

OSALP Quality, Health, Safety, Security and Environment Training Plan 2010

Month	QHSSE Category	Sub-Category	List of Courses	Date	Day	Venue	Duration	Price PKR
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Jan-10

	Quality Management	Presentation Skills	Strategies for Developing Effective Presentation Skills	15th Jan	Fri	Lahore	1	12,000
	HSSE	Security	Safety and Security for Working Women (Conducted by a Female Trainer)	18th Jan	Mon	Islamabad	1	10,000
	HSSE	Safety	Defensive Driving Course	21-22nd Jan	Thu-Fri	Islamabad	2	15,000
	HSSE	Safety	Accident Prevention, Investigation and Reporting	23rd Jan	Sat	Islamabad	1	9,000
	HSSE	Safety	Industrial Ergonomics and Injury Prevention Course	28th Jan	Thu	Islamabad	1	10,000

Feb-10

	Quality Management	Communication	Moving Ahead: Breaking Behavioral Patterns That Hold You Back	6th Feb	Sat	Lahore	1	7,000
	HSSE	Environment	Environmental Risk Management	8th Feb	Mon	Lahore	1	10,000
	HSSE	Security	Vehicle Anti Surveillance Course	13th Feb	Sat	Islamabad	1	10,000
	HSSE	Safety	Human Error Reduction and Safety Management	18th Feb	Thu	Lahore	1	11,000
	Quality Management	Influencing & Negotiation	Getting Results Without Authority: Latest Techniques to Influence People	19th Feb	Fri	Lahore	1	12,000
	HSSE	Health	First Aid with CPR Techniques (based on US Medics Course)	20th Feb	Sat	Lahore	1	8,000
	HSSE	Safety	HSE for Managers	22-24th Feb	Mon-Wed	Karachi	3	40,000

Mar-10

	HSSE	Safety	Essential HSE Trainings (Set of 13 HSE Courses)	4-5th Mar	Thu-Fri	Karachi	2	20,000
	HSSE	Safety	School Safety and Security: Training for School Management	6th Mar	Sat	Lahore	1	7,000
	HSSE	Safety	Emergency Response and Crises Management	8th Mar	Mon	Islamabad	1	13,000
	HSSE	Environment	Biodiversity Awareness Course	9th Mar	Tue	Lahore	1	8,000

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	HSSE	Safety	Soft Skills for HSE Professionals: Tools for Succeeding in Job	11-12th Mar	Thu-Fri	Lahore	2	19,000
	HSSE	Health	Stress Management: Enhance your Life and Career	13th Mar	Sat	Islamabad	1	8,000
	HSSE	Safety	Preventing Muscular and Back Problems for Bankers: Tools for High Morale and Productivity	14th Mar	Sun	Islamabad	1	8,000
	HSSE	Safety	Workplace Safety for Contractors(Small and Midsized)	18th Mar	Thu	Islamabad	1	7,000
	HSSE	Safety	Warehouse Safety: A Course to Prevent Warehouse Injuries and Accidents	19th Mar	Fri	Karachi	1	10,000
	HSSE	Security	Sexual Harassment Prevention Course (For Ladies only: Conducted by a Female Trainer)	26th Mar	Fri	Karachi	1	13,000
	HSSE	Safety	Behavior Based Safety	27th Mar	Sat	Lahore	1	12,000

Apr-10

	Quality Management	Team Work	Achieving Excellence Through High Performance Team Work	1-2nd Apr	Thu-Fri	Islamabad	2	12,000
	HSSE	Security	Self Defense for Women (Conducted by a Female Trainer)	3rd Apr	Sat	Islamabad	1	8,000
	HSSE	Safety	Building Internal Safety Teams from Scratch	6-8th Apr	Tue-Thu	Lahore	3	30,000
	HSSE	Safety	Best Practices in Safety Management	9th Apr	Fri	Karachi	1	15,000
	HSSE	Environment	HAZCOM and HAZMAT Training	10th Apr	Sat	Islamabad	1	10,000
	HSSE	Health	Health Care Errors and Patient Safety	13th Apr	Tue	Lahore	1	8,000
	HSSE	Safety	Safety Management of waste in hospitals and clinics	14th Apr	Wed	Lahore	1	8,000
	HSSE	Safety	School Safety and Security: Training for School Management	17th Apr	Sat	Islamabad	1	7,000
	Quality Management	Interpersonal Skills	Success through Positive Mental Attitude(Effects of Staying Positive on the Job)	20th Apr	Tue	Lahore	1	8,000
	HSSE	Safety	Health and Safety Awareness in the Process Industry	22nd Apr	Thu	Karachi	1	13,000
	Quality Management	Leadership	Preparing For Leadership: What It Takes to Take the Lead	23-24th Apr	Fri-Sat	Karachi	2	25,000

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May-10

	Quality Management	Management	The Art of Managing Meetings	3-4th May	Mon-Tue	Lahore	2	15,000
	HSSE	Safety	Working at Heights and Fall protection	6th May	Thu	Islamabad	1	8,000
	HSSE	Safety	Confined Space Entry, Rescue and Hot Works Safety	7th May	Fri	Islamabad	1	10,000
	HSSE	Safety	Occupational Safety and Health for the construction Industry	8th May	Sat	Islamabad	1	10,000
	Quality Management	Management	The Psychology of Persuasion	11th May	Tue	Lahore	1	12,000
	HSSE	Safety	Practical Road Crash Investigation for Supervisors	13-14th May	Thu-Fri	Lahore	2	15,000
	HSSE	Health	Mind Your Back: Preventing Back Ache in the Office Environment	15th May	Sat	Karachi	1	11,000
	HSSE	Safety	Advance Risk Management	19-20th May	Wed-Thu	Karachi	2	25,000
	HSSE	Safety	Noise, Its Effects, Causes and Prevention (with Audiometric Testing)	22nd May	Sat	Lahore	1	10,000
	HSSE	Safety	Safety Officers' Course	25-28th May	Tue-Fri	Islamabad	4	50,000
	Quality Management	Communication	Dynamic Listening Skills for Successful Communication	29th May	Sat	Lahore	1	8,000

Jun-10

	HSSE	Health	Quality Audit Training for Health Care Professional	1st Jun	Tue	Lahore	1	7,000
	HSSE	Safety	Developing Effective Safety Culture to Reduce Costs and Overheads	4-5th Jun	Fri-Sat	Karachi	2	21,000
	HSSE	Safety	Preventing Muscular and Back Problems for Bankers: Tools for High Morale and Productivity	6th Jun	Sun	Karachi	1	10,000
	HSSE	Safety	Essential HSE Trainings (Set of 13 HSE Courses)	10-11th Jun	Thu-Fri	Islamabad	2	17,000
	Quality Management	Communication	Standing Strong in Difficult Workplace Situations	12th Jun	Sat	Lahore	1	7,000
	Quality Management	Communication	Business Conversation Skills When English Is a Second Language	14th Jun	Mon	Lahore	1	6,000

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	HSSE	Health	Essential Health Trainings(Keeping Fit, Substance Abuse Awareness, Sleep Disorders, Stress and First Aid)	19th Jun	Sat	Islamabad	1	8,000
	HSSE	Security	Security Management Training	21st Jun	Mon	Karachi	1	14,000
	HSSE	Environment	Hazardous Waste Management	25th Jun	Fri	Lahore	1	8000
	HSSE	Security	Sexual Harassment Prevention (For Ladies only: Conducted by a Female Trainer)	26th Jun	Sat	Islamabad	1	10,000

Jul-10

	HSSE	Health	Mind Your Back: Preventing Back Ache in the Office Environment	1st Jul	Thu	Islamabad	1	9,000
	HSSE	Environment	Managing Climate Change (Water & Air)	2nd July	Fri	Lahore	1	6,500
	HSSE	Safety	Behavior Based Safety	3rd Jul	Sat	Karachi	1	15,000
	HSSE	Safety	Safety Leadership Course	5-6th Jul	Mon-Tue	Islamabad	2	18,000
	HSSE	Health	Substance Abuse Awareness	9th Jul	Fri	Islamabad	1	7,000
	HSSE	Presentation Skills	First Aid with CPR Techniques (based on US Medics Course)	10th Jul	Sat	Islamabad	1	8,000
	Quality Management	Management	What Every New Manager Needs To Know (Tools For Success)	16-17th Jul	Fri-Sat	Lahore	2	19,000
	Quality Management	Management	Effective School Management	19th Jul	Mon	Islamabad	1	6,500
	HSSE	Security	Self Defense for Women (Conducted by a Female Trainer)	23rd Jul	Fri	Karachi	1	13,000
	HSSE	Safety	Keeping Kids Safe: A course for the Family:	24th Jul	Sat	Lahore	1	7,000
	HSSE	Security	Safety Officers' Course	26-29th Jul	Mon-Thu	Karachi	4	60,000

Aug-10

	HSSE	Safety	HSE Project Management	2-3rd Aug	Mon-Tue	Lahore	2	17,000
	HSSE	Safety	Speed up to Safety: HSE Trainings for New Employees	4-5th Aug	Wed-Thu	Islamabad	2	15,000

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	HSSE	Health	Stress Management: Enhance your Life and Career	6th Aug	Fri	Lahore	1	8,000
	Quality Management	Office & Administration	Managing Multiple Bosses	7th Aug	Sat	Lahore	1	7,000
	Quality Management	Leadership	Leadership Skills for Executives	9-10th Aug	Wed-Thu	Lahore	2	16,000
	Quality Management	Interpersonal Skills	Effective Time Management: Tools for Managing life and Career	16th Aug	Mon	Islamabad	1	12,000

Sep-10

	Quality Management	Office & Administration	Are you Being heard? Business Conversation Skills for Administration Staff	17th Sep	Fri	Lahore	1	7,000
	Quality Management	Influencing & Negotiation	Negotiating to Win	18th Sep	Sat	Lahore	1	9,000
	HSSE	Safety	Industrial Ergonomics and Injury Prevention Course	23rd Sep	Thu	Karachi	1	13,000
	HSSE	Safety	Defensive Driving Course	24-25th Sep	Fri-Sat	Karachi	2	18,000
	HSSE	Safety	HSE for Managers	27-29th Sep	Mon-Wed	Islamabad	3	30,000

Oct-10

	HSSE	Office & Administration	Customer Services Excellence (Winning & Keeping Customers)	1st Oct	Fri	Lahore	1	8,000
	HSSE	Health	Violence Prevention in the Workplace: Techniques for Managers and Supervisors	2nd Oct	Sat	Lahore	1	10,000
	HSSE	Health	Developing Food Safety Culture	4th Oct	Mon	Lahore		10,000
	HSSE	Safety	Essential HSE Trainings (Set of 13 HSE courses)	7-8th Oct	Thu-Fri	Lahore	2	17,000
	HSSE	Health	First Aid with CPR Techniques (based on US Medics Course)	9th Oct	Sat	Karachi	1	10,000
	HSSE	Safety	Hydrogen Sulphide Safety and Rescue	10th Oct	Sun	Sukkhur	1	10,000
	HSSE	Safety	Developing an Effective Safety Culture to reduce Costs and Overheads	14-15th Oct	Thu-Fri	Islamabad	2	18,000
	HSSE	Safety	Preventing Corporate Accidents	16th Oct	Sat	Islamabad	1	15,000

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	HSSE	Safety	Industrial Safety and Health for people Oriented Services	19th Oct	Tue	Lahore	1	9,500
	Quality Management	Interpersonal Skills	Innovation and Creativity (Know your Unknown Potential)	20th Oct	Wed	Islamabad	1	8,000
	HSSE	Safety	Safety Management: Course for facility Managers	21-23rd Oct	Thu-Sat	Islamabad	3	35,000
	HSSE	Safety	Building Internal Safety Teams from Scratch	27-29th Oct	Wed-Fri	Karachi	3	36,000

Nov-10

	Quality Management	Management	Management Skills for New Supervisors	1-2nd Nov	Mon-Tue	Lahore	2	12,000
	HSSE	Safety	Office Building Safety and Health	3rd Nov	Wed	Islamabad	1	11,000
	HSSE	Safety	Advance Risk Management	4-5th Nov	Thu-Fri	Islamabad	2	22,000
	HSSE	Health	Preventing Muscular and Back Problems for Bankers: Tools for High Morale and Productivity	7th Nov	Sun	Lahore	1	8,000
	HSSE	Health	Health Care Hazard Control	8th Nov	Mon	Lahore	1	11,000
	Quality Management	Human Resources	How to be a World Class Trainer	11-12th Nov	Thu-Fri	Karachi	2	25,000
	HSSE	Safety	Chemical Health Risks Awareness and Protection	13th Nov	Sat	Karachi	1	16,000
	HSSE	Health	Principals of Occupational Hygiene	15th Nov	Mon	Islamabad	1	13,000
	Quality Management	Human Resources	Internal Consulting Skills: For Human Resource Professionals	22nd Nov	Mon	Lahore	1	8,000
	HSSE	Safety	School Safety and Security: Training for School Management	23rd Nov	Tue	Karachi	1	10,000
	HSSE	Safety	Construction Safety Management	25-27th Nov	Thu-Sat	Islamabad	3	29,000
	Quality Management	Management	Successfully Managing People	29-30th Nov	Mon-Tue	Islamabad	2	15,000

Dec-10

	HSSE	Safety	Safety with Machinery	1st Dec	Wed	Islamabad	1	9,000
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	HSSE	Safety	Environmental Health and Safety Audits Techniques	2-3rd Dec	Thu-Fri	Islamabad	2	23,000
	HSSE	Environment	Environmental Training for Supervisors	4th Dec	Sat	Islamabad	1	8,000
	HSSE	Safety	Forklift Technical and Safety Training	5th Dec	Sun	Sukkhur	1	10,000
	HSSE	Safety	Accident Prevention, Investigation and Reporting	6th Dec	Mon	Karachi	1	14,000
	Quality Management	Interpersonal Skills	Managing Stress and Emotions at Workplace	8th Dec	Wed	Lahore	1	8,000
	Quality Management	Interpersonal Skills	Marketing your Consulting and Professional Services: Tools for Entrepreneur	12th Dec	Sun	Lahore	1	8,000
	Quality Management	Assertiveness Skills	Assertiveness Training for Women in Business	13th Dec	Mon	Lahore	1	9,000
	Quality Management	Presentation Skills	Effective Executive Speaking	22-23rd Dec	Wed-Thu	Islamabad	2	15,000
	HSSE	Safety	Safety Assessment for Chemical Processes	27th Dec	Mon	Multan	1	12,000
	HSSE	Environment	Hazardous and Non Hazardous Waste Management	28th Dec	Tue	Multan	1	8,500
	HSSE	Environment	Facility Environmental Management	29th Dec	Wed	Lahore	1	9,000
	Quality Management	Influence and Negotiation	High Performance Business Writing	31st Dec	Fri	Islamabad	1	10,000