

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: OSHA in Professional Safety and Health

Code	City	hotel	Start	End	price	Language - Hours
HS-705SA	Dammam	Hotel Meeting Room	2026-12-20	2026-12-24	12950 SR	En - 25

Overview

Program Objectives

By the end of the program, participants will be able to:

- Define OSHA
- Define the sources of harmful acts.
- Understand and accept that safety is a function whereby everyone is responsible.
- Establish that accidental injuries are caused by unsafe acts, behavior and conditions.
- Perform job safety analysis and give job safety instructions.
- Conduct an accident investigation and fill a meaningful accident report.
- Handle and react to various work accidents and emergencies.

This Program is designed for

Managers, supervisors and safety professionals who wish to improve their skills and competencies in order to be able to assume their safety responsibilities and effectively carry out their tasks safely in their organization. This program is worth 25 NASBA CPEs.

Program Outline

Definitions and Overview
• Accident, Safety, Health
• World Health Organization (WHO) and OSHA
• Threshold Limit Values

Industrial Hygiene
• Types of Hazards
• Control Methods
• Accidents Costs and Reporting

Job Safety Analysis (JSA)
• Objectives
• Uses and Benefits
• Procedures
• Recordings

Accidents Investigation, Reporting and Prevention
• Causes of Accidents
• Effects and Costs of Accidents
• Reporting
• Prevention

Management of Health and Safety
• Planning
• Organizing
• Leading
• Controlling

Proper Behavior in Case of an Accident
• Types of Accidents
• First Aid
• CPR
• Calling for Help

Safety Audit
• Importance
• Benefits
• Consequences

Ergonomics and Good Posture
• Bad Habits
• Negative Effects
• Correction

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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