



**SCANDINAVIAN ACADEMY**  
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# Course: The Comprehensive Program on OSHA and NFPA

Code	City	Hotel	Start	End	Price	Language - Hours
707	Muscat (Oman)	Hotel Meeting Room	2025-12-14	2025-12-18	3950 €	En - 25

## Introduction

### Week One:

Upon completion of this course, participants will have a thorough understanding of the fundamental concepts of firefighting safety and loss prevention techniques.

Participants will have in depth knowledge of travel distance and dead points inside the buildings, by using NFPA code, sprinkler network equipment selection, proper operation, troubleshooting through presentation of actual case studies.

Participants will divide into two or three groups and each group will receive a project and at the end of this course, each group will present their project design including escape routings

### Week Two:

OSHA recommends Outreach Training Program courses as an orientation to occupational safety and health for workers covered by OSHA 29 CFR 1926. Workers must receive additional training, when required by OSHA standards, on the specific hazards of the job.

## Objectives

**After Studying the program, you will be able to:**



- State the purpose of the OSH Act and list the functions of OSHA
- List the OSHA inspection priorities and describe the inspection process
- Describe the rights and responsibilities of employers and employees under the OSHA Act
- Guidelines for identification and protection of floor opening
- Fall protection and Scaffolding Safety
- Excavation and Trenching Safety
- Cranes and Rigging Safety.

### **Who should attend:**

- All Construction Workers
- Construction Foremen and Supervisors
- Safety Officers, Safety Inspectors, Safety Engineers
- Construction Engineers.

The course should benefit engineering personnel responsible for fire fighting systems.

## **Daily Outline**

### **Week One:**

#### **Day 1:**

- What is the fire
- What is the fire fighting system
- Classification of occupancies
- Dead end points
- Travel distances
- Types of sprinkler systems

#### **Day 2:**



- Types of sprinklers
- Dry pipe sprinkler system
- Deluge & Preaction system
- Refrigerated spaces
- Commercial type cooking equipment
- Wetpipe sprinkler system

### **Day 3:**

- Basic Design of Sprinkler systems
- How to design a project
- Sprinkler distribution inside the places
- Water network distribution & sizing

### **Day 4:**

- Hydraulic calculation procedures and fire fighting program
- Training on how to use hydraulic calculation program

### **Day 5:**

- Pumps room
- Control Stations
- Miscellaneous details
- Installation
- Testing and Commissioning

### **Week Two:**

#### **Day 1:**



- Introduction to OSHA
- General Safety & Health Provisions
- Electrical Safety

## **Day 2:**

- Fall Protection
- Personal Protective & Lifesaving Equipment
- Materials Handling, Storage, Use & Disposal

## **Day 3:**

- Hand & Power Tools
- Scaffolds Safety
- Cranes, Derricks, Hoists, Elevators & Conveyors

## **Day 4:**

- Excavations and Trenching
- Stairways & Ladders
- Welding and Cutting

## **Day 5:**

- Concrete and Masonry
- Forklift Safety
- Confined Space Entry



**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.