

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: Professional Diploma in Occupational Health and Safety

Code	City	hotel	Start	End	price	Language - Hours
DIP-771SA	Abha	Hotel Meeting Room	2026-12-13	2026-12-24	21450 SR	En - 50

Introduction

The importance of effective health and safety training in the oil and gas industry is highlighted by extensively reported examples of major process safety incidents including the 2010 Deepwater Horizon oil rig explosion in the Gulf of Mexico, the Buncefield oil storage depot explosion (2005), the 1988 Piper Alpha oil platform explosion (both occurring in the UK) and the BP Texas Refinery explosion in 2005. All organizations invest considerable amounts in training and guiding their Team Leaders, Managers, Engineers and Supervisors on new methods of leaner and higher efficiency production methods. Incidents however keep occurring resulting in human harm and financial loss. This course aims at rectifying the loss cycle by attaining superior competencies in the areas of Health and Safety. This course provides a valuable understanding of Health and Safety and is a serious step towards developing competencies that will enable further progress in these fields. The increased competencies of the delegates will result in cost savings and increased efficiencies within the company. The training course covers Safety Management, Hazard Control, and Process Safety Management.

Targeted Groups

- Senior Technical Personnel
- Engineering/Project/Process personnel
- Supervisors
- Team Leaders
- Safety Management Personnel

Objectives

- At the end of this course the participants will be able to:
- Enhance their skills in identifying root causes for incidents in the Petroleum and Construction
- Identify all risks
- Learn how to be familiar with oil and gas risk assessment techniques
- Implement advanced risk management techniques for incident prevention and control
- Identify key regulations that govern safety at work in construction
- Define Hazard risk and control measures
- Discuss common hazards and risk controls that can occur during scaffolding
- Explain the purpose of and procedures for investigating incidents and how the lessons learned can be used to improve health and safety in the industry
- Explain the hazards inherent in oil and gas arising from the extraction, storage, and processing of raw materials and products
- Outline the risk management techniques used in the industry
- Explain the purpose and content of an organization`s documented evidence to provide a convincing and valid argument that a system is adequately safe in the oil and gas industries

Targeted Competencies

- Utilizing management and leadership criteria to improve the Safety Leadership
- The key interpersonal and behavioral safety techniques to influence and improve overall safety
- Strategies to prevent incidents and accidents, and the correct procedures for handling these
- Using advanced Safety Coaching techniques to increase individual safety performance
- Create, adapting and improving the safety climate and culture of the organization

How to prepare a professional diploma

- The diploma is held by the direct training system
- Number of hours 80 training hours
- Classes start at 08:00 am and end at 05:00 pm

Certificates

- The trainee is given a certificate documenting his attendance and participation in the diploma, attested by the Swedish Ministry of Foreign Affairs
- 80% of the diploma hours must be completed to obtain the certificate

Advantages of attending and participating in diploma activities with the Scandinavian Academy for Training and Development in the Kingdom of Sweden

- After completing the diploma and successfully passing it, the trainee participating in the diploma gets a training scientific bag that includes:
  - An integrated training package containing (certificate of attendance and participation in the diploma attested by the Swedish Ministry of Foreign Affairs - the scientific material for the diploma)
- The Scandinavian Academy for Training and Development is a specialized training company registered in the Kingdom of Sweden under the number - 559173-7431
- The certificate issued by the Scandinavian Academy for Training and Development is not considered an academic certificate, but rather a professional certificate documenting participation and attendance in training activities. All attestations of the certificate are commercial attestation only, not academic.

OUTLINE

Health, Safety, and Environmental Management in Context:

- Learning from incidents
- Hazards inherent in oil and gas
- Risk management techniques used in the oil and gas industries
- Safe systems of work
- Hydrocarbon process safety I
- Process Safety Management (PSM)

The foundations of Process Safety:

- Learning from Accidents
- Good Practice Standards for the process industry (EU and USA)
- Permit-to-work system
- Case Study
- Shift handover the key principles

Hazards and Controls:

- Physical Hazards (Noise, Vibration)
- Electricity Hazards
- Work Equipment Hazards
- Manual Handling Hazards
- Workplace hazards (Temperature, Violence and Bullying, Slips and Trips, Work at Height)
- Transport Hazards

Hydrocarbon Process Safety:

- Mechanics of failure
- Safety-critical equipment control

- Safe containment of hydrocarbons
- Plant operation and maintenance
- Start-up and shut down
- Fire hazards, risks and controls
- Furnaces and boiler operations

Risk Assessment Techniques:

- Framework for risk assessment
- Hazard and Operability Study ‘HAZOP’
- Failure Modes and Effects Analysis ‘FMEA’
- The Bow-tie model
- Safety Integrity Level ‘SIL’ selection
- Hazardous Area Classification

Fire Protection and Emergency Response:

- Fire and explosion in the oil and gas industries
- Types of fire
- Types of explosions
- Fire and explosion risk analysis
- Fire and explosion protective systems
- Emergency Plans and response

Construction Safety Management:

- Introduction to Construction Safety
- Risk Assessment in Construction Work
- Form Overview and Work Information
- Construction Safety Management

Safety and Health in Construction

- Managing Safety and Health in Construction

- Risk Assessment for Construction Sites
- Planning for Safety.
- Construction Plant and Equipment, Electricity and Other Services
- Safety and Health in Construction

Health & Safety for Scaffolding

- Managing Safety and Health in Construction
- Duties and Risks
- Erecting, Dismantling and Modifying a Scaffold
- Health & Safety for Scaffolds and Scaffolding Work

Safety Advisor Development

- Advisor roles and responsibilities
- Leader and communicator of your company HSE
- Facilitate change
- Regulatory standards compliance
- Risks and Hazard Assessment and Reporting

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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