workplace
- Follow emergency procedures, safety training and assessments and apply permit to work system to reduce future risk

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 an overview of all significant aspects and considerations of occupational health, safety and industrial hygiene for those who are working in hazardous areas like refineries, petrochemical plants, gas processing units, gas gathering units, gas transportation terminals, hazardous materials factories, oil/gas complex (onshore/offshore), power plants, etc. The course is essential for managers, section heads, engineers, superintendents, supervisors, foremen and other staff in the above-mentioned industries. The course is a must for those in-charge of occupational health, safety and industrial hygiene (HSE).



Course Date/Venue

Session(s)	Date	Venue
1	May 31-June 04, 2026	Crowne Meeting Room, Crowne Plaza Al Khobar, an IHG Hotel, Al Khobar, KSA
2	July 26-30, 2026	Tamra Meeting Room, Al Bandar Rotana Creek, Dubai, UAE
4	August 09-13, 2026	Pierre Lotti Meeting Room, Movenpick Hotel Istanbul Golden Horn, Istanbul, Turkey
5	September 27-October 01, 2026	Meeting Plus 9, City Centre Rotana, Doha, Qatar
6	October 11-15, 2026	Meeting Plus 6, Downtown Rotana, Manama, Bahrain
7	January 03-07, 2027	Tamra Meeting Room, Al Bandar Rotana Creek, Dubai, UAE
8	February 07-11, 2027	Meeting Plus 9, City Centre Rotana, Doha, Qatar
9	March 21-25, 2027	Pierre Lotti Meeting Room, Movenpick Hotel Istanbul Golden Horn, Istanbul, Turkey

Course Fee

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.
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.
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.
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.
Manama	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.

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 Certificate(s)

(1) Internationally recognized Competency Certificates 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.

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

CEU Official Transcript of Records

TOR Issuance Date: 09-Feb-17
HTME No. PAR11317
Participant Name: Wasef Al Hajri

Program Ref.	Program Title	Program Date	No. of Contact Hours	CEU's
HE0913	Certified Occupational Health, Safety & Industrial Hygiene	February 05-09, 2017	30	3.0

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

TRUE COPY

Maricel De Guzman
Academic Director

Haward Technology has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102, USA. In obtaining this approval, Haward Technology has demonstrated that it complies with the ANSI/IACET 1-2013 Standard which is widely recognized as the standard of good practice internationally. As a result of their Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for programs that qualify under the ANSI/IACET 1-2013 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 Association 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 is accredited by

P.O. Box 26070, Abu Dhabi, United Arab Emirates | Tel.: +971 2 3091 714 | Fax: +971 2 3091 716 | E-mail: info@haward.org | Website: www.haward.org





Certificate Accreditations

Haward’s certificates are accredited by the following international accreditation organizations: -

-  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.

-  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.

Accommodation

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

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. Peter Christian is an **International Expert** in **Safety, Health, Environmental and Quality** with over **25 years** of practical and industrial experience in **Lifting & Rigging Equipment HAZOP, HAZWOPER, HAZMAT, HAZCOM, PHA (Process Hazard Analysis), FMEA, HAZID, ISO 14001, OHSAS 18001, ISO 9001, Process Safety Management (PSM), Safety, Health, Environmental & Quality Management (SHEQ), Behavioral Safety Management, Industrial Hygiene, Human Factors Engineering, Risk Assessment, Fire Fighting, Rope Rescue Operations, Emergency**

Response within process industries. He is currently the **President** of **NKWE** and spearheads the companies major projects and business ventures, where he specializes in the areas of **SHEQ solutions, ISO, Quality Control and OSHA systems**. Previously, he has had much on-hand experience in the initiation and management of projects (technical as well organizational development) including involvement in **design of process plants; the commissioning & decommissioning** of process plants; the **operational and financial responsibility** for large process operations; **risk management; operational and maintenance management, crisis and emergency management, accident investigation, risk assessment, hazard identification and emergency preparedness & response** (oil spillage and gas explosions).

Much earlier in his career, Mr. Christian was a **HAZOP Team Leader** for numerous **HAZOP** studies and he has further managed the **Health, Safety & Environmental and Quality** requirements of a large process company. This included responsibilities as an auditor for compliance against **SHEQ standards, ISO standards** and the **Fatal Risk Control Protocols**. He then facilitated the development and implementation of the above standards as a group and at site level as part of the SHEQ council. Moreover, he established, trained and led a Rope rescue team and a high level emergency care clinic and ambulance service for many years. He still abseils recreationally and leads adventure groups during abseiling activities and serves as a rescue team member for mountain and water emergencies.

During his career life, Mr. Christian has gained his practical and field experience through his various significant positions as the **Plant Manager, Project Metallurgist, Metallurgist, HSE Team Leader, SHEC Superintendent, Mentor, Instructor/Trainer, Acting Technical Manager, Process Plant Superintendent, Acting Project Leader, Acting Plant Superintendent, Appointed Health & Safety & Environmental Superintendent, Production Technician, Acting Senior Shiftsman, Foreman and Learner – Official Extraction Metallurgy** from various companies such as the NKWE Consulting, SAMANCOR, Middleburg Mine Services (Pty) Ltd., Koomfontein Mines, Emelo Mine Services, Gencor Group and South African Defence Force.

Mr. Christian has a **Postgraduate Studies** in **Advanced Executive Programme** and a **National Higher Diploma (NHD) & a National Diploma in Extraction Metallurgy**. He is also a **Certified Auditor** in **OHSAS 18001, ISO 14001 & ISO 9001, a Certified Instructor/Trainer, a Certified Internal Verifier/Assessor/Trainer** by the **Institute of Leadership & Management (ILM)**, a **Six Sigma Black Belt Coach** and holds a Certificate in Facilitate Learning Using a Variety of Given Methodologies **NQF Level 5 (EDTP-SETA)** as a **Certified Facilitator**. He has further delivered innumerable courses, trainings, workshops and conferences globally.



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 - 0745	Registration & Coffee
0745 - 0800	Welcome & Introduction
0800 - 0815	PRE-TEST
0815 - 0930	Outlines of Safety & Loss Control & Maintenance of HSE Standards Maintenance of Safety Standards • Moral-The Size of the Problem • Costs of Accidents & Ill-Health • Insurance, Costs & Liabilities • HSE: The Cost of Accidents at Work • Employer's Responsibility • Regulatory Frameworks • Organisational Roles & Responsibilities • Roles & Responsibilities • Regulatory Frameworks • The Importance of Safety • Understanding Hazards • The Biggest Hazard is Behavior & Attitude • Involvement • Auditing-Essential Elements to Verify
0930 - 0945	Break
0945 - 1100	HSE Management Health & Safety Policies • What is a Health and Safety Policy? • The Three Elements of a H&S Policy Document • The Statement of Intent • The Organisation • The Organisation-Who Does What? • Arrangements-How it's Done • Arrangements • Health & Safety Policies • International Certificate • The Organisation-Culture • Health & Safety Culture • The Relationship Between Attitude & Safety • Negative Culture
1100 - 1230	HSE Management (cont'd) Health & Safety Culture • Culture-the Four-Cs • Organizing-Control • Communication • Safety Signs & Signals • Definitions Communication • The Cycle of Communication • The Environment of Commutation • Forms of Communication • Methods of Communication • Organising-Cooperation • Organising-Consultation • Functions of Safety Committees
1230 - 1245	Break
1245 - 1420	HSE Management (cont'd) Organising-Consultation • Consultation-A Typical Question • What is Competence? • Training • Training (Most Effective Methods) • Training (Lesser Effective Methods) • Understanding Safety Statistics • Emergency Procedure Basics • Risk Assessment & Hazard Scans • Syndicate Group Exercise • The Impact of PTW on the Lives and Safety of Employees • Syndicate Group Exercise
1420 - 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day One

Day 2

0730 - 0900	Measuring Performance Accident Investigation • Measuring Performance • Syndicate Group Exercise • Inspections • Other Monitoring Methods • Proactive/Active Monitoring • Purpose of Monitoring-Summary • Health & Safety Benchmarking • Reviewing Performance • ISRS • Management Systems • Auditing • Audit • HSE Audit Steps (IMS/ISO) • Audit Areas • Risk Assessment
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0900 – 0915	Break
0915 – 1100	<p>Measuring Performance (cont'd) ISO 31000 • Introduction • Suitable & Sufficient” “ • The 5 Steps of Qualitative Risk Assessment • Step 1-Identify the Hazards • Step 2-Who Might be Harmed • Step 3-Evaluate the Risk • Step 4-Record Your Findings Record • Step 5-Review of Assessment • Alternative Syndicate Group Exercise • Risk Identification • Safe Systems of Work • Developing a SSW • Occupational Health • Occupational Health Programme Syndicate Work</p>
1100 – 1230	<p>Job Safety Analysis & Process Safety Management (PSM) and Risk Management Piper Alpha, North Sea: 6 July 1988 • BP Refinery, Texas, U.S.A.: 23 March 2005 • These are Examples of Devastating <u>Results</u> when the Principles of Process Safety Management are not Implemented or Followed by Companies • Video: Imperial Sugar • Why Do Accidents Happen? • Bird Accident Triangle • Some Statistics • Process Safety Management • Purpose of the PSM Standard • PSM Elements • Employee Participation • Process Safety Information • Process Hazard Analysis (PHA) • Operating Procedures • Training • Contractors • Pre-Startup Safety Review</p>
1230 – 1245	Break
1245 – 1420	<p>Job Safety Analysis & Process Safety Management (PSM) and Risk Management (cont'd) Mechanical Integrity • Hot Work Permit • Management of Change • Incident Investigation • Emergency Planning and Response • Compliance Audits • Trade Secrets • Risk Management • What do We Mean by 'Risk'? • Risk • Risk Assessment Stages • R.E.A.C.H • Identify-What Can Go Wrong? • How Big (Serious) Will The Consequences be? • How Often (Likely) Will it Occur? • Prevention (Safeguards) • What Should We do? • Is It Worth the Cost? • Risk Concepts • Principle of Economics • Definition of ALARP • Levels of Risk and ALARP • The Importance of Engineering Control • Hierarchy of Control • Why is One Sign Often Ignored, the Other One Often Followed?</p>
1420 – 1430	<p>Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow</p>
1430	Lunch & End of Day Two

Day 3

0730 – 0900	<p>Process Hazard Analysis (PHA) & Insurance Risk Information Introduction • What is to be Reviewed? • Process Hazard Analysis • Hazard Reduction Techniques • Risk Assessment Options • 8 Steps for Risk Management • Risk Management • Prepare for the Review • What is a PHA? • What a PHA is not? • Typical Staff Effort (Depending on the Scope of the Study) • Checklist Characteristics • Sample Checklist • What-If Characteristics • Sample What-If Analysis Worksheet</p>
0900 – 0915	Break
0915 – 1100	<p>Process Hazard Analysis (PHA) & Insurance Risk Information (cont'd) HAZOP Study • Objectives of HAZOP • HAZOP Process • Principle of the HAZOP Examination Phase • Creating Deviations • Causes of Deviations • Sample HAZOP Worksheet • FMEA Characteristics • Failure Mode and Effect Analysis (FMEA) • Sample FMEA Worksheet • Fault Tree Analysis (FTA) • FTA Example • Event Tree Analysis (ETA) • Layers of Protection Analysis (LOPA)</p>
1100 – 1230	Permits-to-Work



	<p>Permits-to-Work • Control of Contractors • Relationship – Client & Contractor • Personal Protective Equipment • Types of PPE • Types of PPE – Respiratory • Disadvantages & Limitations • PPE at Work • Work in Confined Spaces • What is a 'Confined Space'? • Specified Risks • Fire & Explosion - Confined Space • Asphyxiation - Confined Space</p>
1230 – 1245	Break
1245 – 1420	<p>Permits-to-Work (cont'd) Over-Heating & Drowning • Other Hazards in Confined Spaces • Confined Spaces • Risk Assessment Factors • Main Elements of the SSW • Emergency Arrangements • The Practical Exam: Syllabus Guide • A Typical Report Format • First-Aid • Factors to Consider - First-Aid • First -Aid Facilities • First-Aid Kit</p>
1420 – 1430	<p>Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow</p>
1430	Lunch & End of Day Three

Day 4

0730 – 0900	<p>Types of Hazardous Agents Types of Hazardous Agents • Hazardous Substances Classification • Categories of Danger • Physical Forms • Routes of Entry • The Concept of Target Organs • Respiratory System • Respiratory Defences • Cilia • Pneumoconiosis • Skin Structure & Functions • Dermatitis • Corrosive Attack • Diseases Caused by Chemicals • Diseases – Biological Agents • Diseases Caused by Biological Agents • Syndicate Group Exercise • Controlling Substances Hazardous to Health • Substances Hazardous to Health • Properties of Hazardous Substances • Sources of Information (Hazard Communication) • Safety Data Sheets • Classification & Labelling</p>
0900 – 0915	Break
0915 – 1100	<p>Types of Hazardous Agents (cont'd) How to Control Substances Hazardous to Health • Eight Principles of Good Practice in Handling Hazardous Substances • Hazardous Substance Assessment - 5 Steps • Step 1- Gather Information • Step 2- Evaluate the Risks • Filter Holder • Passive Samplers • Workplace Exposure Limits • Reference Periods • For Most Substances • For Carcinogens, Mutagens and Asthmagens • Step 3 - Decide What Needs to be Done • Planning & Implementing Controls • A Typical LEV System (Local Exhaust Ventilation) • LEV • Measuring Performance • Wind Speed Measurement • An Introduction to Environmental Issues • Environmental Protection • Integrated Pollution Control • Hazardous Waste?</p>
1100 – 1230	<p>The Client & Contractor Revision – the Client & Contractor • Shared Responsibilities - Joint Occupation • Principles of Construction • Specific Construction Risks • Stacking & Storage • Flammable & Combustible Materials • Machinery and Vehicles • Site Security • Electricity • Slips, Trips & Falls • Working Above Ground Level • Working at Height • Roofwork • What do You Mean – Guardrail? • Falling Materials • Guardrails • Safe Working Practices for Access Equipment • Putlog Scaffold (No Longer In General Use) • Basic Components of Scaffolding • Scaffold Bracing • Scaffold Ties • Inspection of Scaffold • Mobile Tower Scaffolds • Mobile Elevated Working Platform (MEWPS)</p>



1230 – 1245	Break
1245 – 1420	The Client & Contractor (cont'd) <i>Ladders • Safe Use of Ladders • Practical • A Typical Report Format • Excavations • Prevention of Collapse • Safe Slope Angles • Shoring • Close Sheeting • Drag Box • Avoiding Underground Services • Use of a Cable Locator • Air Digging • Barriers & Edge Protection • Demolition - Hazards and Precautions • International Certificate • What Is Stress? • Work Related Stress • Effects of Stress • Ill-Health Effects • Personal Experiences • What Causes Stress? • What Can Employers Do? • Violence • Managing Violence • Lone Workers • Syndicate Work</i>
1420 – 1430	Recap <i>Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow</i>
1430	Lunch & End of Day Four

Day 5

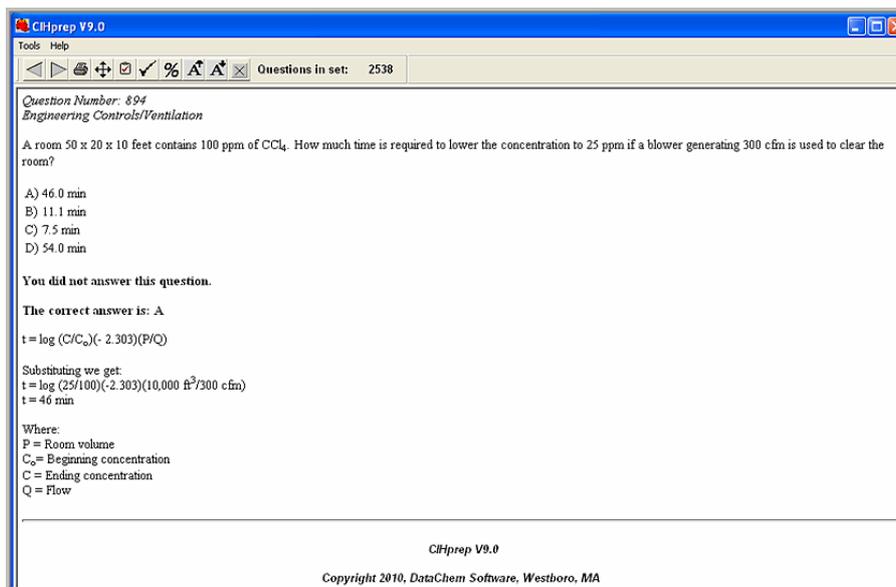
0730 - 0930	Emergency Procedures <i>First Aid • Fire Fighting • Spillage Management • Evacuations • Clearance to Resume Work • Emergency Drills</i>
0900 – 0915	Break
0915 – 1030	Training <i>Introduction • Planned Observations • Informal Observation • Planned Observation</i>
1030 - 1200	Training (cont'd) <i>Preparing • Benefits • Learning/Teaching Guidelines • Six Step Training System</i>
1200 – 1215	Break
1215 - 1300	Permit to Work (PTW) System <i>Company Lockout Program & Policies • Permit To Work Procedure • Objectives of the PTW System • Principle Responsibilities for the PTW System • Permit To Work Procedure</i>
1300 – 1315	Course Conclusion
1315 – 1415	COMPETENCY EXAM
1415 – 1430	<i>Presentation of Course Certificates</i>
1430	Lunch & End of Course

Simulator (Hands-on Practical Sessions)

Practical sessions will be organized during the course for delegates to practice the theory learnt. Delegates will be provided with an opportunity to carryout various exercises using the state-of-the-art “Industrial Hygiene Virtual Laboratory Simulator”, “CIHprep V9.0 Simulator”, “Extech 445580: Humidity/Temperature Pen” and “Digital Sound Level Meter”.



Industrial Hygiene Virtual Laboratory Simulator



CIHprep V9.0 Simulator



Exttech 445580: Humidity/Temperature Pen



Noise Monitoring Device (Digital Sound Level Meter)

Course Coordinator

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