

# Essential HSE Trainings



## OSALP 2009 Open Enrolment Course



**Get the complete package of minimum essential HSE trainings applicable to all organization.**

**Comprehensive package available only at OSALP**



**OSALP International** professional training courses combine the latest tools, techniques, market research, case studies and dynamic ways of thinking, delivered by experienced trainers to ensure the skills and knowledge acquired are directly applicable to your organization.

- ◆ **Research** Latest concepts, tools, techniques, tried and tested methods
- ◆ **Trainers** Highest standard of dynamic trainers with cross-industry experience
- ◆ **Applicability** Training relevant to your needs and your workplace
- ◆ **Interactive** Just the right number of participants with group exercises, role-plays and feedback
- ◆ **Action** Planning, implementation and follow-up
- ◆ **Documentation** Comprehensive supporting notes and further reading material

**SAFETYINFO.COM.PK**

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 **OSALP**  
Occupational Safety & Loss Prevention  
[www.osalp.com.pk](http://www.osalp.com.pk)

  
[www.oti.com.pk](http://www.oti.com.pk)

# Essential HSE Trainings - 2 days course

This TWO DAY course from OSALP International covers and provides all the minimum essentials HSE qualifications for individuals at all levels of the organization including workers, Office staff and supervisors.

## The Course

This comprehensive course includes the following topics:

- ◆ Reasons for having HSE in the company
- ◆ HSE Management System
- ◆ Circadian Rhythms
- ◆ Electrical Safety
- ◆ Drugs and Alcohol Awareness
- ◆ Electrical Safety
- ◆ Emergency Response Planning
- ◆ Fire Prevention and Mitigation Training
- ◆ First Aid Training including CPR
- ◆ Hazards Awareness and Risk Management
- ◆ HSE Trainings Basics
- ◆ Personal Protective Equipment
- ◆ Personal Security Awareness

## What will you learn?

Successful participants will be able to learn to:

- ◆ Identify Risks and Evaluate Hazards
- ◆ Use appropriate precautions for specific risks or seek advice on precautions
- ◆ Assist managers in preparing written risk assessments
- ◆ Follow their organization's safety policy
- ◆ Co-operate and communicate on health and safety matters
- ◆ Carry out activities without risk
- ◆ Report relevant accidents and incidents, monitor their own activities and assist
- ◆ Prevent and minimize personal injuries
- ◆ Identify the effects of different times of the day on workers' performance

Very Informative and a Must Do for all Employees of a Company. I have not seen such a complete HSE trainings package being offered by any other company. Another specialty was that the local language was also used for our workforce group that did not understand English very well. Hence the effectiveness was increased many folds

Mr Abdul Rauf: HSE Manager FMCG Pakistan



## Who Should Attend

Staff in any organization including

- ◆ Trainees, Newcomers, Workers
- ◆ Machine and Process Operators
- ◆ Factory and Oilfield workers
- ◆ Office and Industrial Staff
- ◆ First Line Supervisors
- ◆ Government Departments' Staff

## Dates 2009

- ◆ 3-4th Mar Tue-Wed Lahore
- ◆ 9-10th Jun Tue-Wed Islamabad

## Registration

Please contact **Sara Kalsoom**,  
Facilitator Corporate Services with participants' details:

- ◆ Email: [sara@osalp.com.pk](mailto:sara@osalp.com.pk)
- ◆ Phone: 042-660 1495, 042-6610391 -5
- ◆ Mobile: 0300-5500690
- ◆ Fax: 042-6610396

## Course Fee

- ◆ **Course fee = Rupees 15,000/Person**
- ◆ Course fee is inclusive of Training Booklets, Lunches, Teas and Training Certificates
- ◆ We offer group package rates for more than 2 participants from the same organization

## This Training In your Company

If you have a number of delegates with similar training needs, OSALP International also offers cost-effective in-house or on-site training solutions. The course can be tailor-made to suit your specific needs.