



an eegis company

بروجاكس للتدريب والتطوير  
Projacs Training and Development

# OSHA Safety Standards – Certified Program

متطلبات الأمن والسلامة حسب المواصفات والمقاييس  
العالمية – معتمد عالمياً

14 – 18 June 2020

Dubai / United Arab Emirates

A Member of:



PROJACS ACADEMY



ProjacsAcademy.com



## Introduction

The OSHA 30H Training Program for General Industry provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry. The course also provides information regarding workers' rights, employer responsibilities, and how to file a complaint.

The OSHA 30 hour training course for general industry is based on the OSHA 1910 general industry regulations through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights, and contribute to our nation's productivity.

The OSHA 30 hour training course for general industry is designed for employees to get up to speed on the basics of general health and safety regulations for their workplace.

This OSHA 30 general industry training course is intended for operations such as factories and most manufacturing sites, healthcare providers, warehousing, and service industries.

OSHA recommends Training courses as an orientation to occupational safety and health for workers covered by OSHA 29 CFR 1910. Employees must receive additional training, when required by OSHA standards, on specific hazards of the job.

## Objectives

### At the end of this Course Participants will able to:

- Understand the OSH Act, the functions and resources of OSHA
- Become aware of the OSHA inspection priorities and describe the inspection process
- Know the rights and responsibilities of employers
- Learn the major hazards associated with general industry work and how to avoid, protect or control them. This includes:
  - Slips, trips, falls associated with walking and working surfaces
  - Effective Egress and fire protection program
  - Outline the general requirements for general safety standards
  - Flammable and combustible liquids and gasses
  - Hazards of chemicals

- Electrical hazards
- Understand the value of personal protective equipment, usage and limitations
- Learn the basic elements of a safety and health program

### Who Should Attend?

#### General Industry Employees:

- Foremen
- Job supervisors
- Managers
- Safety committee members
- Safety staff
- Others with responsibility for workplace safety
- Industries include but not limited to: Healthcare, Manufacturing, Warehouse, Distribution, Retail

## Course Outline

- **Orientation**
- **Module 1A: Introduction to OSHA and the OSH Act**
  1. OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping basics
  2. Inspections, Citations, and Penalties
  3. General Safety and Health Provisions, Competent Person, Subpart C
  4. Value of Safety and Health
  5. OSHA Website, OSHA 800 number and available resources
- **Module 1B: Basic Safety Orientation**
  1. Injury and Illness Prevention Programs
  2. Job site inspections
  3. Accident prevention programs
  4. Management commitment and employee involvement
  5. Worksite analysis
  6. Hazard prevention and control
  7. Accident investigations
  8. How to conduct safety meetings
  9. Supervisory communication
- **Module 2: Walking & Working Surfaces**
  1. Including fall protection
  2. Fall Protection
- **Module 3: Emergency Action Plan**
  1. Exit Routes
  2. Emergency Action Plans
  3. Fire Prevention and Protection
- **Module 4: Hazardous Materials**
  1. Flammable and Combustible Liquids
  2. Spray Finishing
  3. Compressed Gases
  4. Dipping and Coating Operations
- **Module 5: Hazwoper**
- **Module 6: Personal Protective Equipment**
  1. Industrial Noise and Hearing

- 2. Conservation
- **Module 7: Confined Spaces**
  - 1. Permit Required Confined Spaces
  - 2. Respiratory Protection
- **Module 8: Lockout/Tagout**
- **Module 9: Materials Handling & Storage**
- **Module 10: Machine Guarding Safety**
- **Module 11: Welding, Cutting, and Brazing**
- **Module 12: Electrical Safety**
- **Module 13: Hazard Communication**
- **Module 14: Hazardous Substances & Industrial Hygiene**
- **Module 15: Bloodborne Pathogens**
- **Module 16: Record Keeping & Reporting**
- **Module 17: Workplace Violence**
- **Module 18: Safety and Health Programs**
- **Module 19: Ergonomics**
- **Module 20: Hazards of Asbestos in the Workplace**
- **Module 21: Lead Safety in the Workplace**
- **Module 22: Ionizing and Non-Ionizing Radiation Safety**
- **Module 23: Formaldehyde Awareness**
- **Module 24: Process Safety Management of Highly Hazard Materials**
- **Final Exam**

### Training Method

- Pre-assessment
- Live group instruction
- Use of real-world examples, case studies and exercises
- Interactive participation and discussion
- Power point presentation, LCD and flip chart
- Group activities and tests
- Each participant receives a binder containing a copy of the presentation
- slides and handouts
- Post-assessment

### Program Support

This program is supported by interactive discussions, role-play, and case studies and highlight the techniques available to the participants.

### Schedule

**The course agenda will be as follows:**

- |                     |                  |
|---------------------|------------------|
| • Technical Session | 08.30-10.00 am   |
| • Coffee Break      | 10.00-10.15 am   |
| • Technical Session | 10.15-12.15 noon |
| • Coffee Break      | 12.15-12.45 pm   |
| • Technical Session | 12.45-02.30 pm   |
| • Course Ends       | 02.30 pm         |

### Course Fees\*

- **2,950USD**  
*\*VAT is Excluded If Applicable*

## مقدمة

يوفر هذا البرنامج التدريبي **OSHA** للصناعة التدريب العام للعمال وأرباب العمل على الاعتراف، وتجنب، وخفض، والوقاية من مخاطر السلامة والصحة في أماكن العمل في الصناعة عامة. يقدم هذا المساق أيضاً معلومات عن حقوق العمال، والمسؤوليات من تجاه صاحب العمل، وكيفية تقديم الشكاوى.

وتستند الدورة التدريبية 30 ساعة للتعرف على لوائح **OSHA** الصناعة العامة 1910 من خلال هذا التدريب، **OSHA** يساعد على ضمان أن العمال هم أكثر معرفة للأخطار في مكان العمل ومعرفة حقوقهم أيضاً، والمساهمة في الإنتاجية الآمنة. تم تصميم هذه الدورة التدريبية للموظفين للحصول على أساسيات قواعد الصحة والسلامة العامة في أماكن عملهم.

## أهداف البرنامج

في نهاية هذه الدورة سوف المشاركون قادرين على:

- فهم قانون السلامة والصحة المهنيين، وظائف وموارد OSHA
- أولويات التفتيش OSHA ووصف عملية التفتيش
- التعرف على حقوق ومسؤوليات أصحاب العمل
- تعرف على الأخطار الرئيسية المرتبطة بالعمل الصناعة العامة وكيفية تجنب أو حماية أو السيطرة عليها. وهذا يشمل:

- الزلات، والرحلات، والسقوط المرتبطة مع المشي وأسطح العمل
- برنامج الحماية من الحرائق
- مخطط المتطلبات العامة لمعايير السلامة العامة
- دراسه السوائل والغازات القابلة للاشتعال واحتراق
- مخاطر المواد الكيميائية
- المخاطر الكهربائية
- فهم قيمة معدات الحماية الشخصية
- تعلم العناصر الأساسية لبرنامج السلامة والصحة

## الحضور

### موظفي الصناعة العامة ومنها:

- الملاحظين
- المشرفين
- المدراء
- أعضاء لجنة السلامة
- موظفي السلامة
- جميع المسؤولين عن السلامة في مكان العمل