



SCANDINAVIAN ACADEMY
For Training and Development

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Course: OSHA in Professional Safety and Health

Code	City	Hotel	Start	End	Price	Language - Hours
705	Muscat (Oman)	Hotel Meeting Room	2025-03-23	2025-03-27	3950 €	En - 25

Overview

Program Objectives

By the end of the program, participants will be able to:

- Define OSHA
- Define the sources of harmful acts.
- Understand and accept that safety is a function whereby everyone is responsible.
- Establish that accidental injuries are caused by unsafe acts, behavior and conditions.
- Perform job safety analysis and give job safety instructions.
- Conduct an accident investigation and fill a meaningful accident report.
- Handle and react to various work accidents and emergencies.

This Program is designed for

Managers, supervisors and safety professionals who wish to improve their skills and competencies in order to be able to assume their safety responsibilities and effectively carry out their tasks safely in their organization. This program is worth 25 NASBA CPEs.

Program Outline



Definitions and Overview

- Accident, Safety, Health
- World Health Organization (WHO) and OSHA
- Threshold Limit Values

Industrial Hygiene

- Types of Hazards
- Control Methods
- Accidents Costs and Reporting

Job Safety Analysis (JSA)

- Objectives
- Uses and Benefits
- Procedures
- Recordings

Accidents Investigation, Reporting and Prevention

- Causes of Accidents
- Effects and Costs of Accidents
- Reporting
- Prevention

Management of Health and Safety

- Planning
- Organizing
- Leading
- Controlling

Proper Behavior in Case of an Accident

- Types of Accidents
- First Aid
- CPR
- Calling for Help

Safety Audit

- Importance
- Benefits
- Consequences

Ergonomics and Good Posture

- Bad Habits
- Negative Effects
- Correction



The Scandinavian Academy for Training and Development employs modern methods in training and skills development, enhancing the efficiency of human resource development. We follow these practices:

• **Theoretical Lectures:**

- We deliver knowledge through advanced presentations such as PowerPoint and visual materials, including videos and short films.

• **Scientific Assessment:**

- We evaluate trainees skills before and after the course to ensure their progress.

• **Brainstorming and Interaction:**

- We encourage active participation through brainstorming sessions and applying concepts through role play.

• **Practical Cases:**

- We provide practical cases that align with the scientific content and the participants specific needs.

• **Examinations:**

- Tests are conducted at the end of the program to assess knowledge retention.

• **Educational Materials:**

- We provide both printed and digital scientific and practical materials to participants.

• **Attendance and Final Result Reports:**

- We prepare detailed attendance reports for participants and offer a comprehensive program evaluation.

• **Professionals and Experts:**

- The programs scientific content is prepared by the best professors and trainers in various fields.

• **Professional Completion Certificate:**

- Participants receive a professional completion certificate issued by the Scandinavian Academy for Training and Development in the Kingdom of Sweden, with the option for international authentication.

• **Program Timings:**

- Training programs are held from 10:00 AM to 2:00 PM and include coffee break sessions during lectures.