

COURSE OVERVIEW HE0728(AF1)
Essential Food Safety Training & Certification
(EFST Program)

Course Title

Essential Food Safety Training & Certification
(EFST Program)

Course Date/Venue

August 03-07, 2025/Business Meeting, Crowne
Plaza Al Khobar, Al Khobar, KSA

Course Reference

HE0728(AF1)

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

Safe food is food that is free of contaminants. Food safety involves all the measures necessary to ensure the safety and wholesomeness of food at all stages from receipt of raw materials to sale to the customer.



This course is designed to provide a broad understanding of the principles of food hygiene and food safety systems and how to make the best use of them in terms of food handling. It will equip participants with the ability to develop, implement, and manage effective food safety management system. The course will cover hazards to food safety; the factors affecting food-borne illness; food safety regulations; food purchasing, receiving and storage; food preparing, holding, serving, reheating and facility plan.



This course formulates a key pillar in the capacity building of food handlers to learn about food safety matters (i.e. statuses in force, food business operator responsibility, role of food inspector, food borne diseases and cross contamination, safe food handling methods, food establishment good hygienic & manufacturing practices and, in advanced phases, food safety systems).

Course Objectives

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

- Apply and gain a comprehensive understanding of food hygiene and food safety
- Enumerate the key pillars of food handling such as cleaning, cooking, reheating, chilling and freezing
- Evaluate the causes and effects of cross contamination & carryout ways to avoid or prevent it
- Employ safety procedures within the food handling environment
- Identify the physical, chemical and biological hazards related to food handling & safety

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 an overview of all significant aspects and considerations of essential food safety for those who may be involved in the support or implementation of food handling, food safety or quality management system, managers or other personnel of food and beverage-related companies who wish to implement proper food safety management system within their organization will also significantly benefit from this course and food safety auditors and consultants.

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.

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: -


- 

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.

- 

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. Rawda El-Sheikh, PhD, MSc, BSc, is a Medical Laboratory & Food Expert and a Senior Health, Safety & Environment (HSE) Consultant. She is well-versed in the areas of HACCP, Food Sampling, Food Safety & Management, LIMS, Analytical Laboratory Management, Laboratory Equipment, Quality Control, Laboratory Accreditation, Laboratory Auditing, Biological Monitoring, Statistical Analysis of Laboratory Data, Analytical Chemistry, Toxicology Surveillance, Occupational Safety and Health, Food Safety Management. She is also an expert in Quality Management, Nutrition Promotion, Food Hygiene, Industrial Hygiene, Oilfield Safety Programs and Risk Assessment, Job Safety Analysis (JSA). 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 **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**.

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 03rd of August 2025

0730 – 0800	Registration & Coffee
0800 – 0815	Welcome & Introduction
0815 – 0830	PRE-TEST
0830 – 0930	Introduction to Food Safety & Food Premises Importance of Food Safety • Common Food Hazards • Individual Responsibility • Good Hygiene Practices
0930 – 0945	Break
0945 - 1100	Responsible Persons on Food Safety Statutes in Force • Food Business Operator Responsibility • Role of Food Inspector • Role of Food Inspection • Government Intervention
1100 – 1230	Food Handling Key Pillars
1230 – 1245	Break
1245 - 1430	Video & Case Study/Workshop
1430	Lunch & End of Day One

Day 2 Monday 04th of August 2025

0730 - 0900	Cleaning Cleaning Food Surfaces • Cleaning Refrigerators • Hand Contact Surfaces
0900 – 0915	Break
0915 – 1015	Cleaning (cont'd) Low Risk Surfaces • Clean & Clear as You Go • Maintenance
1015 – 1115	Cooking Safely Cooking • Visual Checks • Temperature Probes
1115 – 1230	Cooking Safely (cont'd) Hot Holding • Re-Heating
1230 – 1245	Break
1245 - 1430	Video & Case Study/Workshop
1430	Lunch & End of Day Two

Day 3 Tuesday 05th of August 2025

0730 - 0900	Chilling Safely Chilled Storage • Chilled Display
0900 - 0915	Break
0915 - 1015	Chilling Safely (cont'd) Chilling Food with a Blast Chiller Options for Chilling Food
1015 - 1115	Chilling Safely (cont'd) Freezing
1115 - 1230	Chilling Safely (cont'd) Defrosting
1230 - 1245	Break
1245 - 1430	Video & Case Study/Workshop
1430	Lunch & End of Day Three

Day 4 Wednesday 06th of August 2025

0730 - 0900	Cross Contamination & its Prevention Microbial • Causes & Prevention
0900 - 0915	Break
0915 - 1015	Cross Contamination & its Prevention (cont'd) Protective Clothing • Personal Hygiene Practices
1015 - 1115	Cross Contamination & its Prevention (cont'd) Hand Washing • Pest Control • Separation
1115 - 1230	Cross Contamination & its Prevention (cont'd) Cloths • High Risk Surfaces • Food Borne Diseases
1230 - 1245	Break
1245 - 1430	Video & Case Study/Workshop
1430	Lunch & End of Day Four

Day 5 Thursday 07th of August 2025

0730 - 0900	Physical, Chemical, & Biological Hazards
0900 - 0915	Break
0915 - 1100	Food Establishment, Good Hygiene & Manufacturing Practices
1100 - 1230	Food Establishment, Good Hygiene & Manufacturing Practices (cont'd)
1230 - 1245	Break
1245 - 1400	Food Safety Systems
1400 - 1415	POST-TEST
1415 - 1430	Presentation of Course Certificates
1430	Lunch & End of Course

Practical Sessions

This practical and highly-interactive course includes real-life case studies and exercises:-



Course Coordinator

Mari Nakintu, Tel: +971 2309 1714, Email: mari1@haward.org