



Occupational Safety, Health & Environmental Services

Accredited & Customized QHSE Training Plan 2026



Month	Course Name	Dates	Day	Location	Duration	Price (PKR)
				City	Days	Per Person
Jan-26						
1	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	1st Jan	Thurs	Karachi	1	10,000
2	Chemical Safety Management: Hazardous & Non Hazardous Materials	2nd Jan	Fri	Karachi	1	10,000
3	HABC Level 3 Award in Effective Auditing and Inspection	5th Jan	Mon	Lahore	1	30,000
4	HABC Level 3 International Award in Emergency First Aid at Work	6th Jan	Tues	Islamabad	1	35,000
5	Ergonomics & Manual Handling: Task Based Skills	9th Jan	Fri	Karachi	1	35,000
6	Evasive and Security Driving Training Course	12th Jan	Mon	Islamabad	1	15,000
7	DuPont Process Safety Management Course	13th Jan	Tues	Faisalabad	1	10,000
8	Defensive Driving Training Course with on Road Practical	16th Jan	Fri	Lahore	1	12,000
9	HABC Train The Trainer Course: IADT Level 3	20th - 21st Jan	Tues-Wed	Lahore	2	40,000
10	HABC Level 3 International Award in Emergency First Aid at Work	26th-27th Jan	Mon-Tues	Islamabad	2	30,000
11	HABC Level 2 International Award in Fire Safety	29th Jan	Thurs	Lahore	1	12,000
12	DuPont Process Safety Management Course	31th Jan	Sat	Lahore	1	10,000
Feb-26						
1	HABC Level 2 International Award in Work at Height	2nd Feb	Mon	Islamabad	1	10,000
2	Green House Gases Accounting & Climate Action Training	3rd - 4th Feb	Tues-Wed	Islamabad	2	30,000
3	Use of AED (Automated External Defibrillator) on Adults & Paediatrics	5th Feb	Thurs	Lahore	1	8,000
4	HABC Train The Trainer Course: IADT Level 3	6th-7th Feb	Fri-Sat	Karachi	2	40,000
5	Forklift Operating Safety In Hazardous Environment	9th Feb	Mon	Karachi	1	12,000
6	Train The Trainer Course in Chemical Management	10th - 14 th Feb	Tues-Sat	Lahore	5	70,000
7	HABC Level 2 COSHH	16th Feb	Mon	Islamabad	2	10,000
8	Essential HSE Trainings (Set of 13 HSE Courses)	17th-18th Feb	Tues-Wed	Islamabad	2	16,000
9	HSE Managers' Course: A complete course for managers	19th-21st Feb	Thurs-Sat	Karachi	3	25,000
10	Guards' Anti-Terrorism Awareness Training	23rd Feb	Mon	Karachi	1	8,000
11	Scaffolding Safety	24th-25th Feb	Tues-Wed	Karachi	2	14,000
12	Lean Manufacturing - Business Optimization	24th-27th Feb	Tues-Fri	Lahore	4	25,000
13	HSE Auditors' Course	26th - 27th Feb	Thurs-Fri	Karachi	2	18,000
14	Health Management In Chemical Based Environment	28th Feb	Sat	Islamabad	1	12,000
Mar-26						
1	Electrical Safety Management In The Industry: NFPA 70E	2nd Mar	Mon	Karachi	1	8,000
2	Manufacturing Excellence: Combination of Quality & HSE	3rd Mar	Tues	Lahore	1	12,000



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



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	Month	Course Name	Dates	Day	Location	Duration	Price (PKR)📄
8		Developing HSE Culture In the Organization	21st-23rd May	Thu-Sat	Lahore	3	30,000
9		Ergonomics & Manual Handling: Task Based Skills	27th May	Wed	Lahore	1	8,000
10		HABC Level 2 COSHH	29th May	Fri	Karachi	1	10,000
	Jun-26						
1	Jun-26	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	1st Jun	Mon	Islamabad	1	10,000
2		HABC Level 2 International Award in Work at Height	4th Jun	Thurs	Islamabad	1	10,000
3		Guards' Anti-Terrorism Awareness Training	5th Jun	Fri	Islamabad	1	8,000
9		H2S Awareness, Prevention & Mitigation Management	12th Jun	Fri	Lahore	1	12,000
10		Train The Trainer in Defensive Driving Course	16th - 19th Jun	Tues-Fri	Karachi	4	50,000
11		HABC Level 2 Food Safety Training	20th Jun	Sat	Lahore	1	12,000
12		Fire Prevention, fire fighting and mitigation management training	23rd Jun	Tues	Lahore	1	8,000
13		Hazardous & Non Hazardous Waste Management	25th Jun	Thurs	Islamabad	1	12,000
	Jul-26						
1	Jul-26	HABC Train The Trainer Course: IADT Level 3	1st-2nd Jul	Wed-Thu	Islamabad	2	40,000
2		Hazardous & Non Hazardous Waste Management	3rd Jul	Fri	Karachi	1	9,000
3		Train The Trainer Course in First Aid, CPR & Use of AED	6th -9th Jul	Mon- Thurs	Karachi	4	40,000
4		Security Management As Corporate Responsibility - As per ASIS	6th Jul	Mon	Islamabad	1	12,000
5		Scaffolding Safety Management	10th Jul	Friday	Karachi	1	12,000
6		Ergonomics & Manual Handling: Task Based Skills	13th Jul	Mon	Islamabad	1	9,000
7		HABC Level 3 Award in Effective Auditing and Inspection	14th Jul	Tues	Lahore	2	30,000
8		Manufacturing Excellence: Combination of Quality & HSE	17th Jul	Fri	Karachi	1	15,000
9		Essential HSE Trainings (Set of 13 HSE Courses)	21st-22nd Jul	Tue-Wed	Karachi	2	16,000
10		Fire Prevention, fire fighting and mitigation management training: Level 2	24th Jul	Fri	Lahore	1	10,000
11		Defensive Driving Training Course with on Road Practical	27th Jul	Mon	Lahore	1	12,000
12		DuPont Process Safety Management Course	28thJul	Tues	Lahore	1	10,000
13		Emergency Response Management: Planning, Leadership & Communication Training	30th Jul	Thurs	Karachi	1	10,000
	Aug-26						
1	Aug-26	Evasive and Security Driving Training Course	1st Aug	Sat	Karachi	1	10,000
2		Train The Trainer Course in Chemical Management	4th - 8th Aug	Tues-Sat	Lahore	5	70,000
3		Manufacturing Excellence: Combination of Quality & HSE	10th Aug`	Mon	Karachi	1	15,000
4		Constrution Safety Management	11th-12th Aug	Tue-Wed	Islamabad	2	14,000
5		HABC Level 3 International Award in Risk Assessment	13th Aug	Thurs	Karachi	1	35,000
6		Work At Height & Rescue From Height Training: Level 2	14th -15th Aug	Fri-Sat	Lahore	2	20,000
7		Managing Hazardous Jobs Safely: A Set of 4 Subjects: A set of 4 subjects	19th-20th Aug	Wed-Thurs	Karachi	2	14,000
8		HABC Level 2 COSHH	22nd Aug	Sat	Karachi	1	10,000
9		Defensive Driving Training Course with on Road Practical	24th Aug	Mon	Islamabad	1	12,000



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10	Asbestos Safety & Its Secure Landfilling	25th Aug	Tues	Karachi	1	9,000
11	Guards' Anti-Terrorism Awareness Training	26th Aug	Wed	Karachi	1	8,000
12	Behavior Based Safety Management	28th Aug	Fri	Lahore	1	10,000
13	Industrial Hygiene Course	29th Aug	Sat	Lahore	1	10,000
14	Fire Prevention, fire fighting and mitigation management training: Level 3	31st Aug	Mon	Islamabad	1	10,000
Sep-26						
1	Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	1st- 2nd Sep	Tue-Wed	Lahore	2	14,000
2	Manufacturing Excellence: Combination of Quality & HSE	3rd Sep	Thurs	Karachi	1	16,000
3	HABC Level 3 Accident Investigation	4th Sep	Fri	Karachi	1	40,000
4	HABC Level 2 Food Safety Training	8th Sep	Tues	Islamabad	1	10,000
5	HABC Train The Trainer Course: IADT Level 3	8th-9th Sep	Tue-Wed	Lahore	2	40,000
6	Train The Trainer Course in Climate Action Training - GHG Accounting & Target Setting	8th - 12th Sep	Tue - Sat	Lahore	5	70,000
7	Hot Work Safety: As Per OSHA Standards	16th Sep	Wed	Lahore	1	8,000
8	Asbestos Safety & Its Secure Landfilling	17th Sep	Thurs	Karachi	1	10,000
9	Defensive Driving Training Course with on Road Practical	18th Sep	Fri	Islamabad	1	12,000
10	Evasive and Security Driving Training Course	18th-19th Sep	Fri-Sat	Lahore	2	20000
11	Train The Trainer Course in Chemical Management	21st- 25th Sep	Mon- Fri	Islamabad	5	60,000
12	Fire Prevention, fire fighting and mitigation management training: Level 2	26th Sep	Sat	Lahore	1	12,000
13	Work At Height & Rescue From Height Training: Level 2	28th-29th Sep	Mon-Tues	Karachi	2	20,000
14	Electrical Safety Management In The Industry: NFPA 70E	30th Sep	Wed	Karachi	1	10,000
Oct-26						
1	First Aid Training With Practical CPR: A course based on AHA Recommendations: Level 2	1st Oct	Thurs	Lahore	1	10,000
2	Save Lives In Emergencies: A Combined Course on First Aid & Fire Safety	2nd Oct	Fri	Karachi	1	12,000
3	Implementation of Behavior Based Safety Program	2nd-3rd Oct	Fri-Sat	Karachi	2	18,000
4	Safety Officers Course: A Course To Equip Your HSE Team With Advance Skills & Knowledge	8th-10th Oct	Thu-Sat	Islamabad	3	25,000
5	Incident Investigation, Root Cause Analysis and Formal Reporting Training Course	9th-10th Oct	Fri-Sat	Karachi	2	14,000
6	Use of AED (Automated External Defibrillator) on Adults & Paediatrics	12th Oct	Mon	Islamabad	1	8,000
7	HABC Train The Trainer Course: IADT Level 3	13th-15th Oct	Tues-Thurs	Karachi	3	40,000
8	Managing Hazardous Jobs Safely: A Set of 4 Safety Subjects	16th-17th Oct	Fri-Sat	Lahore	2	40,000
9	First Aid with practical CPR(based on latest AHA guidelines): Level 2	20th Oct	Tues	Karachi	1	8,000
10	Hazardous & Non Hazardous Waste Management	22nd Oct	Thurs	Lahore	1	10,000
11	HABC Level 2 COSHH	23rd Oct	Fri	Islamabad	1	10,000
12	Conducting Successful Internal HSE Audits	27th-28th Oct	Tue-Wed	Lahore	2	18,000
Nov-26						



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

Note: For In-House Trainings, please contact for a customized quote.
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.



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Month	Course Name	Dates	Day	Location	Duration	Price (PKR)₹
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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: +92 325 4646062-3; +92 332 6722137 | P: +92 42 35965646; 42 35114848 | E: info@oshespk.com | URL: www.oshespk.com