



*Training Course:
OSHA: Occupational Safety and Health
Administration Standards*

*5 - 9 July 2026
Cairo (Egypt)
Holiday Inn & Suites Cairo Maadi, an IHG Hotel*

Training Course: OSHA: Occupational Safety and Health Administration Standards

Training Course code: HE21325 From: 5 - 9 July 2026 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 4100 € 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

Target Audience

- Safety Officers and Coordinators
- HSE Managers and Supervisors
- Site Managers and Construction Foremen
- Operations Managers responsible for workplace safety
- HR personnel involved in safety compliance
- Engineers and technical staff in manufacturing, construction, or industrial environments
- Anyone responsible for ensuring compliance with OSHA standards and promoting a safe working environment

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: OSHA: Occupational Safety and Health Administration Standards

Training Course code: HE21325 **From:** 5 - 9 July 2026 **Venue:** Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel **Training Course Fees:** 4100 € Euro

Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

Delegate Information

Full Name (Mr / Ms / Dr / Eng):

Position:

Telephone / Mobile:

Personal E-Mail:

Official E-Mail:

Company Information

Company Name:

Address:

City / Country:

Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng):

Position:

Telephone / Mobile:

Personal E-Mail:

Official E-Mail:

Payment Method

- Please find enclosed a cheque made payable to Global Horizon
- Please invoice me
- Please invoice my company

Easy Ways To Register

Telephone:
+201095004484 to
provisionally reserve your
place.

Fax your completed
registration
form to: +20233379764

E-mail to us :
info@gh4t.com
or training@gh4t.com

Complete & return the
booking form with cheque
to: Global Horizon
3 Oudai street, Aldouki,
Giza, Giza Governorate,
Egypt.