



Occupational Safety, Health & Environmental Services Accredited & Customized QHSSE Training Plan 2022



Month	Course Name	Dates	Day	Location	Duration	Price (PKR)	
				City	Days	Per Person	
Jan-22							
Jan-22	1	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	1st Jan	Sat	Karachi	1	8,000
	2	Chemical Safety Management: Hazardous & Non Hazardous Materials	3rd Jan	Mon	Karachi	1	10,000
	3	HABC Level 3 Award in Effective Auditing and Inspection	5th Jan	Wed	Lahore	1	15,000
	4	HABC Level 2 International Award in Emergency First Aid at Work	6th Jan	Thu	Islamabad	2	10,000
	5	Ergonomics & Manual Handling: Task Based Skills	10th Jan	Mon	Karachi	1	8,000
	6	Evasive and Security Driving Training Course	12th Jan	Wed	Islamabad	1	15,000
	7	DuPont Process Safety Management Course	13th Jan	Thu	Faisalabad	1	10,000
	8	Defensive Driving Training Course with on Road Practical	19th Jan	Wed	Lahore	1	12,000
	9	HABC Train The Trainer Course: IADT Level 3	20th - 21st Jan	Thu-Fri	Lahore	3	35,000
	10	HABC Level 3 International Award in Emergency First Aid at Work	24th-25th Jan	Mon - Tue	Islamabad	3	30,000
	11	HABC Level 2 International Award in Fire Safety	27th Jan	Thu	Lahore	1	10,000
	12	DuPont Process Safety Management Course	27th Jan	Thu	Lahore	1	10,000
Feb-22							
Feb-22	1	Green House Gases Accounting & Climate Action Training	1st - 2nd Feb	Tues-Wed	Islamabad	2	15,000
	2	Use of AED (Automated External Defibrillator) on Adults & Paediatrics	2nd Feb	Wed	Lahore	1	8,000
	3	HABC Train The Trainer Course: IADT Level 3	2nd - 3rd Feb	Wed-Thu	Karachi	3	35,000
	4	Essential HSE Trainings (Set of 13 HSE Courses)	7th-8th Feb	Mon-Tue	Islamabad	2	16,000
	5	Train The Trainer Course in Chemical Management	7th - 11th Feb	Mon - Fri	Lahore	5	70,000
	6	Forklift Operating Safety In Hazardous Environment	14th Feb	Mon	Karachi	1	12,000
	7	HSE Managers' Course: A complete course for managers	16th-18th Feb	Wed-Fri	Karachi	3	25,000
	8	Scaffolding Safety	21st-22nd Feb	Mon-Tue	Karachi	2	14,000
	9	HABC Level 2 International Award in Work at Height	19th Feb	Sat	Islamabad	1	10,000
	10	HABC Level 2 COSHH	22nd Feb	Tue	Islamabad	2	10,000
	11	Guards' Anti-Terrorism Awareness Training	24th Feb	Thu	Karachi	1	8,000
	12	Lean Manufacturing - Business Optimization	22nd-26th Feb	Tue-Thu	Lahore	3	25,000
	13	HSE Auditors' Course	23rd - 24th Feb	Wed-Thu	Karachi	2	18,000
	14	Health Management In Chemical Based Environment	26th Feb	Sat	Islamabad	1	12,000
Mar-22							
Mar-22	1	Electrical Safety Management In The Industry: NFPA 70E	1st Mar	Tues	Karachi	1	8,000
	2	Security Management As Corporate Responsibility - As per ASIS	3rd Mar	Thu	Lahore	1	12,000
	3	Safety Officers Course: A Course To Equip Your HSE Team With Advance Skills & Knowledge	7th-9th Mar	Mon - Wed	Islamabad	3	25,000



Occupational Safety, Health & Environmental Services Accredited & Customized QHSSE Training Plan 2022



Month	Course Name	Dates	Day	Location	Duration	Price (PKR)¶
Mar-22	Train The Trainer Course in Climate Action Training - GHG Accounting & Target Setting	7th - 11th Mar	Mon - Fri	Karachi	5	70,000
	HABC Level 1 International Award in Safe Moving and Handling	14th Mar	Mon	Islamabad	1	8,000
	Defensive Driving Training Course with on Road Practical	16th Mar	Wed	Lahore	1	12,000
	HABC International Award in Working in Confined Spaces	19th Mar	Sat	Lahore	1	8,000
	HABC Level 2 International Award in Fire Safety	24th Mar	Thu	Karachi	1	10,000
	Train The Trainer Course in First Aid, CPR & Use of AED	21st - 24th Mar	Mon - Tue	Lahore	4	40,000
	H2S Awareness, Prevention & Mitigation Management	28th Mar	Mon	Lahore	1	10,000
Hazardous & Non Hazardous Waste Management	30th Mar	Wed	Lahore	1	14,000	
Apr-22						
Apr-22	Chemical Management Training	1st - 2nd Apr	Fri-Sat	Lahore	2	16,000
	Scaffolding Safety Management	2nd Apr	Sat	Islamabad	1	10,000
	HABC Train The Trainer Course: IADT Level 3	4th-5th Apr	Mon-Tue	Karachi	3	35,000
	HABC Level 3 Award in Effective Auditing and Inspection	7th Apr	Thu	Karachi	1	15,000
	Incident Prevention, Investigation and Reporting	11th-12th Apr	Mon - Tue	Karachi	2	16,000
	Train The Trainer Course in Climate Action Training - GHG Accounting & Target Setting	11th - 15th Apr	Mon - Fri	Lahore	5	70,000
	HABC Level 2 International Award in Emergency First Aid at Work	16th Apr	Sat	Lahore	1	10,000
	Train The Trainer in Defensive Driving Course	18th - 21st Apr	Mon - Fri	Karachi	4	50,000
	Production Optimization and Waste Reduction	19th - 20th Apr	Tue-wed	Islamabad	5	25,000
	Fire Fighting Training Level 2	25th-26th Apr	Mon	Lahore	1	30,000
	HABC Level 2 International Award in Risk Assessment	27th Apr	Wed	Karachi	1	10,000
	Industrial Health Risk Assessment Training course	29th Apr	Fri	Lahore	1	8,000
May-22						
May-22	Safety Officers Course: A Course To Equip Your HSE Team With Advance Skills & Knowledge	9th-11th May	Mon - Wed	Islamabad	3	25,000
	Behavior Based Safety Management	12th May	Thu	Karachi	1	12,000
	HABC Train The Trainer Course: IADT Level 3	16th-17th May	Mon-Tue	Karachi	3	35,000
	Defensive Driving Training Course with on Road Practical	16th May	Mon	Karachi	1	12,000
	Fire Prevention, fire fighting and mitigation management training: Level 3	17th May	Tue	Lahore	1	8,000
	HABC Level 2 International Award in Fire Safety	18th May	Wed	Faisalabad	1	10,000
	Compressed Gas Cylinder Safety Training	19th May	Thu	Karachi	1	8,000
	Developing HSE Culture In the Organization	23rd-25th May	Mon-Wed	Lahore	3	30,000
	Ergonomics & Manual Handling: Task Based Skills	26th May	Thu	Lahore	1	8,000
	HABC Level 2 COSHH	30th May	Mon	Karachi	1	10,000
Jun-22						
1	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	1st Jun	Wed	Islamabad	1	8,000



Occupational Safety, Health & Environmental Services Accredited & Customized QHSSE Training Plan 2022



Month	Course Name	Dates	Day	Location	Duration	Price (PKR)¶
Jun-22	HABC Level 2 International Award in Work at Height	2nd Jun	Thu	Islamabad	1	10,000
	Use of AED (Automated External Defibrillator) on Adults & Paediatrics	4th Jun	Sat	Lahore	1	8,000
	Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	6th-7th Jun	Mon - Tue	Islamabad	2	16,000
	Psychology of Workplace Safety	9th Jun	Thu	Karachi	1	10,000
	Lean Manufacturing - Business Optimization	10th - 11th Jun	Fri - Sat	Karachi	2	16,000
	HABC Train The Trainer Course: IADT Level 3	13th-15th Jun	Mon - Wed	Karachi	3	35,000
	Guards' Anti-Terrorism Awareness Training	18th Jun	Sat	Islamabad	1	8,000
	H2S Awareness, Prevention & Mitigation Management	20th Jun	Mon	Lahore	1	12,000
	Train The Trainer in Defensive Driving Course	20th - 23rd Jun	Mon - Thu	Karachi	4	50,000
	HABC Level 2 Food Safety Training	23rd Jun	Thu	Lahore	Q	A
	Fire Prevention, fire fighting and mitigation management training	27th Jun	Mon	Lahore	1	8,000
	Hazardous & Non Hazardous Waste Management	28th Jun	Tue	Islamabad	1	12,000
	Jul-22					
Jul-22	HABC Train The Trainer Course: IADT Level 3	1st-2nd Jul	Fri-Sat	Islamabad	1	35,000
	Hazardous & Non Hazardous Waste Management	4th Jul	Mon	Karachi	1	9,000
	Train The Trainer Course in First Aid, CPR & Use of AED	4th - 7th Jul	Mon - Thu	Karachi	4	40,000
	Security Management As Corporate Responsibility - As per ASIS	6th Jul	Wed	Islamabad	1	12,000
	Scaffolding Safety Management	7th Jul	Thu	Karachi	1	10,000
	Ergonomics & Manual Handling: Task Based Skills	9th Jul	Sat	Islamabad	1	9,000
	HABC Level 3 Award in Effective Auditing and Inspection	11th Jul	Mon - Tue	Lahore	2	15,000
	Manufacturing Excellence: Combination of Quality & HSE	14th Jul	Thu	Karachi	1	10,000
	Essential HSE Trainings (Set of 13 HSE Courses)	15th-16th Jul	Fri-Sat	Karachi	2	16,000
	Fire Prevention, fire fighting and mitigation management training: Level 2	18th Jul	Mon	Lahore	1	8,000
	Defensive Driving Training Course with on Road Practical	20th Jul	Wed	Lahore	1	12,000
	DuPont Process Safety Management Course	23rd Jul	Sat	Lahore	1	10,000
	Emergency Response Management: Planning, Leadership & Communication Training	27th Jul	Wed	Karachi	1	8,000
Aug-22						
Aug-22	Train The Trainer Course in Chemical Management	1st - 5th Aug	Mon - Fri	Lahore	5	70,000
	Evasive and Security Driving Training Course	3rd Aug	Wed	Karachi	1	10,000
	Construction Safety Management	5th-6th Aug	Fri-Sat	Islamabad	2	14,000
	Manufacturing Excellence: Combination of Quality & HSE	8th Aug	Mon	Karachi	1	10,000
	HABC Level 2 International Award in Risk Assessment	10th Aug	Wed	Karachi	1	10,000
	Work At Height & Rescue From Height Training: Level 2	11th-12th Aug	Thu-Fri	Lahore	2	20,000
	Managing Hazardous Jobs Safely: A Set of 4 Subjects: A set of 4 subjects	15th-16th Aug	Mon-Tue	Karachi	2	14,000
	HABC Level 2 COSHH	18th Aug	Thu	Karachi	1	10,000
	Defensive Driving Training Course with on Road Practical	20th Aug	Sat	Islamabad	1	10,000
	Asbestos Safety & Its Secure Landfilling	20th Aug	Sat	Karachi	1	9,000
	Guards' Anti-Terrorism Awareness Training	22nd Aug	Mon	Karachi	1	8,000



Occupational Safety, Health & Environmental Services Accredited & Customized QHSSE Training Plan 2022



Month	Course Name	Dates	Day	Location	Duration	Price (PKR)¶	
12	Behavior Based Safety Management	23rd Aug	Tue	Lahore	1	10,000	
13	Industrial Hygiene Course	27th Aug	Sat	Lahore	1	9,000	
14	Fire Prevention, fire fighting and mitigation management training: Level 3	29th Aug	Mon	Islamabad	1	9,000	
Sep-22							
1	Sep-22	Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	1st - 2nd Sep	Thu-Fri	Lahore	2	14,000
2		Manufacturing Excellence: Combination of Quality & HSE	3rd Sep	Sat	Karachi	2	16,000
3		Managing Contractors On HSE Performance Training	5th Sep	Mon	Karachi	1	10,000
4		HABC Train The Trainer Course: IADT Level 3	7th-8th Sep	Wed-Thu	Lahore	3	35,000
5		Train The Trainer Course in Climate Action Training - GHG Accounting & Target Setting	12th - 16th Sep	Mon - fri	Lahore	5	70,000
6		Hot Work Safety: As Per OSHA Standards	15th Sep	Thu	Lahore	1	8,000
7		Asbestos Safety & Its Secure Landfilling	17th Sep	Sat	Karachi	1	10,000
8		Defensive Driving Training Course with on Road Practical	17th Sep	Sat	Islamabad	1	10,000
9		Train The Trainer Course in Chemical Management	19th - 23rd Sep	Mon - fri	Islamabad	5	60,000
10		Evasive and Security Driving Training Course	21st-22nd Sep	Wed-Thu	Lahore	2	20000
11		Fire Prevention, fire fighting and mitigation management training: Level 2	24th Sep	Sat	Lahore	1	8,000
12		Electrical Safety Management In The Industry: NFPA 70E	26th Sep	Mon	Karachi	1	8,000
13		Work At Height & Rescue From Height Training: Level 2	27th-28th Sep	Tue-Wed	Karachi	2	20,000
14		HABC Level 2 Food Safety Training	29th Sep	Thu	Islamabad	1	10,000
Oct-22							
1	Oct-22	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	1st Oct	Sat	Lahore	1	8,000
2		Save Lives In Emergencies: A Combined Course on First Aid & Fire Safety	3rd Oct	Mon	Karachi	1	12,000
3		Implementation of Behavior Based Safety Program	4th-5th Oct	Tue-Wed	Karachi	2	18,000
4		Safety Officers Course: A Course To Equip Your HSE Team With Advance Skills & Knowledge	10th-12th Oct	Mon-Wed	Islamabad	3	25,000
5		Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	10th-11th Oct	Mon - Tue	Karachi	2	14,000
6		Use of AED (Automated External Defibrillator) on Adults & Paediatrics	13th Oct	Thu	Islamabad	1	8,000
7		HABC Train The Trainer Course: IADT Level 3	14th-15th Oct	Fri-Sat	Karachi	1	10,000
8		Managing Hazardous Jobs Safely: A Set of 4 Safety Subjects	17th-18th Oct	Mon-Tue	Lahore	2	35,000
9		First Aid with practical CPR(based on latest AHA guidelines): Level 2	20th Oct	Thu	Karachi	1	8,000
10		Hazardous & Non Hazardous Waste Management	22nd Oct	Sat	Lahore	1	10,000
11		HABC Level 2 COSHH	24th Oct	Mon	Islamabad	2	10,000
12		Conducting Successful Internal HSE Audits	28th-29th Oct	Fri-Sat	Lahore	2	18,000
Nov-22							
1	Nov-22	Essential HSE Trainings (Set of 13 HSE Courses)	1st-2nd Nov	Tue-Wed	Karachi	2	18,000
2		Emergency Response Management: Planning, Leadership & Communication Training Course	3rd Nov	Thu	Islamabad	1	10,000
3		HABC Level 2 International Award in Fire Safety	5th Nov	Sat	Lahore	2	10,000



Occupational Safety, Health & Environmental Services Accredited & Customized QHSSE Training Plan 2022



Month	Course Name	Dates	Day	Location	Duration	Price (PKR)¶	
Nov-22	Production Optimization and Waste Reduction	7th - 8th Nov	Mon - Tue	Karachi	2	20,000	
	Save a Life: Fire Fighting & First Aid Training	9th-10th Nov	Wed-Thu	Lahore	2	18,000	
	Forklift Operating Safety In Hazardous Environment	12th Nov	Sat	Lahore	1	12,000	
	HABC Train The Trainer Course: IADT Level 3	14th-15th Nov	Mon-Tue	Lahore	3	35,000	
	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	19th Nov	Sat	Karachi	1	9,000	
	Warehouse Safety Management: Prevent Warehouse Injuries and Accidents Training Course	21st Nov	Mon	Karachi	1	10,000	
	Fundamentals of Occupational Safety, Health & Environment Management	22nd-23rd Nov	Tue-Wed	Islamabad	2	20,000	
	HABC Level 2 COSHH	24th Nov	Thu	Lahore	1	10,000	
	Building Safety Culture via Behaviour Based Safety Training Course	26th Nov	Sat	Lahore	1	12,000	
	Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	25th-26th Nov	Fri-Sat	Karachi	2	14,000	
	Work At Height & Rescue From Height Training: Level 2	28th-29th Nov	Mon-Tue	Karachi	2	20,000	
	Dec-22						
	Dec-22	Electrical Safety & LOTO Course	1st Dec	Tue	Lahore	1	9,000
		HAZMAT Transportation Safety Management	2nd - 3rd Dec	Fri-Sat	Lahore	1	25,000
Use of AED (Automated External Defibrillator) on Adults & Paediatrics		3rd Dec	Sat	Karachi	1	9,000	
Train The Trainer Course In Defensive Driving Training		5th-7th Dec	Mon - Wed	Lahore	3	40,000	
HABC Level 2 International Award in Risk Assessment		8th Dec	Thu	Lahore	1	10,000	
Hazard Communication and Hazardous Material Management Training Course		10th Dec	Sat	Lahore	1	10,000	
Train Train Trainer Course In Climate Action Training		12th - 16th Dec	Mon - Fri	Islamabad	5	70,000	
Hazardous & Non Hazardous Waste Management Training		14th Dec	Wed	Lahore	1	10,000	
Corporate Risk Management Training		17th Dec	Sat	Islamabad	1	10,000	
SCBA Application and Donning training course		19th Dec	Mon	Karachi	1	8,000	
Manual Handling and Lifting Training Course with Practical		22nd Dec	Thu	Karachi	1	8,000	
HABC Train The Trainer Course: IADT Level 3		26th-27th Dec	Mon - Tue	Lahore	3	35,000	
HABC Level 2 Food Safety Training		29th Dec	Thu	Islamabad	1	10,000	

Note: Accredited courses of NEBOSH, IOSH, IRCA, CIEH & HABC are also available.

All the training charges are without any taxes. All taxes to be borne by the client.

Dates are subject to change on announcement of public holidays.

*** HSE Diploma Classes start in the first week of every month.**



Month	Course Name	Dates	Day	Location	Duration	Price (PKR)¶
-------	-------------	-------	-----	----------	----------	--------------

Train The Trainer Courses

1	CUSTOMIZED	HABC Train The Trainer Course: IADT Level 3	2 Days	
2		Climate Action Training	5 Days	
3		Chemical Management	5 Days	
4		Defensive Driver Trainer Workshop	4 Days	
5		HAZMAT Transportation Safety Management	3 Days	
6		Safety Trainer Workshop	5 Days	
7		Accident Investigation Trainer Workshop	3 Days	
8		First Aid - Trainer Workshop	4 Days	
9		Confined Space - Trainer Workshop	4 Days	
10		How to Run Seminars and Workshops	3 Days	
11		TTT on Fire Safety	3 Days	
12		Become a Safety Trainer	3 Days	
13		Essential HSE - Trainer Course	3 Days	
14		Accident investigation train the Trainer Workshop	4 Days	
15		Crises Management Train the Trainer workshop	3 Days	
16		HACCP food safety Trainer the Trainer	3 Days	
17		Customer Services Trainer Workshop	3 Days	
18		Leadership Trainer Workshop	3 Days	
19		DuPont Process Safety Management	3 Days	

Get Official Quotes For In-House Services

2nd Floor, 35 Commercial Area, Main Boulevard, MACHS, College Road, Lahore – Pakistan
M: +92 332 6722137 | P: +92 42 35965646, 42 35114848 | E: info@oshespk.com | URL: www.oshespk.com