

# OSALP Quality, Health, Safety, Security and Environment Training Plan 2009

Month	QHSSE Category	Sub-Category	List of Courses for 2009	2009 dates	Day	Venue	Duration	Price PKR
<b>Jan-09</b>								
	HSSE	Safety	Accident Prevention, Investigation and Reporting	23rd Jan	Fri	Lahore	1	9000
	HSSE	Safety	Industrial Ergonomics and Injury Prevention Course	27th Jan	Tue	Islamabad	1	13000
	HSSE	Security	Safety and Security for Working Women ( Conducted by a Female Trainer)	30th Jan	Fri	Lahore	1	12000
	Quality Management	Presentation Skills	Strategies for Developing Effective Presentation Skills	31st Jan	Sat	Lahore	1	10000
<b>Feb-09</b>								
	HSSE	Safety	Safety Officers' Course	3-6th Feb	Tue-Fri	Islamabad	4	50000
	HSSE	Security	Vehicle Anti Surveillance Course	10th Feb	Tue	Karachi	1	10000
	Quality Management	Influencing & Negotiation	Getting Results Without Authority: Latest Techniques to Influence People	11th Feb	Wed	Karachi	1	12000
	Safety	Safety	Safety and Health Diploma Course	Feb-Jul	Nil	Lahore	6 Months	55000
	HSSE	Health	First Aid with CPR Techniques	16th Feb	Mon	Islamabad	1	8000
	Quality Management	Communication	Moving Ahead: Breaking Behavioral Patterns That Hold You Back	17th Feb	Tue	Islamabad	1	7000
	HSSE	Environment	Hazardous and Non Hazardous Waste Management	18th Feb	Wed	Islamabad	1	10000
	HSSE	Safety	HSE Course for Managers	25-27th Feb.	Wed-Fri	Islamabad	3	30000
<b>Mar-09</b>								
	HSSE	Safety	Essential HSE Trainings ( Set of 13 HSE Courses)	3-4th Mar	Tue-Wed	Lahore	2	15000
	HSSE	Safety	Soft Skills for HSE Professionals: Tools for Succeeding in Job	5-6th Mar	Thu-Fri	Lahore	2	19000
	HSSE	Safety	School Safety and Security: Training for Leaders	7th March	Sat	Lahore	1	7000
	HSSE	Health	Stress Management	9th Mar	Mon	Islamabad	1	8000
	HSSE	Security	Sexual Harassment Prevention Course (For Ladies only: Conducted by a Female Trainer)	13th Mar	Fri	Lahore	1	12000
	HSSE	Safety	Behavior Based Safety	16th Mar	Mon	Karachi	1	12000
	HSSE	Safety	Emergency Response and Crises Management	17th Mar	Tue	Karachi	1	13000
	HSSE	Environment	Facility Environmental Management	20th Mar	Fri	Islamabad	1	8000
	HSSE	Safety	Preventing Muscular and Back Problems for Bankers: Tools for High Morale and Productivity	24th Mar	Tue	Islamabad	1	8000
<b>Apr-09</b>								
	Quality Management	Team Work	Achieving Excellence Through High Performance Team Work	1-2nd Apr	Wed-Thu	Islamabad	2	12000
	HSSE	Safety	Building Internal Safety Teams from Scratch	6-8th Apr	Mon-Wed	Lahore	3	30000

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	HSSE	Safety	Safety Management and Best Practices	9th Apr	Thu	Karachi	1	15000
	HSSE	Environment	HAZCOM and HAZMAT Training	10th Apr	Fri	Karachi	1	13000
	HSSE	Safety	School Safety and Security Leadership Training	11th Apr	Sat	Karachi	1	10000
	Quality Management	Leadership	Preparing For Leadership: What It Takes to Take the Lead	14-15th Apr	Tue-Wed	Islamabad	2	20000
	HSSE	Safety	Health and Safety Awareness in the Process Industry	21st Apr	Tue	Lahore	1	8000
	Quality Management	Influencing & Negotiation	High Performance Business Writing	23rd Apr	Thu	Islamabad	1	8000
	HSSE	Security	Self Defense for Women ( Conducted by a Female Trainer)	24th Apr	Fri	Islamabad	1	8000
	Quality Management	Interpersonal Skills	Success through Positive Mental Attitude( Effects of Staying Positive on the Job)	29th Apr	Wed	Lahore	1	8000

## May-09

	Quality Management	Management	The Art of Managing Meetings	5-6th May	Tue-Wed	Lahore	2	15000
	HSSE	Health	Mind Your Back: Preventing Back Aches in the Office Environment	7th May	Thu	Islamabad	1	8000
	HSSE	Safety	Advance Risk Management	11-12th May	Mon-Tue	Islamabad	2	15000
	HSSE	Safety	Confined Space Entry and Rescue and Hot Works Safety	14th May	Thu	Islamabad	1	10000
	HSSE	Safety	Working at Heights and Fall protection	15th May	Fri	Islamabad	1	6000
	Quality Management	Management	The Psychology of Persuasion	18th May	Mon	Karachi	1	12000
	HSSE	Safety	Safety Officers' Course	19-22nd May	Tue-Fri	Karachi	4	50000
	HSSE	Safety	Noise, Its Effects, Causes and Prevention	23rd May	Sat	Lahore	1	6000
	Quality Management	Communication	Dynamic Listening Skills for Successful Communication	26th May	Tue	Lahore	1	7000
	HSSE	Safety	Defensive Driving Course	29-30th May	Fri-Sat	Islamabad	2	13000

## Jun-09

	HSSE	Safety	Developing Effective Safety Culture to Reduce Costs and Overheads	2-3rd Jun	Tue-Wed	Islamabad	2	15000
	HSSE	Safety	Preventing Muscular and Back Problems for Bankers: Tools for High Morale and Productivity	5th Jun	Fri	Lahore	1	8000
	HSSE	Safety	Essential HSE Trainings ( Set of 13 HSE Courses)	9-10th Jun	Tue-Wed	Islamabad	2	15000
	Quality Management	Communication	Standing Strong in Difficult Workplace Situations	12th Jun	Fri	Lahore	1	7000

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	HSSE	Health	Essential Health Trainings( Keeping Fit, Substance Abuse Awareness, Sleep Disorders and Stress)	16th Jun	Tue	Islamabad	1	8000
	Quality Management	Communication	Business Conversation Skills When English Is a Second Language	19th Jun	Fri	Lahore	1	6000
	HSSE	Health	Substance Abuse Awareness	20th Jun	Sat	Lahore	1	6000
	HSSE	Security	Sexual Harassment Prevention (For Ladies only: Conducted by a Female Trainer)	23rd Jun	Tue	Islamabad	1	12000
	HSSE	Security	Security Management Training	25th Jun	Thu	Islamabad	1	8000

## Jul-09

	HSSE	Environment	Managing Climate Change (Water & Air)	2nd July	Thu	Islamabad	1	6500
	HSSE	Safety	Safety Leadership Course	6-7th Jul	Mon-Tue	Islamabad	2	18000
	Quality Management	Management	What Every New Manager Needs To Know (Tools For Success)	9-10th Jul	Thu-Fri	Lahore	2	19000
	HSSE	Presentation Skills	First Aid with CPR Techniques	13th Jul	Mon	Lahore	1	8000
	HSSE	Health	Mind Your Back: Preventing Back Aches in the Office Environment	17th Jul	Fri	Lahore	1	8000
	HSSE	Safety	Behavior Based Safety	23rd Jul	Thu	Islamabad	1	9000
	HSSE	Security	Self Defense for Women ( Conducted by a Female Trainer)	24th Jul	Fri	Karachi	1	10000
	HSSE	Security	Safety Officers' Course	27-30th Jul	Mon-Thu	Lahore	4	50000

## Aug-09

	Quality Management	Office & Administration Support	Managing Multiple Bosses	3rd Aug	Mon	Lahore	1	7000
	HSSE	Health	Stress Management	4th Aug	Tue	Karachi	1	12000
	Quality Management	Leadership	Leadership Skills for Executives	5-6th Aug	Wed-Thu	Karachi	2	17000
	Quality Management	Office & Administration Support	Are you Being heard? Business Conversation Skills for Administration Staff	11th Aug	Tue	Lahore	1	7000
	HSSE	Safety	HSE Project Management	18-20th Aug	Tue-Thu	Islamabad	3	25000
	Quality Management	Interpersonal Skills	Effective Time Management	21st Aug	Fri	Islamabad	1	9000

## Sep-09

	HSSE	Safety	Defensive Driving Course	10-11th Sep	Thu-Fri	Karachi	2	15000
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	HSSE	Safety	Industrial Ergonomics and Injury Prevention Course	15th sep	Tue	Islamabad	1	10000
	Quality Management	Influencing & Negotiation	Negotiating to Win	16th Sep	Wed	Lahore	1	9000

## Oct-09

	HSSE	Office & Administration Support	Customer Services Excellence	6th Oct	Tue	Islamabad	1	8000
	HSSE	Health	Violence Prevention in the Workplace: Techniques for Managers and Supervisors	12th Oct	Mon	Karachi	1	10000
	HSSE	Safety	Developing an Effective Safety Culture to reduce Costs and Overheads	13th Oct	Tue	Karachi	1	10000
	HSSE	Safety	Essential Health Trainings( Keeping Fit, Substance Abuse Awareness, Sleep Disorders and Stress)	14th Oct	Wed	Karachi	1	7000
	HSSE	Safety	Hydrogen Sulphide Safety and Rescue	16th Oct	Fri	Islamabad	1	6000
	HSSE	Health	First Aid with CPR Techniques	17th Oct	Sat	Islamabad	1	8000
	Quality Management	Interpersonal Skills	Innovation and Creativity ( Know your Unknown Potential)	20th Oct	Tue	Lahore	1	8000
	HSSE	Safety	Building Internal Safety Teams from Scratch	27-29th Oct	Tue-Thu	Islamabad	3	30000

## Nov-09

	Quality Management	Management	Management Skills for New Supervisors	2-3rd Nov	Mon-Tue	Lahore	2	12000
	Quality Management	Human Resources	Internal Consulting Skills: For Human Resource Professionals	5th Nov	Thu	Islamabad	1	8000
	HSSE	Safety	School Safety and Security: Training for Leaders	10th Nov	Tue	Islamabad	1	7000
	HSSE	Safety	Advance Risk Management	12-13th Nov	Thu-Fri	Karachi	2	18000
	HSSE	Health	Preventing Muscular and Back Problems for Bankers: Tools for High Morale and Productivity	16th Nov	Mon	Karachi	1	8000
	Quality Management	Human Resources	How to be a World Class Trainer	18-19th Nov	Wed-Thu	Lahore	2	17000
	Quality Management	Management	Successfully Managing People	20-21st Nov	Fri-Sat	Islamabad	2	15000
	HSSE	Safety	Construction Safety Management	23-28th Nov	Mon-Sat	Islamabad	6	29000

## Dec-09

	Quality Management	Assertiveness Skills	Assertiveness Training for Women in Business	1st Dec	Tue	Lahore	1	9000
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	HSSE	Environment	Environmental Training for Supervisors	3rd Dec	Thu	Lahore	1	8000
	HSSE	Safety	HSE Course for Managers	8-10th Dec	Tue-Thu	Karachi	3	30000
	HSSE	Safety	Accident Prevention, Investigation and Reporting	11th Dec	Fri	Karachi	1	12000
	Quality Management	Presentation Skills	Effective Executive Speaking	15-16th Dec	Tue-Wed	Lahore	2	15000
	Quality Management	Interpersonal Skills	Marketing your Consulting and Professional Services: Tools for Entrepreneur	17th Dec	Thu	Islamabad	1	8000
	HSSE	Safety	Forklift Technical and Safety Training	22nd Dec	Tue	Islamabad	1	10000
	HSSE	Safety	Industrial Ergonomics and Injury Prevention Course	23rd Dec	Wed	Karachi	1	12000
	Quality Management	Interpersonal skills	Managing Stress and Emotions at Workplace	24th Dec	Thu	Islamabad	1	6500