



Occupational Safety, Health & Environmental Services



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PROLOGUE

Our Faith - Safety Benefits All

Occupational Safety, Health & Environmental Services (OSHES) being a prominent organization is serving the corporate world with Consulting Services, Trainings, Audits, Inspection, Third Party Vehicle Fitness Certification, Incident Investigation, Safety Management System Implementation, Personnel Development Programs, Documentation, Safety Staff Provision, Induction Video Script Writing & Production, and Project Execution services in Health, Safety, Security and Environment domains.

After having diverse personal experience, we have launched our services for every kind of business extending from Oil & Gas, Chemicals, Beverages, Construction, Telecom, Educational Institutes, Hospitals, Hotels, Power Plants, Automobiles, Packaging, Textiles, Sugar, Tobacco, Fertilizer, Food Processing, Tyre & Sole Manufacturers, Transport, Chambers of Commerce, Retails, Insurance to IT and Waste Management Companies etc. in and out of Pakistan.

We have extensive multi-national tried and tested experience. We have trained thousands of individuals and have conducted hundreds of other safety related activities. Over the years, we have emerged ourselves an expert, friendly, reliable and economical source for our clients. Hence, we would like to serve every niche of the society; elders, younger and children wherever they are whether at workplace, home, on the road or playground.

OSHES team is highly dedicated, versed, experienced and professional in the respective fields with proven track records.



OSHES SERVICES

OSHES serves with consummate solutions in all the domains of Occupational HSSE (Health, Safety, Security & the Environment). OSHES team constitutes leading trail of trainers and consultants who make OSHES services amongst the best always. Our services include but not limited to the following Health, Safety, Security & Environment based;

- Trainings
- Audits
- Inspections
- Investigation Services
- Consultancy Services
- Vehicle Fitness Certification
- Fleet Management Services
- Safety Induction Videos
- Emergency Response Plans Devising & Implementation
- HSE Management System Devising & Implementation
- HSE Staff Provision
- HSE Project Management Execution



TRAINING SERVICES

We offer trainings in the domains of Health, Safety, Security and Environment.

Our trainings have always been regarded the best because we, with devotion and delivery skills, managed to change the mindset of employees. We have rendered our services in Pakistan, Oman, Saudia and Bangladesh.

Our training services are unique owing to the training packages we have designed, tailor made trainings according to the client specific needs and our skillful trainers. We offer training services on in-house and open enrollment basis to optimize our assistance to our respected clients.

We believe in interactivity in our training services instead of plain teaching. We utilize all possible state of the art techniques and methods to achieve maximum retention of the participants. We run presentations, dry rehearsals, group workshops, interactive exercises , videos, case studies and participant presentations during the course of trainings.

Our trainers have won many appreciations and awards on successful delivery of our training services.



HEALTH SERVICES

Our corporate health services are amongst the worlds' best which are based on international standards. Quality of our result oriented health services is evident from the satisfaction of our clients.

Similarly, our consultants and trainers deliver health related training services on internationally recognized pattern after getting training from internationally renowned organizations which enable us to deliver the rightful to our clients.

We offer following services on Health Management:

- Pre & post hiring health assessment & requirements
- Health management plans
- Health requirements for occupation
- Indoor air quality testing & consultancy
- First aid, CPR & AED training
- Temperature extremes and management
- Asbestos and Lead Awareness
- Health surveillance and health examinations
- Health awareness campaigns
- Noise mapping



HEALTH TRAININGS

- Manual handling and health management
- Biomedical waste management
- Blood borne pathogens
- Hazardous waste management
- Working in extreme temperature
- Indoor air quality and health management
- Radiation safety
- Respiratory protection
- Biological hazards and protection
- Principles of industrial hygiene
- Toxicology and health
- Back injury prevention
- Practical Ergonomics Awareness
- Hearing Conservation
- Eyes and face protection
- Fatigue Management
- First aid & CPR
- Circadian Rhythms and work management
- Sprains and Strains
- Personal hygiene and occupational requirements
- Vibration effects on health and its management
- Stress management
- Anger management
- Health management in chemical based environment
- Occupational health care for daycare staff
- Health management in livestock
- Health management for health care professionals
- Health management for waste handlers
- Blood pressure awareness & management
- TTT courses on health related trainings



SAFETY SERVICES

“Our Faith – Safety Benefits All” being our slogan motivates individuals to invest in the safety. Safety pays back with multiple benefits; saves lives, assets, environment from irreparable losses and so on.

Our dedicated and well versed team always managed to keep our clients distant from losses. This is why, we have been respected peculiarly in safety services.

We offer following corporate Safety Services:

- Trainings
- Audits
- Inspections
- Consultancy
- Documentation
- Induction Video Production
- Fleet management
- Vehicle fitness certification
- Incident investigation
- ERPs
- HSE Staff Provision
- Project Safety Management



SAFETY TRAININGS

- Electrical safety & LOTO
- Working safely at height
- Defensive driving course
- Chemical safety & personal hygiene
- Advance risk management
- Health & safety at workplace
- Hydrogen sulphide (H₂S) safety
- Incident prevention, investigation & report writing training
- Fire safety (Prevention, Fire Fighting & Mitigation)
- HSE For Managers
- Occupational safety management
- Developing & Improving safety culture
- Radiation safety
- Job Safety Analysis
- Hazard & Operability Analysis (HAZOP)
- Process safety management
- Process Hazard Analysis (PHA) Techniques
- Occupational health & safety management system
- Construction safety management course
- Excavation Safety management
- TTT Courses on Safety Trainings
- Behavior based safety
- Safety leadership
- Contractors safety management
- Safety officers' course
- Food safety & food handlers' training
- Loss prevention management training
- HAZID, HAZAN & Hazard control management
- Forklift operating safety
- Hazardous & non hazardous waste management
- Slip, trip & fall management at site
- Emergency response management
- Fundamentals of HSE management
- SCBA donning & application training
- Safe confined space entry
- IOSH Managing Safely
- Preventing loss & increasing profits with safety
- Helicopter landing safety course
- Gas detection training
- Crane safety training
- Welding safety
- Safety stats and leading indicators



ENVIRONMENTAL SERVICES

The Environment, due to commercial activities of the corporate sector, is at stake thus leaving detrimental effects on our lives and business.

Human being, the caretaker, has to lead in the preservation of this marvelous blessing of Almighty.

OSHES serves organizations in the preservation, prevention and rehabilitation of the occupational environment. We offer following environmental services;

- Trainings
- Audits
- Consultancy
- Environment management plans



ENVIRONMENTAL TRAININGS

- Spill prevention and control management
- Impact of occupational activities on environment
- Environment and human life
- Environmental and global issues
- Environmental Impact Assessment
- Waste management techniques
- Energy management
- Water resource management
- Internal Auditing on ISO 14001
- Industrial Ecology
- Sustainable Environment Development
- Ecosystem and biodiversity
- Indoor Environment Management
- Asbestos Hazard Awareness
- Working in mines
- Environmental chemistry
- Global warming and global dimming
- Mercury safety
- Mold hazards and prevention
- Working safely with pesticides
- The paperless office— environmental conservation
- Awareness on Pakistan Environmental Protection Act
- NEQS Awareness
- Wildlife conservation and business generation
- Green living
- Renewable energy resources
- Non renewable energy resources
- Climate change and associated hazards
- Energy conservation
- Land degradation
- Green– house effect
- Environment and human health
- Drastic environmental changes and human life vulnerability
- Detecting biological hazards and management
- Hydrology and the environment



SECURITY SERVICES

Security has become our social issue and no one is safe from security threats today. Now, it is not traditional like it was before. Keeping in view the current scenario, for corporate sector, OSHES offer specialized anti surveillance, security assessment, consultancy and training services but not limited to;

- Security and evasive driving training
- Security audits (Route Security Assessment)
- Personal security management as a foreigner
- Self preservation in hostile environment
- Vehicle anti surveillance training
- Security performance drills
- Scenario based security trainings
- Devising, inspection and audit of the security practices
- Screening of the security companies working as a contractor
- Security and emergency response plans
- Evasion prevention
- Spot inspection on security
- Workplace security audits and inspections
- Designing safe heavens



AUDIT SERVICES

Audits are integral for assessing the performance of a system and improvement of a process. This systematic and independent approach assesses the compliance against a benchmark. OSHES serves with the best audit solution in the following areas but not limited to;

- Gap analysis
- HSE System Based Audits
- Audits on Internationally Recognized Management Systems (IOGP, DuPont, NFPA, OHSAS, EMS, QMS)
- Health Audits
- Manual Handling Audits
- Safety Audits
- BBS Audits
- Environmental Audits
- Transport Safety Audits
- Internal HSE audits
- Route Security Assessment



INSPECTION SERVICES

For hands on assessment results, inspections have always been an attractive tool in the industry. OSHES being an expert offer inspection services at corporate level as a proactive and effective tool. We offer inspection services but not limited to the following;

- Kitchen / Hotels
- Vehicles
- Vendor Verification
- Security Inspections
- Safety Gears Inspection
- Tool safety inspection
- Inspection of fire fighting systems
- Safety checklists development
- Pre start up safety inspections
- Liaison inspections
- Compliance inspections
- Equipment inspections



MANAGEMENT SYSTEM SERVICES

Without having a sophisticated management system, an organization can't maintain and boost up its advancement. We need a stratified system which can guide us through every type of situations and make our organization successful. OSHES serves its clients with the best management solutions pertaining to occupational safety, health, security and the environment systems. Our management system related services are following but not limited to;

- Management System Formation & Implementation
- Health Management System
- Safety Management System
- Security Management System
- Environment Management System
- HSE Interface / Bridging
- 7 S Management System
- Fleet Management Plan
- Vendor Qualification, Assessment & Certification
- Waste Management Plans
- Environmental and social Issues Management Plan
- Business Continuity Plan
- Environment Impact Assessment
- Airfield security management



FLEET MANAGEMENT SERVICES

Our fleet management services allow organizations for reliable transportation in the business to remove or minimize the risks associated with vehicle investment, improving efficiency, productivity and reducing their overall transportation and staff cost providing 100% compliance with governmental legislation and organizational principles. Our fleet management services are following;

- Fleet management training
- Driving safety trainings
- Train the trainer courses for safe driving skills
- Bike riding safety training
- Bowser/trailer driving safety training
- Designing Journey management plan
- Forklift operating safely training
- Vehicle incident investigation services
- Route hazard assessment
- Special guidelines for passengers and drivers
- Aviation fleet management services



VEHICLE FITNESS CERTIFICATION

Fitness of the vehicle is mandatory to run the road show. History presents lot many examples when fitness was compromised and led irreparable loss. Approx. 35% vehicle incidents occur due to jeopardized fitness of the vehicles.

To prevent our clients from vehicle related incidents, OSHES offer dedicated third party vehicle fitness certification services which are not limited to following categories of vehicles;

- LTV
- HTV

Certificate of Initial Fitness

The vehicle described below fulfills the prescribed conditions as to fitness with respect to its use as a pool car for a period of one year from the date of the certificate issuance.

DESCRIPTION OF VEHICLE

Make:	Honda City
Type:	1300cc Car
Customized into:	Pool
Registration Number:	LE
Date of Inspection:	30
Certificate Validity:	29



INDUCTION VIDEO SERVICES

Presenting corporate safety induction through video as a sophisticated means is gaining attention throughout the world. Induction through videos gives impressive impact of the organization in the very first interaction and depicts the organizations' culture, consistent implementation to all the newbs and is highly retainable for all the age fellows.

So far, we have successfully produced many corporate safety induction videos on professional basis. We offer following services for our clients regarding induction videos;

- Script Writing
- Production
- Direction
- Editing



INVESTIGATION SERVICES

Finding out the root causes of an incident can only guide us to the hidden potential which leads to loss. This is how, we can also become proactive in our approach in our day to day profession.

OSHES offer dedicated investigation services to determine the causes which result in immense losses to health, life, property, manpower, reput, finances, environment and so on to prevent recurrence of incidents in future. Our investigation services are following but not limited to;

- Near Miss Investigation
- Accident Investigation
- Specialized report writing for investigation
- RCA
- FTA
- Evaluation studies to anticipate incidents
- Relationship of leading indicators and incidents



EMERGENCY RESPONSE PLANS

To tackle any prospect emergency, organizations should anticipate and be ready with their trained crafts, plans, rehearsals, documentation and other resources.

To start with, a live and comprehensive ERP should be in place which can guide us in case of real time exigency. We do following pertaining to ERP services;

- Devising ERP
- ERP audit and review
- Table top drills & full dress rehearsals
- Snake bite prevention and mitigation plan
- Diving management plan
- Disease breakout prevention plan
- Flood management plan
- Mass rescue plan
- Devising ERTs with their specific roles



CONSULTANCY SERVICES

Most of the time an organization requires variety of safety related solutions which often becomes difficult for a particular HSE team to cater for. Hence, need of a consultant/expert team arises who can give the best solution out of its multidimensional experience. OSHES team having such and such multidimensional experience in the field of Health, Safety, Security & Environment offers the best corporate consultancy services.

OSHES team is available all time to provide consultancy on Health, Safety, Security and the Environment to its valuable clients.



PROJECT SAFETY MANAGEMENT

If an organization doesn't have a dedicated HSE team for the safe execution of project or the management desires a check on the safety performance of its team/contractors or want additional supportive hand to its HSE team, OSHES can be the best choice in this regard.

- OSHES team is available for the safe execution of projects
- HSE based training need analysis of your employees
- Devising need based HSE passport
- Skill assessment of the HSE team



HSE STAFF PROVISION

Whenever there is need for economical HSE crafts in the organization especially, for limited time period, don't forget name of the OSHES. Because, OSHES can replenish you with the best available HSE resources making your task tension free and less hectic for you.

OSHES is the only organization in Pakistan where from an organization can outsource trained HSE crafts on contractual basis. HSE Staff of all caliber can be outsourced from OSHES.

Individuals can submit resume on our website and might get better opportunity in the industry.

We also equip HSE teams with appropriate knowledge and skills which make them most compatible for managing safety in their organization.



ADVANCE SAFETY OFFICERS' COURSE

Safety Officers are an integral part of any safety department. This is why they have authority to help implement the safety management system in the organization. This course can assure you Safety Officers' role in Pakistan as well as in the middle east.

We have designed this course so sophisticated that even a fresh student can get hands on advance concepts of fundamentals of safety.



Who Should Attend? Anyone including safety supervisors, safety officers, graduate engineers, DAE holders etc.
Duration: 4 Days (9600 hrs. To 1700hrs)
Training Methodology: Group workshops, table top exercises, power point presentations, questions & answer sessions, videos and so on.
What You Will Receive: training handbook, endorsed certificate, pocket size driver card & assessment sheet.

YOU WILL LEARN:

- Introduction to the course
- Why do we need safety
- Safety management system
- Perfect quality management
- Causes and effects of losses
- Why motivation is important
- Contractor and supplier
- Risk assessment and fire
- HIRARC
- Industrial hygiene
- Behavioral safety
- Accident investigation
- Audits and projects
- Safety reports

OPERATING FORKLIFT SAFELY Theory + Practical Assessment

Forklift operations are always tricky although these are operated by trained operators. Often forklift operations become more hazardous because of the environment around them. This is why it requires extreme safety measures and demands that the operators frequently receive this training and are practically assessed on their forklift operation skills.

To meet such needs, OSHES brings a complete training and skill assessment package for forklift operators. Course participants shall receive hands on practical techniques not only to operate the machine safely but also prevent loss to the operator, equipment, machine, material and everything which is around.

Course Objectives:

- Safe Forklift Operations
- Maintenance & Pre-Start Inspections
- Breaker Components
- Forklift Controls, Lift and Move loads
- Parking and storage
- Signals
- Aftersight operations
- Lift, Carry and Set Down
- Stacking & De-stacking
- Load & Unload Vehicles
- Practical Assessment of each forklift operator



A Course With Money Back Guarantee

SAVE LIVES IN EMERGENCIES A set of 2 different courses highly recommended for everyone FIRE FIGHTING & FIRST AID WITH CPR



Who Should Attend? Those who have HSE professional, fire fighters, security & armed personnel, engineers, welders, doctors, students, managers, professions, teachers etc.
Info: Part 1: How to recognize, identify fire, fire extinguishers, fire prevention, fire detection, extinguishing agents and their appropriate use, fire fighting techniques, emergency evacuation and safe exit procedures.
Part 2: Initial assessment, SET-UP, EMS activation, HTGL, CPR, clearing the airway, bandaging, 2nd & 3rd degree burns, first aid for various injuries and various techniques.
Duration: 1 Day (9600 hrs. - 1700hrs)
Training Methodology: An amalgam of the state of the art theoretical and practical techniques (fire fighting, rescue, first aid, bandaging, exercises, physical practice on manikins, group assignments and question & answer sessions).

FIRE SAFETY & REFIGHTING TRAINING

It is a Friend & A Foe. Every year uncontrollable fire engulfs thousands of lives, damages the assets and incurs enormous loss of materials throughout the world. In fact, no one is safe from fire's adverse effects. It can devastate almost all, production, good reputation and strategic advantage can be lost from its evil effects for long. Moreover, fire is not only the cause of industry where more than 50% fire incidents have occurred in houses.

Being in view, OSHES has designed an interactive training package on Fire Safety & firefighting to help you achieve extensive concepts in fire safety.

Our training is so well designed that even a student or a layman can understand the reasons for fire safety.

We have benefited thousands on this subject and participants played their role which is required in the case of an emergency. Through this training, you will learn about:

- What is fire
- Elements of fire
- Fire tetrahedron
- Transfer of heat
- Types of fire
- Fire hazard identification
- Getting out alive in emergency
- Fire prevention methods
- Do and Don'ts
- Types of fire extinguishing media

TRAINING METHODOLOGY
Like all other OSHES trainings, this training would also be totally interactive. To attain maximum retention rate we present our multimedia, live videos, exercises, questions & answer sessions etc.

1 Day Training On "Advance First Aid At Workplace"

OCCUPATIONAL SAFETY, HEALTH & ENVIRONMENTAL SERVICES

OSHES announces it famous and state of the art training on "Advance First Aid At Workplace". People from every walk of life are highly recommended to acquire this training to save lives and health. Elders, Professionals, Students and "housewives" can participate to learn different first aid techniques and play their part at their offices, road, houses, playgrounds etc.

Intro

The First Aid with Practical CPR Course comprises of an in-depth approach in performing emergency resuscitation while assisting techniques with the practical and theoretical skills to perform effective CPR on adults, adult or young victims.

The course is based on the latest first aid guidelines issued from the American Heart Association (AHA).

Contents

- Recognizing an Emergency
- Personal Safety
- Assessing the Situation
- Mechanisms of Normal Breathing
- Activating EMS
- Circulation
- Clearing Airway
- Bandaging
- CPR for Adults, Adult or Young
- Oxygen Administration
- Medical status of Victims

Method

Lectures, practice on manikins, multimedia presentations.

A SPECIAL COURSE ON INCIDENT PREVENTION, INVESTIGATION & REPORTING

Incident investigation is a crucial safety element to improve safety culture in an organization. For any organization it is essential to prevent, investigate, report and following with the recommendations to prevent recurrences and improve working conditions and employee morale. It has been observed that in the organizations prevention of incidents, investigation and reporting without appropriate trainings become difficult for the concerned to implement and maintain a healthy safety culture. It ultimately puts the safety systems at stake.

Through this specialized safety training participants shall learn state of the art techniques to prevent incidents, investigate them properly and report it in an auditable and intelligible way.

Course Outlines:

- Grounds for the incidents
- Chemistry of the incidents
- Proactive & reactive approaches towards incidents
- Control of secondary incidents
- Determining underlying and root causes
- Hierarchy of controls for incidents

TRAINER PROFILE
Mr. Sajid Ahmad is a renowned safety trainer who has served in Pakistan and abroad. He is well respected with clients due to his grip on the safety subjects and his sense to deliver in a particular group of participants. His interactive approach and the rate of retention are main pillars of his successful trainings. Due to his passion and dedication to serve during his

ADVANCE DEFENSIVE DRIVING TRAINING

Throughout the world, every year almost 1.2 million people die in the road accidents. Alone in Pakistan 97,000 individuals die and 46,000 receive bad injuries in the road accidents. We all travel almost on daily basis and anyone of us or our family members can be amongst those 97,000 or 46,000.

It is up to us now that either we obtain road accidents or become a victim. Because, those who die or get injured are akin to us.

Our world famous "5 Seeing Habits" based defensive driving course ensures that whoever is driving remains safe from others' mistake and abstains from making mistakes in the driving.

Who Should Attend? Everyone who drives including safety professionals, safety trainers, doctors, professors, students, Drivers/challengers etc.
Content: Driving risks, pre-trip inspection, distractions, journey management, 5 Seeing Habits, Circadian rhythms, driving ergonomics, eyes test, post emergency procedures, on-road practical driving assessment.
Duration: 1 Day (9600hrs. To 1700hrs)
Training Methodology: Group workshops, table top exercises, power point presentations, videos, questions & answer sessions, practical on road driving assessment and so on.
What You Will Receive: training handbook, endorsed certificate, pocket size safe driver card & assessment sheet.

Contact: Sajid Ahmad, Sr. Trainer & Consultant, info@oshespk.com, 0092 332 6722137
OCCUPATIONAL SAFETY, HEALTH & ENVIRONMENTAL SERVICES
15-E, MACHS, College Road, Lahore - Pakistan
www.oshespk.com

PROGRESSIVE CHEMICAL SAFETY COURSE

In few chemicals are used in every industry and play their vital role in manufacturing, processing, transporting, using and final, consumers of the other they also affect our health and can be fatal in some cases. Alone in Pakistan, we witness different levels of chemical health effects ranging from acute to chronic. From crops to the sea, soil, animals and the most precious resource the Human Being are consequently in danger.

MSDS

Material Safety Data Sheet

1.5 EXPLOSIVE

2. FLAMMABLE

3. CORROSIVE

4. TOXIC

5. IRRITANT

6. HARMFUL

7. ENVIRONMENTAL

8. REACTIVE

9. RADIOACTIVE

Trainer Profile: Mr. Sajid Ahmad is a famous figure for conducting safety trainings in Pakistan. He is well known in conducting trainings on chemical safety. He is able to deliver effective and interactive trainings because he has vast experience in imparting trainings in and out of Pakistan to almost every kind of corporate sector. He is the most successful safety trainer in Pakistan. He has trained more than 7,000 individuals on various safety topics and conducted more than 200 various safety audits.

Who Should Attend? Safety engineers, safety professionals, lab professionals, boiler engineers, maintenance engineers, house workers, all employees working at chemical manufacturing facilities, producers of refineries & plants.
Duration: 1 Day (9600hrs. To 1700hrs)
Training Methodology: Group workshops, table top exercises, power point presentation, videos, questions & answer sessions & individual presentations.
Contact: Sajid Ahmad, Sr. Trainer & Consultant, info@oshespk.com, 0092 332 6722137

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www.oshespk.com

AN ADVANCE COURSE ON ELECTRICAL SAFETY

YOU WILL LEARN!

- What is electricity?
- How electricity works
- Effects on human body
- Fundamentals of electrical hazards
- Electrical hazards
- Preventing electrical hazards
- Electrical grounding
- Lock out tag out
- Dots of electricity
- Do's & Don'ts
- Resistance, insulation and conductors
- Burns and injuries
- Explosions and fires
- Insulation and guarding
- Electrical safety devices
- Safe work practices
- Electrical safety standards
- GFCIs, RCCBs, AFCIs and GGDs
- HFR cables
- AED
- Inspection of electrical goods
- Electrical risk management



TRAINING METHODOLOGY
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COURSE BOOKING
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