



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

Course Title

OSHA General Certificate in Health & Safety
(30 hours)

Course Date/Venue

December 28-January 01, 2026/Boardroom 2,
Elite Byblos Hotel Al Barsha, Sheikh Zayed
Road, Dubai, UAE

Course Reference

HE0740

Course Duration/Credits

Five days/3.0 CEUs/30 PDHs



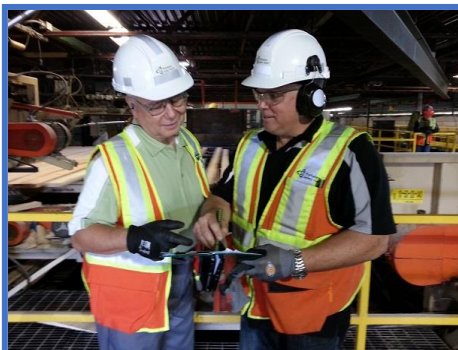
Course Description



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

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

CEU Official Transcript of Records

TOR Issuance Date: 12-Oct-17
HTME No. PART1317
Participant Name: Ali Al Haddi

Program Ref.	Program Title	Program Date	No. of Contact Hours	CEU's
HE740	OSHA General Certificate in Health & Safety (30 hours)	October 05-12, 2017	30	3.0

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

TRUE COPY
Marcel De Guzman
Academic Director

Howard Technology has been approved as an Approved Provider by the International Association for Continuing Education and Training (IACET). IACET is an international organization that is widely recognized as the standard of good practice internationally. As a result of their accreditation, Howard Technology is authorized to offer IACET CEUs for programs that comply with the ANSI/IACET 1-2013 Standard.

Howard Technology's courses meet the professional education 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 international standard of quality and measurement for continuing education.

Howard Technology is accredited by
ANSI, BAC, IACET, ILM, City & Guilds, APT, UKAS, ISO 9001:2015 Certified, TCM, BHS

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- (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 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 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. Ahmed Elkoumi, NEBOSH-IGC, is a **Senior Health, Safety & Environmental (HSE) Consultant** with extensive years of experience within the **Oil & Gas** industry. His expertise lies extensively in the areas of **HSE Management System**, **Material Safety Data Sheet (MSDS)**, **Chemicals**, **Fire & Explosive Hazards**, **Fire Prevention & Protection**, **H₂S**, **Firefighting Techniques**, **SIF Techniques**, **Hazard Identification/Risk Assessment**, **HAZMAT & HAZCOM**, **HAZOP & HAZID**, **OSHA**, **NORM**, **Process & Safety Management**, **Environmental Management**, **Information & Emergency Management**, **Crisis Management**, **Safety Instructions/Auditing**, **Near Miss & Accident/Incident Investigation**, **Incident & Near Miss Tracking**, **PTW System**, **Hygiene Control & Safety**, **Behavioral Based Safety (BBS)**, **Hazard Analysis**, **Job Safety Analysis (JSA)**, **QRA**, **Risk Assessment**, **PSM**, **Emergency Handling & Response**, **Defensive Driving**, **Scaffolding**, **Forklift**, **Lifting & Rigging**, **Rig Audit & Inspection**, **Construction Safety & Health**, **First Aid & CPR**, **Environmental Management**, **Crisis Management**, **Incident Investigation & Reporting**, **Waste Managements**, **Safety Audit & Gas Testing**, **Safety Leadership** and various standards such as the **ISO 29001**, **ISO 14001**, **OHSAS 18001**, **ISO 9001**, **ISO 45001**, **ISO 39001** and **ISO 22001**. He is currently a **QHSE Department Head** and **HSE Trainer/Consultant** of Oil & Gas Skills (OGS) company.

During his career life, Mr. Ahmed has gained his practical and field experience through his various significant positions and dedication as the **HSE Field Manager**, **Senior HSE Consultant**, **OSH Consultant**, **HSE Consultant**, and **QHSE Consultant/Instructor** for various international companies and institutions such as the **ILO**, **NIOSH** (National Institute of Safety and Health), **PETROSAFE**, **SBG** (Saudi Bin Laden Group), and **Petrobel** company just to name a few.

Mr. Ahmed has a **Diploma of Occupied Safety & Health (OSH)** and **Faculty of Science**. Further, he is an **Approved tutor** in **NEBOSH International General Certificate**, **Certified Instructor/Trainer**, a **Certified Internal Verifier/Assessor/Trainer** by the **Institute of Leadership and Management (ILM)**, a **Certified COSHH Risk Assessor**, a **Certified COSHH Manager**, **ISO 29001 Lead Implementer**, **ISO 14001:2004 Lead Auditor**, **ISO 9001:2015 Lead Auditor**, **ISO 45001 Lead Auditor**, a **Certified IWCF Level 1** and has certificates in **Defensive Driving Train the Trainer**, **H₂S Train the Trainer**, **PECB Train the Trainer**, **30 hours NASP General Industry** and **30 hours NASP Construction Safety & Health**. Moreover, he is a member of **Egyptian Society of Safety Engineers (ESSE)** and the **Egyptian Syndicate of Scientific Professions (ESSP)** and has further delivered numerous trainings, courses, seminars, conferences and workshops globally.

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: Sunday, 28th of December 2025

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: Monday, 29th of December 2025

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: Tuesday, 30th of December 2025

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

Day 4: Wednesday, 31st of December 2025

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: Thursday, 01st of January 2026

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 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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