



Occupational Safety, Health & Environmental Services

Accredited & Customized QHSE Training Plan 2025



Month	Course Name	Dates	Day	Location	Duration	Price (PKR)	
				City	Days	Per Person	
Jan-25							
Jan-25	1	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	1st Jan	Wed	Karachi	1	10,000
	2	Chemical Safety Management: Hazardous & Non Hazardous Materials	2nd Jan	Thurs	Karachi	1	10,000
	3	HABC Level 3 Award in Effective Auditing and Inspection	4th Jan	Sat	Lahore	1	30,000
	4	HABC Level 3 International Award in Emergency First Aid at Work	6th Jan	Mon	Islamabad	1	35,000
	5	Ergonomics & Manual Handling: Task Based Skills	9th Jan	Thurs	Karachi	1	35,000
	6	Evasive and Security Driving Training Course	11th Jan	Sat	Islamabad	1	15,000
	7	DuPont Process Safety Management Course	13th Jan	Mon	Faisalabad	1	10,000
	8	Defensive Driving Training Course with on Road Practical	16th Jan	Thurs	Lahore	1	12,000
	9	HABC Train The Trainer Course: IADT Level 3	20th - 21st Jan	Mon-Tues	Lahore	2	40,000
	10	HABC Level 3 International Award in Emergency First Aid at Work	24th-25th Jan	Fri-Sat	Islamabad	2	30,000
	11	HABC Level 2 International Award in Fire Safety	29th Jan	Wed	Lahore	1	12,000
	12	DuPont Process Safety Management Course	31st Jan	Fri	Lahore	1	10,000
Feb-25							
Feb-25	1	HABC Level 2 International Award in Work at Height	1st Feb	Sat	Islamabad	1	10,000
	2	Green House Gases Accounting & Climate Action Training	3rd - 4th Feb	Mon-Tues	Islamabad	2	30,000
	3	Use of AED (Automated External Defibrillator) on Adults & Paediatrics	5th Feb	Wed	Lahore	1	8,000
	4	HABC Train The Trainer Course: IADT Level 3	6th-7th Feb	Thurs-Fri	Karachi	2	40,000
	5	Forklift Operating Safety In Hazardous Environment	8th Feb	Sat	Karachi	1	12,000
	6	Train The Trainer Course in Chemical Management	10th - 14 th Feb	Mon-Fri	Lahore	5	70,000
	7	HABC Level 2 COSHH	15th Feb	Sat	Islamabad	2	10,000
	8	Essential HSE Trainings (Set of 13 HSE Courses)	17th-18th Feb	Mon-Tues	Islamabad	2	16,000
	9	HSE Managers' Course: A complete course for managers	19th-21st Feb	Wed- Fri	Karachi	3	25,000
	10	Guards' Anti-Terrorism Awareness Training	22nd Feb	Sat	Karachi	1	8,000
	11	Scaffolding Safety	24th-25th Feb	Mon- Tues	Karachi	2	14,000
	12	Lean Manufacturing - Business Optimization	24th-27th Feb	Mon-Thurs	Lahore	4	25,000
	13	HSE Auditors' Course	26th - 27th Feb	Wed-Thurs	Karachi	2	18,000
	14	Health Management In Chemical Based Environment	28th Feb	Fri	Islamabad	1	12,000
Mar-25							
1	Electrical Safety Management In The Industry: NFPA 70E	1st Mar	Sat	Karachi	1	8,000	



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Mar-25	Manufacturing Excellence: Combination of Quality & HSE	3rd Mar	Mon	Lahore	1	12,000
	Train The Trainer Course in Climate Action Training - GHG Accounting & Target Setting	4th - 8th Mar	Tue - Sat	Karachi	5	70,000
	Safety Officers Course: A Course To Equip Your HSE Team With Advance Skills & Knowledge	6th-8th Mar	Thu-Sat	Islamabad	3	25,000
	HABC Level I International Award in Safe Moving and Handling	13th Mar	Thu	Islamabad	1	8,000
	Defensive Driving Training Course with on Road Practical	15th Mar	Sat	Lahore	1	12,000
	Train The Trainer Course in First Aid, CPR & Use of AED	18th - 21st Mar	Tue- Fri	Lahore	4	40,000
	HABC International Award in Working in Confined Spaces	20th Mar	Thurs	Lahore	1	8,000
	HABC Level 2 International Award in Fire Safety	24th Mar	Mon	Karachi	1	12,000
	H2S Awareness, Prevention & Mitigation Management	27th Mar	Thurs	Lahore	1	10,000
	Hazardous & Non Hazardous Waste Management	29th Mar	Sat	Lahore	1	14,000
	Apr-25					
Apr-25	Chemical Management Training	7th -8thApr	Mon-Tues	Lahore	2	16,000
	Scaffolding Safety Management	9th Apr	Wed	Islamabad	1	12,000
	HABC Train The Trainer Course: IADT Level 3	10th-11th Apr	Thurs-Fri	Karachi	2	40,000
	HABC Level 3 Award in Effective Auditing and Inspection	12th Apr	Sat	Karachi	1	30,000
	Incident Prevention, Investigation and Reporting	14th-15th Apr	Mon-Tues	Karachi	2	16,000
	Train The Trainer Course in Climate Action Training - GHG Accounting & Target Setting	15th - 19th Apr	Tues-Sat	Lahore	5	70,000
	HABC Level 3 International Award in Emergency First Aid at Work	21th Apr	Mon	Lahore	1	10,000
	Train The Trainer in Defensive Driving Course	16th -19th Apr	Wed - Sat	Karachi	4	50,000
	Production Optimization and Waste Reduction	22th - 23th Apr	Tues- Wed	Islamabad	2	25,000
	Fire Fighting Training Level 2	25th-26th Apr	Fri- Sat	Lahore	2	30,000
	HABC Level 3 International Award in Risk Assessment	28th Apr	Mon	Karachi	1	35,000
	Industrial Health Risk Assessment Training course	30th Apr	Wed	Lahore	1	8,000
May-25						
May-25	Use of AED (Automated External Defibrillator) on Adults & Paediatrics	2nd May	Fri	Lahore	1	8,000
	Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	2nd-3rd May	Fri-Sat	Islamabad	2	16,000
	Psychology of Workplace Safety	5th May	Mon	Karachi	1	10,000
	Lean Manufacturing - Business Optimization	6th-7th May	Tue- Wed	Karachi	2	16,000
	HABC Train The Trainer Course: IADT Level 3	8th-10th May	Thu-Sat	Karachi	3	40,000
	Safety Officers Course: A Course To Equip Your HSE Team With Advance Skills & Knowledge	8th-10th May	Thu-Sat	Islamabad	3	25,000
	Behavior Based Safety Management	12th May	Mon	Karachi	1	12,000
	HABC Train The Trainer Course: IADT Level 3	15th-16th May	Thu-Fri	Karachi	2	40,000
	Defensive Driving Training Course with on Road Practical	17th May	Sat	Karachi	1	12,000



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M	Fire Prevention, fire fighting and mitigation management training: Level 3	19th May	Mon	Lahore	1	8,000
	HABC Level 2 International Award in Fire Safety	20th May	Tues	Faisalabad	1	12,000
	Compressed Gas Cylinder Safety Training	21st May	Wed	Karachi	1	8,000
	Developing HSE Culture In the Organization	22nd-24th May	Thu-Sat	Lahore	3	30,000
	Ergonomics & Manual Handling: Task Based Skills	27th May	Tues	Lahore	1	8,000
	HABC Level 2 COSHH	30th May	Fri	Karachi	1	10,000
Jun-25						
Jun-25	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	2nd Jun	Mon	Islamabad	1	10,000
	HABC Level 2 International Award in Work at Height	4th Jun	Wed	Islamabad	1	10,000
	Guards' Anti-Terrorism Awareness Training	5th Jun	Thurs	Islamabad	1	8,000
	H2S Awareness, Prevention & Mitigation Management	12th Jun	Thurs	Lahore	1	12,000
	Train The Trainer in Defensive Driving Course	16th - 19th Jun	Mon-Thurs	Karachi	4	50,000
	HABC Level 2 Food Safety Training	20th Jun	Fri	Lahore	1	12,000
	Fire Prevention, fire fighting and mitigation management training	23rd Jun	Mon	Lahore	1	8,000
Hazardous & Non Hazardous Waste Management	25th Jun	Wed	Islamabad	1	12,000	
Jul-25						
Jul-25	HABC Train The Trainer Course: IADT Level 3	2nd-3rd Jul	Wed-Thu	Islamabad	2	40,000
	Hazardous & Non Hazardous Waste Management	4th Jul	Fri	Karachi	1	9,000
	Train The Trainer Course in First Aid, CPR & Use of AED	7th -10th Jul	Mon- Thurs	Karachi	4	40,000
	Security Management As Corporate Responsibility - As per ASIS	7th Jul	Mon	Islamabad	1	12,000
	Scaffolding Safety Management	11th Jul	Friday	Karachi	1	12,000
	Ergonomics & Manual Handling: Task Based Skills	12th Jul	Sat	Islamabad	1	9,000
	HABC Level 3 Award in Effective Auditing and Inspection	14th Jul	Mon	Lahore	2	30,000
	Manufacturing Excellence: Combination of Quality & HSE	18th Jul	Fri	Karachi	1	15,000
	Essential HSE Trainings (Set of 13 HSE Courses)	21st-22nd Jul	Mon-Tue	Karachi	2	16,000
	Fire Prevention, fire fighting and mitigation management training: Level 2	24th Jul	Thu	Lahore	1	10,000
	Defensive Driving Training Course with on Road Practical	26th Jul	Sat	Lahore	1	12,000
	DuPont Process Safety Management Course	28th Jul	Mon	Lahore	1	10,000
	Emergency Response Management: Planning, Leadership & Communication Training	30th Jul	Wed	Karachi	1	10,000
Aug-25						
Aug-25	Evasive and Security Driving Training Course	1st Aug	Fri	Karachi	1	10,000
	Train The Trainer Course in Chemical Management	4th - 8th Aug	Mon-Fri	Lahore	5	70,000
	Manufacturing Excellence: Combination of Quality & HSE	9th Aug	Sat	Karachi	1	15,000
	Construction Safety Management	11th-12th Aug	Mon-Tue	Islamabad	2	14,000
	HABC Level 3 International Award in Risk Assessment	13th Aug	Wed	Karachi	1	35,000



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Aug-25	Work At Height & Rescue From Height Training: Level 2	15th -16th Aug	Fri-Sat	Lahore	2	20,000
	Managing Hazardous Jobs Safely: A Set of 4 Subjects: A set of 4 subjects	19th-20th Aug	Tues-Wed	Karachi	2	14,000
	HABC Level 2 COSHH	22nd Aug	Fri	Karachi	1	10,000
	Defensive Driving Training Course with on Road Practical	23rd Aug	Sat	Islamabad	1	12,000
	Asbestos Safety & Its Secure Landfilling	25th Aug	Mon	Karachi	1	9,000
	Guards' Anti-Terrorism Awareness Training	26th Aug	Tues	Karachi	1	8,000
	Behavior Based Safety Management	28th Aug	Thurs	Lahore	1	10,000
	Industrial Hygiene Course	29th Aug	Fri	Lahore	1	10,000
Fire Prevention, fire fighting and mitigation management training: Level 3	30th Aug	Sat	Islamabad	1	10,000	
Sep-25						
Sep-25	Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	1st- 2nd Sep	Mon-Tue	Lahore	2	14,000
	Manufacturing Excellence: Combination of Quality & HSE	3rd Sep	Wed	Karachi	1	16,000
	HABC Level 3 Accident Investigation	4th Sep	Thu	Karachi	1	40,000
	HABC Level 2 Food Safety Training	8th Sep	Mon	Islamabad	1	10,000
	HABC Train The Trainer Course: IADT Level 3	8th-9th Sep	Mon-Tue	Lahore	2	40,000
	Train The Trainer Course in Climate Action Training - GHG Accounting & Target Setting	9th - 13th Sep	Tue - Sat	Lahore	5	70,000
	Hot Work Safety: As Per OSHA Standards	16th Sep	Tues	Lahore	1	8,000
	Asbestos Safety & Its Secure Landfilling	17th Sep	Wed	Karachi	1	10,000
	Defensive Driving Training Course with on Road Practical	18th Sep	Thurs	Islamabad	1	12,000
	Evasive and Security Driving Training Course	19th-20th Sep	Fri-Sat	Lahore	2	20000
	Train The Trainer Course in Chemical Management	22nd - 26th Sep	Mon- Fri	Islamabad	5	60,000
	Fire Prevention, fire fighting and mitigation management training: Level 2	27th Sep	Sat	Lahore	1	12,000
	Work At Height & Rescue From Height Training: Level 2	26th-27th Sep	Fri- Sat	Karachi	2	20,000
	Electrical Safety Management In The Industry: NFPA 70E	29th Sep	Mon	Karachi	1	10,000
Oct-25						
Oct-25	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	1st Oct	Wed	Lahore	1	10,000
	Save Lives In Emergencies: A Combined Course on First Aid & Fire Safety	2nd Oct	Thu	Karachi	1	12,000
	Implementation of Behavior Based Safety Program	3rd-4th Oct	Fri-Sat	Karachi	2	18,000
	Safety Officers Course: A Course To Equip Your HSE Team With Advance Skills & Knowledge	9th-11th Oct	Thu-Sat	Islamabad	3	25,000
	Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	9th-10th Oct	Thu-Fri	Karachi	2	14,000
	Use of AED (Automated External Defibrillator) on Adults & Paediatrics	11th Oct	Sat	Islamabad	1	8,000
	HABC Train The Trainer Course: IADT Level 3	13th-15th Oct	Mon-Wed	Karachi	3	40,000
	Managing Hazardous Jobs Safely: A Set of 4 Safety Subjects	16th-17th Oct	Thu-Fri	Lahore	2	40,000
	First Aid with practical CPR(based on latest AHA guidelines): Level 2	20th Oct	Mon	Karachi	1	8,000
	Hazardous & Non Hazardous Waste Management	22nd Oct	Wed	Lahore	1	10,000



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11	HABC Level 2 COSHH	23rd Oct	Thu	Islamabad	1	10,000	
12	Conducting Successful Internal HSE Audits	27th-28th Oct	Mon-Tue	Lahore	2	18,000	
Nov-25							
1	Nov-25	Essential HSE Trainings (Set of 13 HSE Courses)	3rd-4th Nov	Mon-Tues	Karachi	2	18,000
2		Emergency Response Management: Planning, Leadership & Communication Training Course	4th Nov	Tues	Islamabad	1	10,000
3		HABC Level 2 International Award in Fire Safety	5th Nov	Wed	Lahore	2	12,000
4		Production Optimization and Waste Reduction	6th - 7th Nov	Thu-Fri	Karachi	2	20,000
5		Save a Life: Fire Fighting & First Aid Training	10th-11th Nov	Mon-Tues	Lahore	2	18,000
6		Forklift Operating Safety In Hazardous Environment	12th Nov	Wed	Lahore	1	12,000
7		HABC Train The Trainer Course: IADT Level 3	13th-14th Nov	Thu-Fri	Lahore	3	40,000
8		First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	19th Nov	Wed	Karachi	1	12,000
9		Warehouse Safety Management: Prevent Warehouse Injuries and Accidents Training Course	20th Nov	Thu	Karachi	1	12,000
10		Fundamentals of Occupational Safety, Health & Environment Management	21st-22nd Nov	Fri-Sat	Islamabad	2	20,000
11		HABC Level 2 COSHH	24th Nov	Mon	Lahore	1	10,000
12		Building Safety Culture via Behaviour Based Safety Training Course	26th Nov	Wed	Lahore	1	12,000
13		Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	24th-25th Nov	Mon-Tue	Karachi	2	14,000
14		Work At Height & Rescue From Height Training: Level 2	27th-28th Nov	Thu-Fri	Karachi	2	20,000
Dec-25							
1	Dec-25	Electrical Safety & LOTO Course	1st Dec	Mon	Lahore	1	10,000
2		HAZMAT Transportation Safety Management	2nd Dec	Tues	Lahore	1	25,000
3		Use of AED (Automated External Defibrillator) on Adults & Paediatrics	3rd Dec	Wed	Karachi	1	9,000
4		Train The Trainer Course In Defensive Driving Training	4th-6th Dec	Thu-Sat	Lahore	3	40,000
5		HABC Level 3 International Award in Risk Assessment	8th Dec	Mon	Lahore	1	35,000
6		Hazard Communication and Hazardous Material Management Training Course	15th Dec	Mon	Lahore	1	10,000
7		Train Train Trainer Course In Climate Action Training	9th - 13th Dec	Tue - Sat	Islamabad	5	70,000
8		Hazardous & Non Hazardous Waste Management Training	16th Dec	Tues	Lahore	1	10,000
9		Corporate Risk Management Training	17th Dec	Wed	Islamabad	1	10,000
10		SCBA Application and Donning training course	18th Dec	Thu	Karachi	1	8,000
11		Manual Handling and Lifting Training Course with Practical	20th Dec	Sat	Karachi	1	8,000
12		HABC Train The Trainer Course: IADT Level 3	25th-26th Dec	Thu-Fri	Lahore	3	40,000
13		HABC Level 2 Food Safety Training	27th Dec	Sat	Islamabad	1	10,000



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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.

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

Get Official Quotes For In-House Services



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19	DuPont Process Safety Management		3 Days			

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