

**COURSE OVERVIEW HE1162**  
**Advanced Food Poisoning**

**Course Title**

Advanced Food Poisoning

**Course Date/Venue**

January 26-30, 2025/Boardroom 1,  
 Elite Byblos Hotel Al Barsha, Sheikh  
 Zayed Road, Dubai, UAE

**Course Reference**

HE1162

**Course Duration**

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.***

Food poisoning is any illness caused by eating food or drink that is contaminated with certain types of bacteria, parasites, viruses or toxins. Symptoms can vary from mild to severe. Some people are at more risk of getting food poisoning than others, including the elderly, young children, pregnant women and people with weakened immune systems.



This course is designed to provide participants with a detailed and up-to-date overview of advanced food poisoning. It covers the types and causes of food poisoning; the signs and symptoms of food poisoning; when shall the doctor be called for food poisoning; how is food poisoning diagnosed; and the treatment for food poisoning.



During this interactive course, participants will learn the home remedies for food poisoning; how long does food poisoning last; the complications of food poisoning and how can food poisoning be prevented; the prognosis for food poisoning; the symptoms of food poisoning; the essentials of food safety; the bacteria, food pests and the current trends in food poisoning; the causes of outbreaks and legal framework; and the investigation techniques.

### Course Objectives

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

- Apply and gain an advanced knowledge on food poisoning
- Discuss food poisoning facts including its types and causes
- Identify the signs and symptoms of food poisoning
- Compare food poisoning and stomach flu
- Determine when shall the doctor be called for food poisoning and how is food poisoning diagnosed
- Carryout various treatment for food poisoning as well as home remedies for food poisoning
- Discuss how long does food poisoning last, including the complications of food poisoning and how can food poisoning be prevented
- Explain prognosis for food poisoning and the symptoms of food poisoning
- Apply the essentials of food safety and recognize bacteria, food pests and the current trends in food poisoning
- Identify the causes of outbreaks, legal framework and investigation techniques

### 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 advanced food poisoning for those who are working in the food industry and who have responsibility to prepare food that is safe and suitable to eat.

### 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)

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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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.

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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:



**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.

### **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 Program**

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the workshop for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

#### **Day 1: Sunday, 26<sup>th</sup> of January 2025**

0730 – 0800	<i>Registration &amp; Coffee</i>
0800 – 0815	<i>Welcome &amp; Introduction</i>
0815 – 0830	<b>PRE-TEST</b>
0830 – 0930	<b>Food Poisoning Facts</b>
0930 – 0945	<i>Break</i>
0945 – 1130	<b>What is Food Poisoning</b>
1130 – 1230	<b>Types of Food Poisoning</b>
1230 – 1245	<i>Break</i>
1245 – 1330	<b>Causes of Food Poisoning</b>
1330 – 1420	<b>Signs &amp; Symptoms of Food Poisoning</b>
1420 – 1430	<b>Recap</b>
1430	<i>Lunch &amp; End of Day One</i>

#### **Day 2: Monday, 27<sup>th</sup> of January 2025**

0730 – 0930	<b>Are Food Poisoning and Stomach Flu the Same Thing?</b>
0930 – 0945	<i>Break</i>
0945 – 1100	<b>When Should the Doctor be Called for Food Poisoning</b>
1100 – 1230	<b>How is Food Poisoning Diagnosed?</b>
1230 – 1245	<i>Break</i>
1245 – 1330	<b>Treatment for Food Poisoning</b>
1330 – 1420	<b>Home Remedies for Food Poisoning</b>
1420 – 1430	<b>Recap</b>
1430	<i>Lunch &amp; End of Day Two</i>

#### **Day 3: Tuesday, 28<sup>th</sup> of January 2025**

0730 – 0930	<b>How Long Does Food Poisoning Last?</b>
0930 – 0945	<i>Break</i>
0945 – 1100	<b>Complications of Food Poisoning</b>
1100 – 1230	<b>How can Food Poisoning be Prevented?</b>
1230 – 1245	<i>Break</i>
1245 – 1330	<b>Prognosis for Food Poisoning</b>
1330 – 1420	<b>Food Poisoning - Symptoms</b>
1420 – 1430	<b>Recap</b>
1430	<i>Lunch &amp; End of Day Three</i>

**Day 4: Wednesday, 29<sup>th</sup> of January 2025**

0730 – 0930	<i>Essentials of Food Safety-4-C's</i>
0930 – 0945	<i>Break</i>
0945 – 1100	<i>Bacteria</i>
1100 – 1230	<i>Food Pests</i>
1230 – 1245	<i>Break</i>
1245 – 1420	<i>Current Trends in Food Poisoning</i>
1420 – 1430	<i>Recap</i>
1430	<i>Lunch &amp; End of Day Four</i>

**Day 5: Thursday, 30<sup>th</sup> of January 2025**

0730 – 0930	<i>Causes of Outbreaks</i>
0930 – 0945	<i>Break</i>
0945 – 1100	<i>Legal Framework</i>
1100 – 1230	<i>Investigation Techniques</i>
1230 – 1245	<i>Break</i>
1245 – 1300	<i>Case Studies</i>
1300 - 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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