

Health & Safety Training Program

Course Title	Health & Safety Training Program
Country	Dubai
Location	4/5 Star Hotel
Time	9:00 AM - 3:00 PM
Date	05 - 09 April 2026

Target Audience

- Workers
- Supervisors
- Technicians
- Industrial Security Personnel
- HSE Teams

Days 1–3: Classroom Training

Day 1 – Occupational Health & Safety Fundamentals

- Introduction to HSE
- Importance of workplace safety
- Roles and responsibilities (management, supervisors, workers)
- Types of occupational hazards
- Accidents and near-miss concepts

Day 2 – Risk Assessment and Control Measures

- Risk assessment principles
- Risk matrix (likelihood x severity)
- Hierarchy of controls
- Job Safety Analysis (JSA) concepts
- Personal Protective Equipment (PPE)

Day 3 – Safe Work Systems and Emergency Response

- Safe operating procedures (SOPs)
- Work permit systems
- Fire safety and evacuation
- Basic first aid concepts
- Incident reporting and investigation
- Safety culture and safe behavior

Days 4–5: On-the-Job Training (OJT)

Day 4 – Site Risk Identification

- Workplace hazard identification
- Emergency exits and assembly points
- PPE usage observation
- Practical JSA application

Day 5 – Practical Safety Application

- Applying safe work procedures
- Behavior-based safety observation
- Emergency simulation exercises
- Field performance evaluation
- Final session and improvement plan

Training Outcomes

- Identify and control workplace hazards
- Apply occupational safety principles
- Use PPE correctly
- Respond to emergencies effectively
- Promote a positive safety culture

Training Materials

- PPT presentations
- HSE handbook
- Field checklists
- JSA templates
- Incident report forms
- Certificate of Completion