



# Occupational Safety, Health & Environmental Services



# » CONTENTS



## 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.

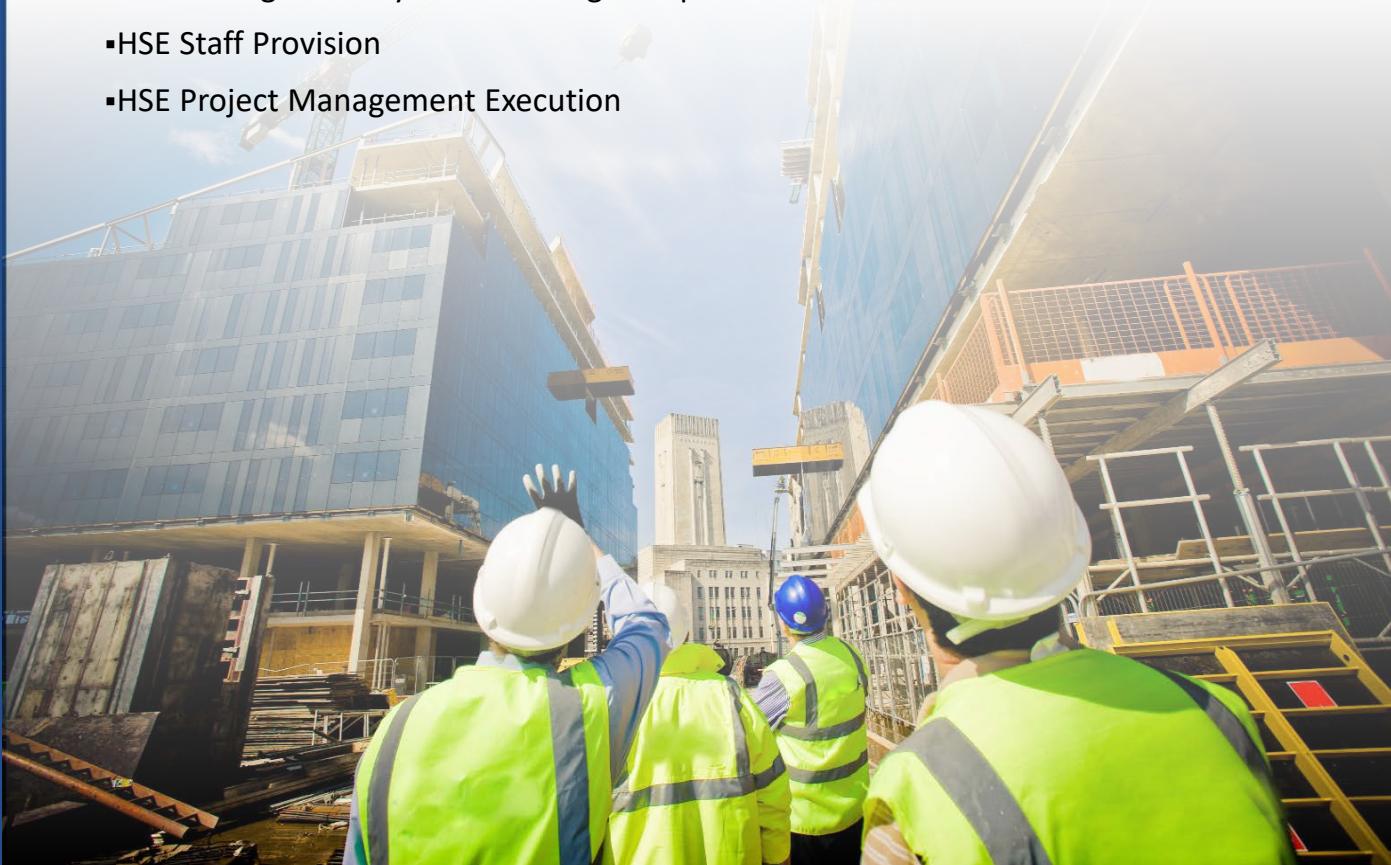
We have extensive multi-national tried and tested experience. We have trained thousands of individuals and have conducted hundreds of other safety related activities. Over the years, we have emerged ourselves an expert, friendly, reliable and economical source for our clients. Hence, we would like to 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, Saudi 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
- Detecting biological hazards and management
- 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
- 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;

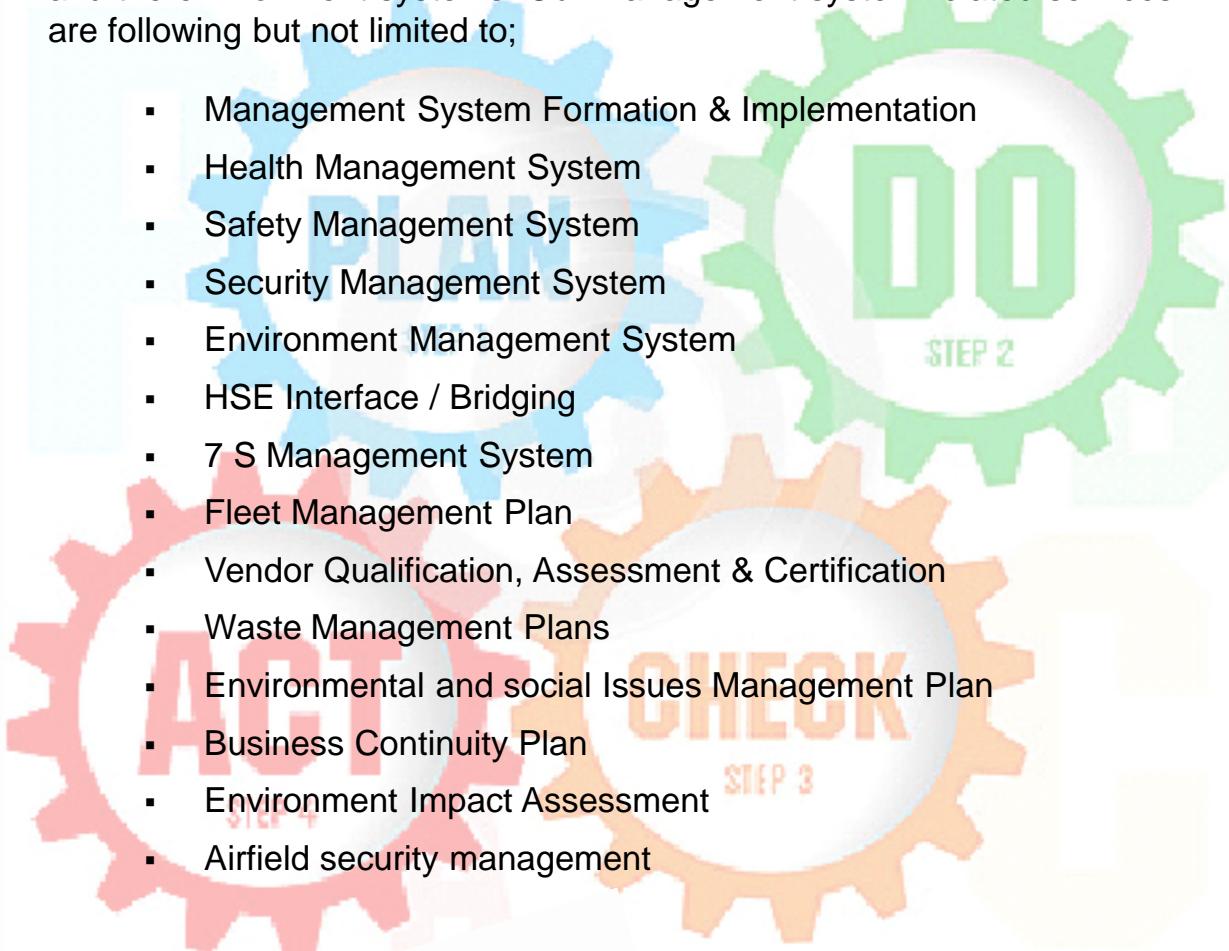
- Kitchen / Hotels
- Vehicles
- Vendor Verification
- Security Inspections
- Safety Gears Inspection
- Tool safety inspection
- Inspection of fire fighting systems
- Safety checklists development
- Pre start up safety inspections
- Liaison inspections
- Compliance inspections
- Equipment inspections



## 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 Car  
 Registration Number: LE 1000 2012  
 Date of Inspection: 30/06/2013  
 Certificate Validity: 29/06/2014



## 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, repute, 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.



## OUR BUSINESS PARTNERS



## OSHES TEAM

OSHES team is highly dedicated, versed, experienced and professional in the respective fields with proven track records. Our team comprises of following;

### **Ms. Sabine Schultes (Global HSE Consultant) / Germany**

BE Chemical Engineering from Brussels. Over 30 Years experience of global transport safety, book author, honorary judge at cologne, member of UN Committee on GHS.

### **Mr. Khalid Latif (Senior Trainer & Consultant)**

M.SC. Industrial Chemistry, with over 38 years experience in Multi-National environment.

### **Mr. Sajjad Ahmad (Lead Consultant & Trainer)**

M.Sc. Environmental Sciences, more than 14 years multinational experience in HSSE.

### **Mr. Dr. Aamir Amanat Ali Khan (Senior Consultant)**

PhD. (Gold Medalist) in Environmental Chemistry from Petronas University, Malaysia, 17 years of experience.

### **Mr. Affan Khanlidr (Process Safety Expert)**

BE Chemical Engineering, 13 years of multinational experience.

### **Mr. Mudassar Adil (Sr. Environmental Advisor)**

Pursuing PhD. 14 years of multinational experience in Environmental performance Management.

### **Mr. M. Sadeqain Ahmed (Sr. Consultant)**

Diverse Food & HSE professional with multinational experience holding masters degree in Microbiology and 40 different HSE and food Safety certifications.

### **Mr. Majid Ali Khan (Sr. Advisor & Trainer)**

M.Sc. Mechanical Engineering from USA. Having 20 years work experience in HSE.

### **Mr. Jamal Said (Sr. Consultant For Security)**

Living legend of Pakistan. 138 medals, 28 Gold Medals are on his credit. Global Ultra Marathon Runner. Ex-SSG with 28 years experience in security management.

### **Mr. Nadeem Akram (HSEQ Consultant)**

Retired veteran. Multinational experience of 28 years.

### **Mr. Ishtiaq Ahmad (Manager Trainings)**

M.Phil Civil Engineering. 25 years multinational and multicultural experience.

### **M. Usman Ashraf (HSE BDM)**

M.Phil in Environmental Sciences, 5 years experience in HSE.

## Contact OSHES Rep

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