

**COURSE OVERVIEW HE1573(AL6)**  
**Food Safety & Hygiene**

**Course Title**

Food Safety & Hygiene

**Course Date/Venue**

May 04-08, 2025/Business Meeting, Crowne Plaza Al Khobar, Al Khobar, KSA

**Course Reference**

HE1573(AL6)

**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.***



This course is designed to provide participants with a detailed and up-to-date overview of food safety and hygiene. It covers the awareness of food safety and the common food borne pathogens; the relationship between germs and food borne illness; the critical control points – from purchasing through handling leftovers; the importance of personal hygiene in food preparation and food handling; and the food borne illness and who is at risk.



During this interactive course, participants will learn how does food become hazardous; the importance of microorganisms and the greatest threat to food safety; the conditions that encourage bacteria growth and common food borne pathogens; the safe food handling and precautions against food poisoning; and the critical control points and personal hygiene for food handling.

## Course Objectives

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

- Apply and gain an in-depth knowledge on food safety and hygiene
- Create an awareness of food safety and identify the common food borne pathogens
- Carryout food safety and identify food borne pathogens
- Recognize the relationship between germs and food borne illness including the critical control points – from purchasing through handling leftovers
- Discuss the importance of personal hygiene in food preparation and food handling
- Identify food borne illness, who is at risk and how does food become hazardous
- Explain the importance of microorganisms and the greatest threat to food safety
- Recognize the conditions that encourage bacteria growth and common food borne pathogens
- Employ safe food handling and precautions against food poisoning
- Discuss the critical control points and apply personal hygiene for food handling

## 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 food safety and hygiene for all food handlers, stewarding staff and those who involved directly with food and food-related industries such as catering companies, food processors, restaurants, packing houses, farm and hotels.

## Course Fee

**US\$ 5,500** per Delegate + **VAT**. This rate includes H-STK® (Howard 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.

### 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:



**Mr. Saad Bedir**, BSc, NEBOSH-IGC, NEBOSH-ENV, is a **Senior Fire, Health, Safety & Environment (HSE) Consultant** with over **35 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, ISO 45001, ISO 5001, QHSE Management Planning, Crisis & Business Continuity Management Planning, Emergency Response & Procedures, Industrial Security Risk Assessment & Management, Environmental Impact Assessment (EIA), General HSE Induction, Behavioural Safety, Occupation Safety, Incident & Accident Investigation, Integrated EHS Aspects, Risk Assessment & Hazard Identification, Environmental Audits, Life-Saving Rules, 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, Lifting Operation, Excavation, Forklift Operation, 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, Hazardous Chemicals Substances, Risk Assessment, Oil Spill Response, Hazards Identification, H<sub>2</sub>S, PTW, Confined Space, Working at Height, Control Energy Isolation/LOTO, Authorized Gas Testing, SCBA, Traffic & Aviation Safety, Managing Safety, Emergency Response Preparedness, Incident Investigation Process, Environmental Monitoring, Pollution Prevention, First Aid, Medical Evacuation, Heat Stress, Occupational & Health 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.

### 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: Sunday, 04<sup>th</sup> of May 2025**

0730 – 0800	<i>Registration &amp; Coffee</i>
0800 – 0815	<i>Welcome &amp; Introduction</i>
0815 – 0830	<b>PRE-TEST</b>
0830 – 0900	<b><i>What is Food Borne Illness</i></b>
0930 – 0945	<i>Break</i>
0945 – 1105	<b><i>What is Food Borne Illness (cont'd)</i></b>
1105 – 1230	<b><i>Who is at Risk</i></b>
1230 – 1245	<i>Break</i>
1245 – 1420	<b><i>Who is at Risk (cont'd)</i></b>
1420 – 1430	<b>Recap</b>
1430	<i>Lunch &amp; End of Day One</i>

#### **Day 2: Monday, 05<sup>th</sup> of May 2025**

0730 – 0930	<b><i>How Does Food Become Hazardous</i></b>
0930 – 0945	<i>Break</i>
0945 – 1105	<b><i>How Does Food Become Hazardous (cont'd)</i></b>
1105 – 1230	<b><i>Why are Microorganisms Important</i></b>
1230 – 1245	<i>Break</i>
1245 – 1420	<b><i>Why are Microorganisms Important (cont'd)</i></b>
1420 – 1430	<b>Recap</b>
1430	<i>Lunch &amp; End of Day Two</i>

#### **Day 3: Tuesday, 06<sup>th</sup> of May 2025**

0730 – 0930	<b><i>Greatest Threat to Food Safety</i></b>
0930 – 0945	<i>Break</i>
0945 – 1105	<b><i>Greatest Threat to Food Safety (cont'd)</i></b>
1105 – 1230	<b><i>Conditions that Encourage Bacteria Growth</i></b>
1230 – 1245	<i>Break</i>
1245 – 1420	<b><i>Conditions that Encourage Bacteria Growth (cont'd)</i></b>
1420 – 1430	<b>Recap</b>
1430	<i>Lunch &amp; End of Day Three</i>

**Day 4: Wednesday, 07<sup>th</sup> of May 2025**

0730 – 0930	<i>Common Food Borne Pathogens</i>
0930 – 0945	<i>Break</i>
0945 – 1105	<i>Common Food Borne Pathogens (cont'd)</i>
1105 – 1230	<i>Safe Food Handling</i>
1230 – 1245	<i>Break</i>
1245 – 1420	<i>Safe Food Handling (cont'd)</i>
1420 – 1430	<i>Recap</i>
1430	<i>Lunch &amp; End of Day Four</i>

**Day 5: Thursday, 08<sup>th</sup> of May 2025**

0730 – 0930	<i>Precautions Against Food Poisoning</i>
0930 – 0945	<i>Break</i>
0945 – 1230	<i>Critical Control Points</i>
1230 – 1245	<i>Break</i>
1245 – 1345	<i>Personal Hygiene for Food Handlers</i>
1345 – 1400	<i>Course Conclusion</i>
1400 – 1415	<i>POST-TEST</i>
1415 – 1430	<i>Presentation of Course Certificates</i>
1430	<i>Lunch &amp; 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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