

HSE: Essentials of Occupational Safety and Health Program Seminar Outline

"We can't make a quality product with an unsafe process."

Ken Lindgren, DACO, Incorporated

► Overview:

This course will serve as an instruction guide through OSHA, Hazmat, and Environmental Safety and Health materials and its application and will assist attendees in their application in a real-world setting.

► Structure:

18 hours to be carried out over 3 days.

► How you will Benefit:

- Keep yourself and your co-workers safe in the workplace
- Supervisors and Safety officers will make them selves aware of the different Hazards depicted in the Course who should then develop safe alternatives for the unsafe conditions depicted.
- Make an Immediate Impact at your Company from the benefits and free materials of this Program.
- Stay up to-date on the latest standards, web-browsers and aid internet sites to HSE.
- Gain valuable knowledge in the field of Safety and health
- Get practical, hands-on experience
- Learn to Spot potential hazards and disasters before they happen
- Learn how to set up your Job Hazard Analysis and Total Safety Task Instructions
- Learn procedures for record keeping, documentation and statistical analysis.

► Who Should Attend:

CMCCO's General Safety and Health Programs are for individuals in all fields of industries and construction, who are interested in risk management, preventing and reducing injuries and illnesses, and want to be current on occupational safety and health standards that will improve their workplaces.

This includes but is not limited to:

- Human Resources managers
- Project Managers
- Industrial Engineers and Hygienists
- Safety and Health professionals (Safety engineers, Safety officers)
- Environmental, civil, mechanical and electrical engineers
- Emergency response personnel
- Hazardous material professionals



- Environmental Health Professionals
- Supervisors and Plant Managers
- Small Business owners
- Related professions

► **Course Outline:**

Introduction to Safety, Health and Environmental Management Systems, and Occupational Health and Safety Management Systems as per OHSAS-18001 and OSHA. An overview of Industrial Safety Management, Security Management of Industrial Plants, HAZOP Review and legal aspects of safety.

Safe Working Practices to aid attendees in developing their actual experience skills including:

- Risk assessment and Risk Management
- Hygiene Topics(HAZWOPER, HAZMAT, Silica training, Skin Safety with cement and concrete, Respiratory
- Protection, OSHA Hazard Communication, Industrial Hygiene, OSHA Lead Standards and PPE)
- Defensive driving
- House keeping
- Fire protection
- Fall protection
- Excavation Safety
- Personal Protective Equipments
- Scaffolds Safety
- Stairs and Ladders
- Tools and equipments
- Vehicles and Mobile equipments
- Record keeping
- Welding and cutting
- Slips and Trips

► **Course Materials and Free Templates**

(CMCCO provides valuable support documents and free help templates)

- Health & Safety Handbooks and Pockets Guides.
- Twelve Electronic Software's on a CD
- Useful websites and access to Safety Standards and automatic solutions
- More than 20 useful ready to perform Presentation Slides in various fields
- OSHA publications and health topics
- OSHA, NIOSH, HSE & CIRIA Standards and Publications
- Useful forms and checklists
- OSHA studies: Fact sheets and safety Cards
- Heat Stress Table and Heat Stress Index Pocket Card