

Scandinavian Academy
Training Center

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Riyadh - Al Khaleej District - Sheikh Abdul Aziz Bin Abdul Rahman Bin Bishr Street - 13223 - Office No. 5 | P.O.BOX : 13224

Course: The Comprehensive Program on OSHA and NFPA

Code	City	hotel	Start	End	price	Language - Hours
HS-707SA	Riyadh	Hotel Meeting Room	2026-12-20	2026-12-24	12950 SR	En - 25

Introduction

Week One:

Upon completion of this course, participants will have a thorough understanding of the fundamental concepts of firefighting safety and loss prevention techniques.

Participants will have in depth knowledge of travel distance and dead points inside the buildings, by using NFPA code, sprinkler network equipment selection, proper operation, troubleshooting through presentation of actual case studies.

Participants will divide into two or three groups and each group will receive a project and at the end of this course, each group will present their project design including escape routings

Week Two:

OSHA recommends Outreach Training Program courses as an orientation to occupation al safety and health for workers covered by OSHA 29 CFR 1926. Workers must receive additional training, when required by OSHA standards, on the specific haz ards of the job.

Objectives

After Studying the program, you will be able to:

- State the purpose of the OSH Act and list the functions of OSHA
- List the OSHA inspection priorities and describe the inspection process
- Describe the rights and responsibilities of employers and employees ender the OS HA Act
- Guidelines for identification and protection of floor opening
- Fall protection and Scaffolding Safety
- Excavation and Trenching Safety
- Cranes and Rigging Safety.

Who should attend:

- All Construction Workers
- Construction Foremen and Supervisors
- Safety Officers, Safety Inspectors, Safety Engineers
- Construction Engineers.

The course should benefit engineering personnel responsible for fir fighting systems.

Daily Outline

Week One:

Day 1:

- What is the fire
- What is the fire fighting system
- Classification of occupancies
- Dead end points
- Travel distances
- Types of sprinkler systems

Day 2:

- Types of sprinklers
- Dry pipe sprinkler system
- Deluge & Preaction system
- Refrigerated spaces
- Commercial type cooking equipment
- Wetpipe sprinkler system

Day 3:

- Basic Design of Sprinkler systems
- How to design a project
- Sprinkler distribution inside the places
- Water network distribution & sizing

Day 4:

- Hydraulic calculation procedures and fire fighting program
- Training on how to use hydraulic calculation program

Day 5:

- Pumps room
- Control Stations
- Miscellaneous details
- Installation
- Testing and Commissioning

Week Two:

Day 1:

- Introduction to OSHA
- General Safety & Health Provisions
- Electrical Safety

Day 2:

- Fall Protection
- Personal Protective & Lifesaving Equipment
- Materials Handling, Storage, Use & Disposal

Day 3:

- Hand & Power Tools
- Scaffolds Safety
- Cranes, Derricks, Hoists, Elevators & Conveyors

Day 4:

- Excavations and Trenching
- Stairways & Ladders
- Welding and Cutting

Day 5:

- Concrete and Masonry
- Forklift Safety
- Confined Space Entry

The Scandinavian Academy for Training Center adopts the latest scientific and professional methodologies in training and human resource development, aiming to enhance the efficiency of individuals and organizations. Training programs are delivered through a comprehensive approach that includes:

- Theoretical lectures supported by PowerPoint presentations and visual materials (videos and short films).
- Scientific evaluation of participants before and after the program to measure progress and knowledge acquisition.
- Brainstorming sessions and practical role-playing to simulate real-life scenarios.
- Case studies tailored to align with the training content and participants work nature.
- Assessment tests conducted at the end of the program to evaluate the achievement of training objectives.

Each participant receives the training material (both theoretical and practical) in printed form and saved on a CD or flash drive. Detailed reports, including attendance records, final results, and overall program evaluations, are also provided.

Training materials are prepared professionally by a team of experts and specialists in various fields. At the end of the program, participants are awarded a professional attendance certificate, signed and accredited by the Scandinavian Academy for Training Center.

Program Timings: 9:00 AM to 2:00 PM

The program includes:

- A daily buffet provided during the sessions to ensure participants comfort.
- A closing ceremony on the final day to distribute certificates and celebrate participants achievements.
- **Note: All prices are exclusive of 15% Value Added Tax (VAT).**

Our Success Partners

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