

**TRAINING**

# HSE & emergency-response courses

Delivered on-site or in the classroom, in English or Arabic. Accreditation details are confirmed at booking.

## **SITE SAFETY INDUCTION**

**Awareness** · Half day · On-site or classroom

Essential site rules, hazards and emergency arrangements for new starters and visitors.

**Audience:** New employees, contractors and visitors

**Objectives:** Explain site rules and responsibilities; Recognise common workplace hazards; Use required PPE correctly; Follow emergency and evacuation procedures

## **HSE AWARENESS**

**Awareness** · 1 day · On-site or classroom

Foundation knowledge of health, safety and environmental principles at work.

**Audience:** All employees

**Objectives:** Describe the principles of HSE management; Identify hazards and their controls; Understand legal and moral duties; Report hazards and near misses

## **HAZARD IDENTIFICATION & RISK ASSESSMENT**

**Practical** · 1 day · Classroom with site exercise

Identify hazards, evaluate risk and select effective controls using practical site examples.

**Audience:** Supervisors, HSE officers, team leaders

**Objectives:** Identify hazards systematically; Evaluate likelihood and severity; Apply the hierarchy of control; Record and review risk assessments

## **JOB SAFETY ANALYSIS (JSA)**

**Practical** · Half day · Classroom

Break tasks into steps, identify hazards and agree controls before work starts.

**Audience:** Supervisors, permit receivers, crew leaders

**Objectives:** Break a job into steps; Identify step hazards; Define practical controls; Brief the crew effectively

## PERMIT-TO-WORK AWARENESS

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**Awareness** · 1 day · Classroom

Understand permit types, roles and the permit lifecycle.

**Audience:** Permit issuers and receivers, supervisors

**Objectives:** Explain the purpose of PTW systems; Describe permit types (hot, cold, confined space, electrical); Understand issuer and receiver roles; Hand over and close permits correctly

## LOCKOUT / TAGOUT (LOTO) AWARENESS

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**Awareness** · Half day · Classroom with equipment demonstration

Principles of energy isolation and verification before maintenance work.

**Audience:** Maintenance staff, operators, supervisors

**Objectives:** Identify hazardous energy sources; Explain isolation and lock application; Verify zero energy; Remove locks safely

## PPE SELECTION, USE & CARE

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**Practical** · Half day · On-site or classroom

Select the right PPE for the hazard, read markings and inspect, store and replace it correctly.

**Audience:** All employees, storekeepers, supervisors

**Objectives:** Read PPE markings (EN 397, EN 166, EN 388, EN 149, EN ISO 20345); Select PPE by hazard; Carry out respirator fit checks; Inspect, store and replace PPE

## MANUAL HANDLING

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**Practical** · Half day · On-site

Safe lifting techniques and task assessment to prevent musculoskeletal injury.

**Audience:** Warehouse, logistics and site staff

**Objectives:** Explain injury mechanisms; Assess handling tasks; Apply safe lifting technique; Use handling aids

## INCIDENT REPORTING & INVESTIGATION

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**Awareness** · 1 day · Classroom

Report incidents correctly and identify root causes to prevent recurrence.

**Audience:** Supervisors, HSE officers

**Objectives:** Classify incidents and near misses; Preserve evidence and gather facts; Identify immediate and root causes; Define effective corrective actions

## SAFETY LEADERSHIP FOR SUPERVISORS

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**Awareness** · 1 day · Classroom

Lead safe work through visible leadership, conversations and intervention.

**Audience:** Supervisors, foremen, managers

**Objectives:** Demonstrate visible safety leadership; Hold effective safety conversations; Intervene in unsafe acts; Build a reporting culture

## BASIC FIRE FIGHTING & EXTINGUISHER USE

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**Practical** · 1 day · On-site with practical area

Fire science, extinguisher selection and hands-on extinguisher use on controlled fires.

**Audience:** All employees, fire wardens

**Objectives:** Explain the fire triangle and fire classes; Select the correct extinguisher; Operate extinguishers safely; Raise the alarm and evacuate

## FIRE WARDEN / FIRE MARSHAL

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**Practical** · 1 day · On-site

Prepare nominated wardens to prevent fires and lead evacuation.

**Audience:** Nominated wardens, supervisors

**Objectives:** Carry out warden duties; Conduct fire prevention checks; Lead evacuation and roll call; Assist people needing help to evacuate

## EVACUATION DRILL PLANNING & EXERCISE

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**Practical** · 1 day · On-site

Plan, run and debrief a realistic evacuation drill at your premises.

**Audience:** Facility managers, wardens, HSE teams

**Objectives:** Plan a realistic drill scenario; Brief participants and observers; Run the evacuation and roll call; Debrief and record improvements

## FIRST AID, CPR & AED

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**Practical** · 1–3 days · Classroom with manikins

Assess casualties, perform CPR, use an AED and manage common workplace injuries.

**Audience:** Designated first aiders

**Objectives:** Assess scene and casualty safely; Perform CPR and use an AED; Control bleeding and manage burns; Manage shock and heat illness

## WORKING AT HEIGHT SAFETY

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**Practical** · 1 day · Classroom with practical rig

Plan work at height, select and inspect fall-protection equipment and understand rescue needs.

**Audience:** Construction, maintenance and scaffold workers

**Objectives:** Apply the hierarchy for work at height; Select anchors, harnesses and lanyards; Calculate fall clearance; Inspect equipment before use

## CONFINED SPACE AWARENESS

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**Awareness** · 1 day · Classroom

Recognise confined spaces, their hazards and the controls needed before entry.

**Audience:** Entrants, attendants, supervisors

**Objectives:** Identify confined spaces; Explain atmospheric hazards; Describe entry permits and roles; Understand rescue arrangements

## **H2S AWARENESS & ESCAPE**

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**Practical** · 1 day · Classroom with practical

Properties of hydrogen sulphide, personal monitors and escape set donning.

**Audience:** All personnel on sour gas sites

**Objectives:** Explain H2S properties and exposure effects; Use personal H2S monitors; Don an escape set quickly; Follow muster and rescue procedures

## **GAS DETECTOR OPERATION & BUMP TESTING**

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**Practical** · 1 day · Classroom with practical

Operate portable gas detectors, bump test them and interpret readings.

**Audience:** Operators, HSE officers, entrants

**Objectives:** Explain sensor types and limits; Set and respond to alarms; Perform bump tests; Interpret readings and logs

## **CHEMICAL SPILL RESPONSE**

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**Practical** · Half day · On-site

Contain and clean up small chemical and oil spills safely.

**Audience:** Warehouse, maintenance and site staff

**Objectives:** Read SDS and labels; Select PPE for spill response; Contain and absorb spills; Dispose of waste correctly

## **EMERGENCY RESPONSE PLANNING**

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**Awareness** · 1–2 days · Classroom

Develop and test emergency response plans for your facility.

**Audience:** Managers, supervisors, ERT leaders

**Objectives:** Identify credible emergency scenarios; Define roles and communication; Plan resources and escalation; Test plans through exercises