Training Course:
OSHA: Occupational Safety and Health Administration Standards

28 September - 2 October 2025
Manama (Bahrain)
Fraser Suites

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OSHA: Occupational Safety and Health Administration Standards

Training Course code: HE21325 From: 28 September - 2 October 2025 Venue: Manama (Bahrain) - Fraser Suites Training Course Fees: 4900 Euro

Introduction

This course provides an understanding of the structure, contents, and applicability of the Occupational Safety and Health Administration OSHA standards.

It covers the recognition, avoidance, abatement, and prevention of safety and health hazards in the workplace for general industries. It also provides information regarding employers responsibilities as defined by OSHA and focuses on the implementation of effective safety programs and record-keeping requirements.

Objectives

- Explain and apply the contents of the Occupational Safety and Health Administration 29CFR1910 OSHA standards

- Prepare an effective safety program that will also increase employee morale and productivity, and reduce overall costs

- Describe the training requirements of OSHA standards and identify the training topics that their organization's employees will need

- Apply the record-keeping requirements of OSHA to maintain an effective workplace injury log

- Distinguish the difference between workers rights and employers responsibilities as defined by OSHA

Outline

Day 1:

- Introduction to OSHA

    - Importance of OSHA

    - Employees rights and employers responsibilities under OSHA

    - Contents of OSHA standards

    - Inspections of the workplace

Day 2:

- Fundamentals of a safe workplace

    - Walking and working surfaces

    - Hazard communication course and Safety Data Sheets SDS

    - Exit route, emergency action plans, fire prevention plans, and fire protection

    - Personal Protective Equipment PPE

    - Fall protection

    - Lockout/Tagout - requirements and periodic inspection

Day 3:

- Introduction to industrial hygiene

    - History of industrial hygiene

    - Role of the safety professional

    - Industrial hygiene fundamentals

    - Industrial hygiene concepts and key terms

    - Employee exposure and medical records

Day 4:

- Industry-specific standards

    - Hazardous, flammable and combustible materials

    - Confined space: permit required, hazards, courses, rescue

    - Machine guarding: hazards, requirements, methods

    - Welding, cutting, and brazing

    - Power industrial trucks

- Bloodborne pathogens

    - Exposure control plan

    - Engineering and work practice controls

    - Hepatitis B vaccination requirements

- What to do if an exposure occurs

- Training requirements

- Medical recordkeeping requirements

- Sharps injury log

Day 5:

- Safety and health programs

  - Benefits of effective safety and health programs

  - Major elements

    - Management commitment

    - Policy and goals

    - Employee involvement

    - Responsibility

    - Worksite analysis

    - Safety and health inspections

  - Hazard prevention control

    - Controlling the hazards

    - Hazard prevention planning

  - Safety and health training

    - Safety and health orientation

    - Supervisor responsibilities

    - Specific training needs

Registration form on the Training Course:
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