COURSE OVERVIEW HE0740
OSHA General Certificate in Health & Safety (30 hours)

Course Title
OSHA General Certificate in Health & Safety (30 hours)



Course Date/Venue
December 28-January 01, 2026/Boardroom 2, Elite Byblos Hotel Al Barsha, Sheikh Zayed Road, Dubai, UAE

Course Reference
HE0740

Course Duration/Credits
Five days/3.0 CEUs/30 PDHs

Course Description







This practical and highly-interactive course includes real-life case studies and exercises where participants will be engaged in a series of interactive small groups and class workshops.

The OSHA 30-hour General Industry course covers topics required by the Occupational Safety and Health Administration (OSHA). The credit earned during this course applies to a 30-hour General Industry course completion card. The modules in this course vary from one, two, or three hours in length. This course is made up to 18 separate modules, each of which is followed by a course-specific quiz that will test your knowledge and retention of the information you have learned. Successful completion of this course will help you to meet the General Industry standards established by OSHA.

On completion of this learning programme, the delegate will have a general awareness of occupational health and safety issues with special aspects relating to applicable health and safety regulations in the working environment. The delegate will also understand his role within a Safety Management programme contributing towards a safe and healthy working environment as well as the concept of continual improvement.

Course Objectives

Upon the successful completion of this course, each participant will be able to:-

- Get certified in health and safety from the American Occupational Safety & Health Administration (OSHA)
- Describe the functions served by the Occupational Safety and Health Administration and discuss the major provisions of the OSH Act
- Develop an understanding of how the Code of Federal Regulations and OSHA standards are organized to aid in referencing information necessary for the maintenance of a safe working environment
- Locate OSHA standards concerning safety provisions and common citations specific to walking and working surfaces (Subpart D – Walking and Working Surfaces)
- Observe the regulations and standards specific to the use of fire suppression equipment, such as, fire extinguishers (Subpart E – Exit Routes, Emergency Action Plans and Fire Prevention Plans)
- Grasp the OSHA requirements for the storage, handling, and use of flammable and combustible liquids, compressed gasses and other hazardous substances (Subpart H – Hazardous Materials)
- Describe the layout and application of OSHA's Hazardous Waste Emergency Response Standard (HAZWOPER)
- Discuss the proper use and maintenance of the various types of personal protective equipment (Subpart I – Personal Protective Equipment)
- List and describe the common hazards associated with work in confined spaces (Subpart j – General Environmental Controls)
- Identify the major provisions of OSHA's permit-required confined space standard (Subpart J – General Environmental Controls)
- Know the key components of the lockout/tagout standard and how these components relate to a comprehensive energy control program (Subpart J 1910.147 – The Control of Hazardous Energy – Lockout/Tagout)
- Comprehend OSHA's material handling requirements specific to commercial and industrial vehicles (Subpart N – Materials Handling and Storage)
- Observe the guarding requirements for specific types of machinery and equipment (Subpart O – Machinery and Machine Guarding)
- Recognize the different hazards associated with electricity and electrical equipment (Subpart S – Electrical)
- Define the purpose of the Hazard Communication Standard (HCS) (Subpart Z – Toxic and Hazardous Substances)

Exclusive Smart Training Kit - H-STK®



*Participants of this course will receive the exclusive "Haward Smart Training Kit" (**H-STK®**). The **H-STK®** consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.*

Who Should Attend

This course provides a wide understanding and deeper appreciation of health and safety in accordance with the OSHA standard for those who are involved in management and control of safety, risks, audits, incident costs, environmental aspects, legislation and quality control. This includes operating managers, first-line supervisors and safety (HSE) professionals who are seeking OSHA General Certification in Health & Safety.

Course Certificate(s)

(1) Internationally recognized Competency Certificates and Plastic Wallet Cards will be issued to participants who completed a minimum of 80% of the total tuition hours and successfully passed the exam at the end of the course. Certificates are valid for 5 years.

Recertification is FOC for a Lifetime.

Sample of Certificates

The following are samples of the certificates that will be awarded to course participants:-







(2) Official Transcript of Records will be provided to the successful delegates with the equivalent number of ANSI/IACET accredited Continuing Education Units (CEUs) earned during the course



CEU Official Transcript of Records

Haward Technology Middle East
Continuing Professional Development (HTME-CPD)

Program Ref.	Program Title	Program Date	No. of Contact Hours	CEU's
HE740	OSHA General Certificate in Health & Safety (30 hours)	October 09-12, 2017	30	3.0

TOR Issuance Date: 12-Oct-17
HTME No. PA011317
Participant Name: Atif Al Harbi

Total No. of CEU's Earned as of TOR Issuance Date: 3.0

TRUE COPY
Marcel De Guzman
Academic Director

Haward Technology is accredited by

(3) OSHA Wallet Card Certificates will be issued to participants who have successfully completed the course and passed the exam at the end of the course.

OSHA Card Certificate(s)

The following wallet card certificate is a sample of the OSHA card certificates that will be issued to successful candidates:



Certificate Accreditations

Haward's certificates are accredited by the following international accreditation organizations: -

- Occupational Safety and Health Administration (OSHA)

  Some of Haward's instructors are certified and approved by the **Occupational Safety & Health Administration** (**OSHA**) to conduct general safety courses and outreach training programs for industries. OSHA's mission is to assure safe and healthy working conditions for working men and women by setting and enforcing standards and by providing training, outreach, education and assistance

- British Accreditation Council (BAC)

  Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. Haward's certificates are internationally recognized and accredited by the British Accreditation Council (BAC). BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

- The International Accreditors for Continuing Education and Training (IACET - USA)

  Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

  Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units** (CEUs) in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

  Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

Course Fee

US$ 5,500 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



Dr. Rawda El-Sheikh, MD, MSc, BSc, is a **Certified OSHA Instructor** and a **Senior Health**, **Safety & Environment (HSE) Consultant** with over **20 years** of extensive experience. She is well-versed in the areas of **Occupational Health** and **Safety**, **OSHA**, **Food Safety Management**, **Food Hygiene**, **Industrial Hygiene**, **Oilfield Safety** Programs, **HAZCOM**, **HAZOP**, **HAZWOPER**, **Occupational Exposure Limits**, **Hazardous Waste Management**, **Emergency Response** Planning, **First Aid**, Associate Ergonomic Professional (**AEP**), **Ergonomic Interventions**, **Incident** & **Accident Investigation** & **Reporting**, Defensive Driving Program, **Confined Spaces** Program, **H2S Awareness**, Biological Monitoring, Air Sampling, **Risk Assessment**, **Job Safety Analysis** (**JSA**), **Scaffolding** Safety, Toxicology Surveillance, Hearing Conservation Program, **Fire Prevention** and **Control**, Nutrition Promotion, Assessment of Fitness of Workers for Work, Disability Compensation, Drug Abuse Cessation, Obesity Management, Pre-employment Medical, Periodic Medical Examination and **Quality Management**. Presently, she is the **Professor** in **Public Health** & **Industrial Medicine** of **Al-Azhar University** and a **Certified Consultant** and a **Registered Trainer** for **Food Safety** and **Occupational Health & Safety Trainer** of various International oilfield companies.

Dr. El-Sheikh is a **Certified Lead Auditor** for **ISO 22000:2005**, **OHSAS 18001:2007**, **ISO 14001:2004** from the International Registered of Certified Auditors (**IRCA**, **UK**), **Certified Safety Manager/Trainer**, **HAZWOPER Training Specialist** (**HTS**) and **Safety Planning Specialist** from the National Association of Safety Professional (**NASP**, **USA**) as well as a **NEBOSH Certified** in **International General Certificate in Occupational Safety and Health**, a **Registered Food Safety Trainer** from the National Environmental Health Association (**NEHA**, **USA**) and **Authorized OSHA Trainer** for **Construction** and for **General Safety** from the **OSHA Training Institute**, **USA**. She is also an **International Member** and an **Authorized & Approved Trainer** of **OSHA**, **NEBOSH**, **CIEH**, **ICOH**, **IASP**, **IEMA**, **IOSH** and **APHA**. Further, her vast professional experience includes facilitating **occupational**, **health**, **safety** and the **environment** aspects and continuous delivery of numerous training courses in coordination between World Health Organization (**WHO**) and Ministry of Health & Population. She has been the **Lecturer** in Public Health & Industrial Medicine and **Demonstrator** of Occupational Health & Industrial Medicine for various Universities as well as the **Public Health Trainer** for International Non-Governmental Organizations (**NGO**s), the **Consulting Editor** at **the Journal of Psychology** (**USA**) and **Field & Central Supervisor** for the Ministry of Health.

Dr. El-Sheikh has a **Doctor of Medicine** (**MD**) in **Occupational Health & Industrial Medicine**, has a **Master** degree in **Occupational Medicine** (**MSc**), a **Bachelor** degree in **Medicine & Surgery** (**MBBCh**) and a **Diploma Certificate** in **Total Quality Management** from the **American University**. Further, she is a **Certified Instructor/Trainer**, a **Certified Internal Verifier/Assessor/Trainer** by the **Institute of Leadership & Management** (**ILM**), an **Approved Food Safety Person in Charge (Level 1-4)** by **Dubai Municipality** (**DM**) and has participated in various international conferences and **published numerous papers** and **journals** globally.

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.

Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

30% Lectures
20% Practical Workshops & Work Presentations
30% Hands-on Practical Exercises & Case Studies
20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1: ***Sunday, 28th of December 2025***

0730 – 0800	*Registration & Coffee*
0800 – 0815	*Welcome & Introduction*
0815 – 0830	***PRE-TEST***
0830 – 0930	***Introduction to OSHA Standards*** *OSH Act ● General Duty Clause 5 (a) (1) ● Inspections, Citations and Penalties (CFR Part 1903)*
0930 – 0945	*Break*
0945 – 1100	***Walking and Working Surfaces, Subpart D*** *Video*
1100 – 1215	***Walking and Working Surfaces, Subpart D (cont'd)*** *Workshop*
1215 – 1230	*Break*
1230 – 1420	***Exit Routes, Emergency Action Plans, Fire Prevention Plans & Fire Protection*** *Subparts E & L*
1420 – 1430	***Recap***
1430	*Lunch & End of Day One*

Day 2: ***Monday, 29th of December 2025***

0730 – 0930	***Review of the Previous Day***
0930 – 0945	*Break*
0945 – 1100	***Exit Routes, Emergency Action Plans, Fire Prevention Plans & Fire Protection (cont'd)*** *Subparts E & L ● Video*
1100 – 1215	***Electrical, Subpart S***
1215 – 1230	*Break*
1230 – 1420	***Electrical, Subpart S (cont'd)*** *Video*
1420 – 1430	***Recap***
1430	*Lunch & End of Day Two*

Day 3:	Tuesday, 30th of December 2025
0730 – 0930	**Review of the Previous Day**
0930 – 0945	Break
0945 – 1100	**Flammable & Combustible Liquids, Subpart H**
1100 – 1215	**Flammable & Combustible Liquids, Subpart H (cont'd)** Video
1215 – 1230	Break
1230 – 1420	**Personal Protective Equipment, Subpart 1** Workshop
1420 – 1430	**Recap**
1430	Lunch & End of Day Three

Day 4:	Wednesday, 31st of December 2025
0730 – 0930	**Review of the Previous Day**
0930 – 0945	Break
0945 – 1100	**Personal Protective Equipment, Subpart 1 (cont'd)** Video
1100 – 1215	**Machine Guarding, Subpart O** Video
1215 – 1230	Break
1230 – 1420	**Machine Guarding, Subpart O (cont'd)** Workshop
1420 – 1430	**Recap**
1430	Lunch & End of Day Four

Day 5:	Thursday, 01st of January 2026
0730 – 0830	**Review of the Previous Day**
0830 - 0930	**Permit-Required Confined Spaces, Subpart J** Video
0930 – 0945	Break
0945 – 1100	**Ergonomics**
1100 - 1215	**Lockout/Tag Out, Subpart/J Workshop**
1215 – 1230	Break
1230 – 1300	**Hazard Communication, Subpart Z/Workshop**
1300 – 1315	**Course Conclusion**
1315 – 1415	**COMPETENCY EXAM**
1415 – 1430	Presentation of Course Certificates
1430	Lunch & End of Course

Practical Sessions

This practical and highly-interactive course includes real-life case studies and exercises:-



Course Coordinator

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