

# Occupational Safety and Health (OSH) Training



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## Introduction

At Complete Human Resource Solutions (Pvt. Ltd), we are committed to equipping individuals with the knowledge and skills necessary to thrive in diverse work environments. Our Occupational Safety and Health (OSH) training program is designed to prepare youth aspiring to work abroad by providing them with the essential tools to ensure their safety and well-being in the workplace.



## Training Objectives

This training is designed to:

- Understand the fundamental concepts and importance of Occupational Safety and Health (OSH).
- Familiarize participants with global and local OSH standards and regulations.
- Identify common occupational hazards and understand their impacts.
- Develop skills in conducting risk assessments and managing workplace hazards.
- Learn the correct use and maintenance of Personal Protective Equipment (PPE).



## Training Contents

### 1. **Introduction to OSH and Key Principles**

- Definition and importance of OSH in the workplace.
- Overview of the core principles: prevention, protection, promotion, and participation.
- Overview of Global and Local OSH Standards and Regulations
- Understanding international OSH standards (e.g., ISO 45001).
- Introduction to local OSH laws and compliance requirements.

### 2. **Identification and Management of Common Occupational Hazards**

- Physical hazards: Noise, vibration, radiation.
- Chemical hazards: Exposure to harmful substances like solvents and asbestos.
- Biological hazards: Bacteria, viruses, and fungi in the workplace.
- Ergonomic hazards: Repetitive movements, poor posture, and workplace design.
- Psychosocial hazards: Stress, workplace violence, and harassment.

### 3. **Risk Assessment, PPE Use, and Health and Safety Programs**

- Conducting effective risk assessments to identify potential hazards.
- Hierarchy of controls: Elimination, substitution, engineering controls, administrative controls, and PPE.
- Proper selection, use, and maintenance of PPE.
- Developing and implementing comprehensive health and safety programs.
- Emergency preparedness and response planning.

### 4. **Promoting a Safety Culture and Effective Communication**

- Strategies for building and maintaining a positive safety culture in the workplace.
- Importance of safety awareness and continuous training.
- Role of effective communication in OSH: Engaging workers in safety initiatives.
- Creating and conducting safety meetings, drills, and campaigns.

## 5. Case Studies, Best Practices, and Practical Applications

- Analysis of real-world OSH case studies from various industries.
- Discussion of best practices in implementing OSH measures.
- Hands-on group activities: Developing OSH action plans for hypothetical scenarios.
- Interactive Q&A sessions to reinforce learning and clarify doubts.



## Training Outcomes

After this training, the participants will be able to:

- Comprehend OSH principles, regulations, and their significance.
- Identify and assess workplace hazards effectively.
- Implement risk management techniques and use PPE correctly.
- Promote a safety-first attitude in the workplace.
- Handle and report workplace incidents appropriately.

## Who Is It For?



- Youth aspiring to work abroad
- Professionals seeking to enhance their OSH knowledge
- Individuals aiming to ensure workplace safety in diverse environments

