

## **30-hour General and Construction Industry Training Based on OSHA**

Workplace safety has become one of the main priorities for organizations across the world. As safe workplaces are also productive ones, employers are trying to find new ways to keep employees safe and healthy.

It is now mandatory in many organizations that an engineer understands workplace hazards, the level of risk he is dealing with and the required control measures that shall be adopted to ensure safe operations.

Orascom Construction in cooperation with CUFE is offering 30 hours Construction Industry Course based on OSHA standard.

### **Values;**

- 30 hours General and Construction Industry course is providing the basic understanding of hazards and risks of activities carried out in most industries and it is one of the main certificates that an engineer or health and safety specialist should have to meet job market requirements.
- Practical application of the course; one day practical training will be conducted on site to ensure good understanding of the course.
- Trainee will be able to integrate health and safety into business processes and will be able to avoid/ reduce future conflicts between health and safety and operation.
- Trainee will be issued a certificate signed by Orascom and CUFE after completing the course and after passing the exam.
- Theoretical part of the course will be online to save time and to avoid risks of COVID-19.

### **Topics that will be covered in this course:**

- Working at height, fall prevention and fall protection methods including fall arrest systems, estimating fall distances and clearance, anchorage points, fall protection equipment, use of ladders and emergency procedures.
- Basic scaffold safety including types of scaffolds, erection and disassembly requirements, load capacity, scaffold hazards and methods of control.

- Personal Protective Equipment including types of personal protective equipment protecting different body parts, how to choose the right type of PPE and how to inspect and test the PPE.
- Lifting and rigging basics including types of wires and slings, inspection and maintenance of lifting tools, basic hitches and load control.
- Lifting equipment such as cranes, forklifts and mobile elevating work platforms (MEWP) including selection criteria, inspection and maintenance, hazards and control measures associated with lifting equipment.
- Machine hazards and machine safeguards including main hazards associated with machines such as cutting, shearing, entanglement and control measures such as guards and devices.
- Fire safety including basic principles of fire, the fire triangle, classification of fire, causes and consequences of fire, fire control measures, emergency evacuation, means of escape, flammable materials, compressed gases and hazardous locations, types of fire detection and warning, firefighting equipment and the use of different types of fire extinguishers.
- Welding and cutting including arc welding, gas welding and cutting and the use of grinders
- Hazard communication including main hazards and control measures of chemicals, labels, safety data sheet (SDS) and control of substances hazardous to health (COSHH).
- Industrial hygiene including different health hazards, routes of exposure, blood borne pathogens and ergonomics.
- Hearing protection program including noise hazards and control measures, and hearing protection equipment.
- Excavation and confined space including preventive measures to avoid excavation collapse and cave-ins, sloping and benching, shoring excavation walls with supports and shielding excavation with boxes, confined space entry hazards and control measures, rescue and emergency procedures
- Electrical hazards and Lock out and Tag out systems.

### **Course Duration:**

Five Sessions (5 hours each): Online training

One Session (5 hours, full day): Onsite