



## GLOBAL ENVIRONMENTAL HEALTH SOLUTIONS

### 2016 HSE TRAINING PROGRAM

Empowering the workforce to think safely and work safely!

GLOBAL ENVIRONMENTAL HEALTH SOLUTIONS  
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#### General Health, Safety & Environment (GHSE) Course

- ❖ Objective: To equip participants with fundamental knowledge on HSE issues that will assure a safe and healthy work environment & a productive workforce.
- ❖ For Who: Supervisors, Project Managers, HSE Designates, Safety Officers, First Aiders, Laboratory Workers, Maintenance Officers, Security Officers, Employees & individuals that desire an appreciation of HSE issues. *It is specially recommended for new employees and contract staff.*
- ❖ Course Content: Introduction to HSE in the workplace; HSE related Policies and Regulations; Fundamentals of Industrial Hygiene and Occupational Health; Hazard Identification, Evaluation & Management Including Job Hazard Analysis; Incidents – Causation, Investigation and Reporting; Hazard Communication; Fire Safety; Prevention & Protection Including Practical Demonstration; Emergency Management in the Workplace; Electrical Safety; Life Saving Measures/First Aid; Safe Driving Techniques; Environmental Management & Safe Housekeeping; Industrial Ergonomics Including Manual Handling & Lifting Techniques; Common Occupational Hazards and their Health Effects; Personal Protective Equipment (PPE) & Life Saving Devices; Unsafe Act Auditing; HSE Statistics & Data Management; HSE Management System; Risk Assessment.
- ❖ Course Methodology: Lecture Presentations; Syndicate Exercises; Plenary Discussions; Practical Demonstrations; DVD Presentations.
- ❖ Benefits
  - ✓ Certification;
  - ✓ Enhanced professional/career development;
  - ✓ Networking opportunity;
  - ✓ Improved work performance;
  - ✓ Ability to apply basic HSE principles & practices to improve the organization's HSE performance;
  - ✓ Increased flexibility, versatility & relevance in the workplace;
  - ✓ Increased chances of securing a job in field operations;
  - ✓ Reduced accidents, injuries & loss of equipment;
  - ✓ Healthy & profitable business.

**Duration: 4 days**

**Cost Implication: N70, 000**

**Training Dates: Feb 23<sup>rd</sup> – 26<sup>th</sup>, May 24<sup>th</sup> – 27<sup>th</sup>, Nov 22<sup>nd</sup> – 25<sup>th</sup>**

#### Environmental Management Course (EMC)

EMC is held in collaboration with National Environmental Standards and Regulations Enforcement Agency (NESREA).

- ❖ Objective: To equip participants with fundamental knowledge of environmental management principles and its application with a view to enhance competence in environmental sustainability.
- ❖ For Who: Strongly recommended for all who are new to environmental management and desire an appreciation of Environmental Issues & for all whom environmental management is an integral part of a wide range of responsibilities in their organization.
- ❖ Course Content: Module 1: Environmental Sustainability; Module 2: Environmental Policies & Regulations; Module 3: Environmental Management System (EMS); Module 4: Tools for Assessment & Interpretation of Environmental Performance.
- ❖ Course Methodology: Lecture Presentations; Group Exercises; Syndicate Sessions; DVD Presentations.
- ❖ Benefits
  - ✓ Certification;
  - ✓ Enhanced Professional/Career Development;
  - ✓ Broadened understanding of: Nigerian Environmental Regulatory Framework & Key International Agreements & Protocols, Key elements of ISO 14001, Standards for Environmental Management System (EMS) Certification, Ecological Processes & Systems, Local, Regional & Global Environmental issues, Environmental Sustainability, Resource Management, Integrating environmental issues into the business process of an organization, Approaches to EIA & stages of the EIA Process.

**Duration: 4 days**

**Cost Implication: N80, 000**

**Training Date: 18<sup>th</sup> – 21<sup>st</sup> April, 2016, 24<sup>th</sup> – 27<sup>th</sup> October, 2016**

## General Construction HSE Course

- ❖ Objective: To equip workers in the industry with the basic knowledge and skills required to identify common hazards on construction sites and take appropriate actions to prevent injuries, illnesses, accidents and consequent business losses.
- ❖ For Who: Architects, Quantity Surveyors, Engineers, Builders, Site Supervisors, Foremen, Purchasing Officers and other construction workers.
- ❖ Course Content: Introduction to Construction HSE; Occupational Health & Safety Policies/Regulations in the Construction Industry; Overview of common Health and Safety Hazards in the Construction Industry; Incident Causation, Investigation & Reporting; Fall Prevention & Protection; Scaffold & Ladder Safety; Excavation Safety; Crane & Transport Safety; Electrical Safety; Ergonomics in Construction; HSE-Management System including HEMP; Fire Prevention & Protection; Construction First Aid; Environmental Awareness & Construction Housekeeping; Personal Protective Equipment & Life Saving Devices; Construction Safety Inspection.
- ❖ Course Methodology: Lecture Presentations; Group Exercises; Syndicate Session; Practical Demonstrations; Site Visit; DVD Presentations.
- ❖ Benefits
  - ✓ Certification;
  - ✓ Enhanced HSE knowledge to safely undertake work tasks in the construction industry;
  - ✓ Ability to identify hazards as well as assess and control HSE risks at construction sites;
  - ✓ Improved efficiency & work performance;
  - ✓ Ability to apply basic HSE principles to reduce accidents and consequent injuries, ill-health, loss of man-hour and property damage at construction sites.

**Duration: 3 days**

**Cost Implication: N65, 000**

**Training Dates: April 26<sup>th</sup> – 28<sup>th</sup>, Aug 23<sup>rd</sup> – 25<sup>th</sup>**

## HSE Advisers Development Course

- ❖ Objective: To equip participants with adequate knowledge and hands-on skills required to effectively discharge the responsibilities of an HSE Adviser in the workplace.
- ❖ For Who: The course is targeted at those that have HSE background and desire hands-on practical training to effectively carry out responsibilities as an HSE Adviser. *It is specially recommended for employees who have had basic training on HSE.*
- ❖ Course Content: Module 1: Principles of Health and Safety Management; Module 2: Loss Causation and Incident Investigation; Module 3: Hazard Identification Risk Assessment and Evaluation; Module 4: Risk Control and Emergency Planning; Module 5: Organizational Factors; Module 6: Measuring Performance; Module 7: Hazardous Agents; Module 8: Personal Protective Equipment; Module 9: Construction Activities; Module 10: Principle of Fire and Explosion; Module 11: Work Equipment; Module 12: Electrical Safety; Module 13: Confined Space Safety; Module 14: Environmental Pollution and Waste Management; Module 15: HSE Communications.
- ❖ Course Methodology: Lecture Presentations; Group Exercises; Role play; Plenary Discussions; Practical Demonstrations; Site Activities; DVD Presentations.
- ❖ Benefits
  - ✓ Certification;
  - ✓ Enhanced Professional/Career Development;
  - ✓ Opportunity to join the GEHS pool of ready-to-be-employed HSE Advisers/Officers;
  - ✓ Opportunity to be recruited as HSE Advisers/Officers;
  - ✓ Being up-to-date with current HSE best practices;
  - ✓ Enhanced knowledge & skills in the application of HSE management systems;
  - ✓ Ability to implement, maintain & continually improve organization's HSE management system;
  - ✓ Ability to apply principles of HSE management system to reduce organizational losses due to work related accidents, injuries & ill health;
  - ✓ Ability to assist the organization review its systems, procedures, & methods of work in line with international standards;
  - ✓ Improved operational effectiveness/efficiency.

**Duration: 2 weeks**

**Cost Implication: N150, 000**

**Training Date: Oct 24<sup>th</sup> – Nov 4<sup>th</sup>**

## Defensive Driving & Vehicle Management/Maintenance Course

- ❖ Objectives: To provide drivers with fundamental knowledge on safe defensive driving & basic principles of first aid that will help them drive in a safe manner as well as manage first aid cases to save lives in the event of a crash; To educate drivers on the functions of maintenance part of vehicles, their replacement intervals as well as the standard service schedule; To introduce drivers to workshop tools, equipment & facilities and provide them with practical demonstration of basic workshop operations and maintenance activities.
- ❖ For Who: The course is targeted at all categories of drivers. It is specially recommended for new drivers and contract drivers.
- ❖ Course Content: Road Traffic Policy, Traffic Related Laws & Regulations; Driving Environment & Road Signs; Road Hazards; Factors & Causes of Road Traffic Accidents; Aggressive Driving; Defensive Driving Techniques; Detective Driving; Journey Management; Automobile Fundamentals including Vehicle Components & Functions; Periodic Vehicle Maintenance; Qualities & Responsibilities of a Good Driver; Interpersonal Relationship; Emergency Management & Basic First Aid; You & Your Vision.
- ❖ Course Methodology: Lecture Presentations; DVD Presentations; Practical demonstrations; Free Eye Test; Workshop Sessions
- ❖ Benefits
  - ✓ Certification
  - ✓ Compliance with FRSC Regulations
  - ✓ Increased Safety Awareness
  - ✓ Reduced road accidents/crashes and wanton destruction of properties
  - ✓ Protection of lives of drivers and other passengers
  - ✓ Ability to save lives and limit consequence of injuries in the event of a crash
  - ✓ Enhanced productivity through the prevention of injuries and work related accidents;
  - ✓ Reduced Insurance premium Cost
  - ✓ Reduced operational cost through proper use of vehicles as well as lower repair and maintenance cost

**Duration: 4 days**

**Cost Implication: N70, 000**

**Date: In-house on a mutually agreed date**

## Occupational First Aid Course

- ❖ Objective: To provide participants with the knowledge and skills to deal competently with any medical emergency situation that may arise in the working environment.
- ❖ For who: The course is targeted at potential Occupational First Aiders, any person involved in the area of health and safety in the organization, Supervisors or Team leaders.
- ❖ Course Content: First Assessment and Accident Scene Management; Circulation, Wounds and Bleeding; Respiration, Asphyxia & Introduction to Cardio Pulmonary Resuscitation(CPR) & Recovery Position; Unconsciousness; Fractures, Sprains, Strains and Dislocations; Burns, Scalds, Chemical/Poison; Medical Emergencies including Shock, Drowning, Electrical Accidents; Crush and Spiral Injuries; Casualty Transportation
- ❖ Course Methodology: Lecture Presentations; Practical Demonstrations; Group Discussions; DVD Presentations.
- ❖ Benefits
  - ✓ Certification
  - ✓ Enhanced understanding of workplace medical emergencies.
  - ✓ Ability to save lives & minimize consequences of injuries in the event of a medical emergency.
  - ✓ Enhanced ability to coordinate first aid arrangement in the workplace.

**Duration: 3 days**

**Cost Implication: Cost will be made available on indication of interest**

**Date: In-house Mutually agreed date**

*\*\*Discount applies for group registration. In-house training for each course can be conducted for organizations with a minimum of 10 participants.*

*For more enquiries on course details, application forms or to register online please visit our website:*

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