

OCCUPATIONAL SAFETY & HEALTH ADMINISTRATION (OSHA) STANDARDS

"Ensuring Workplace Safety through Compliance with OSHA Regulations and Best Practices"

Schedule

| Date | Venue | Fees (Face-to-Face) |
|------------------|------------|-----------------------|
| 08 - 12 Jun 2026 | Dubai, UAE | USD 3495 per delegate |

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

In hazardous and high-risk work environments, understanding and applying OSHA standards is critical to protecting workers, reducing incidents, and ensuring compliance with safety laws. OSHA regulations provide the foundation for safety programs across various industries and are recognized globally for their effectiveness in minimizing occupational hazards.

This 5-day comprehensive training covers key OSHA standards, general industry safety rules, and practical application strategies for risk identification, mitigation, and compliance. Participants will gain the tools and knowledge needed to implement OSHA-based safety programs, conduct inspections, and cultivate a proactive safety culture within their organizations.

Objectives

By the end of this course, participants will be able to:

- Understand the structure and scope of OSHA regulations and standards
- Identify common workplace hazards and apply appropriate control measures
- Implement OSHA-compliant safety programs and procedures
- Conduct internal audits and safety inspections in accordance with OSHA guidelines
- Promote a culture of health and safety within the organization

Why Attend

- Comprehend the core principles and structure of OSHA regulations
- Reduce workplace incidents through better hazard recognition and prevention
- Align internal safety procedures with international best practices
- Equip safety leaders with tools to drive compliance and employee protection
- Strengthen organizational resilience and audit preparedness

Target Audience

This program is designed for:

- Health, Safety & Environment (HSE) officers and managers
- Operations and facility managers
- Maintenance and engineering supervisors
- Compliance officers and auditors
- Anyone involved in implementing or supervising safety practices

Individual Benefits

Key competencies that will be developed include:

- OSHA standards interpretation and application
- Hazard identification, assessment, and control
- Safety program development and documentation
- Incident investigation and root cause analysis
- Safety leadership and behavior-based safety techniques

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Enhanced compliance with OSHA standards and local regulations
- Reduced workplace accidents, injuries, and liabilities
- Improved safety audits and inspection readiness
- Increased workforce awareness and engagement in safety programs
- Lower insurance costs and improved operational continuity

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Instructor-Led Presentations – OSHA standards, regulations, and updates
- Real-Life Case Studies – Workplace incidents and compliance issues
- Interactive Exercises – Hazard identification, inspections, and assessments
- Practical Workshops – Safety planning, reporting, and corrective actions
- Tools & Templates – Safety audit forms, checklists, and training matrices

Course Outline

Training Hours: 7:30 AM - 3:30 PM Daily Format: 3-4 Learning Modules | Coffee Breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 - 02:00

Day 1: Introduction to OSHA Standards and Compliance

- Module 1: Overview of OSHA and Regulatory Framework (07:30 - 09:30) • OSHA mission, scope, and enforcement powers • OSHA General Duty Clause and key definitions
- Module 2: Rights and Responsibilities under OSHA (09:45 - 11:15) • Employer vs employee obligations • Whistleblower protection and recordkeeping requirements
- Module 3: Hazard Communication Standard (HCS) (11:30 - 01:00) • Safety Data Sheets (SDS), labels, and pictograms • GHS alignment and training obligations
- Module 4: Workshop - HAZCOM Program Evaluation (02:00 - 03:30) • Review and improve an HCS plan

Day 2: General Industry Safety and Health Standards

- Module 5: Walking-Working Surfaces and Fall Protection (07:30 - 09:30) • Guardrails, ladders, scaffolding, and safety nets • Fall hazard assessments
- Module 6: Electrical Safety (09:45 - 11:15) • Lockout/tagout procedures (LOTO) • Arc flash risks and PPE
- Module 7: Machine Guarding and Industrial Equipment (11:30 - 01:00) • Moving parts, control systems, and guarding types • Operational safety checklists
- Module 8: Workshop - Site Safety Hazard Mapping (02:00 - 03:30) • Identify and classify hazards in a simulated layout

Day 3: Health Programs and Emergency Preparedness

- Module 9: Occupational Health and Exposure Controls (07:30 - 09:30) • Noise, air quality, ergonomics, chemical hazards • Exposure limits and health surveillance
- Module 10: Personal Protective Equipment (PPE) Standards (09:45 - 11:15) • Selection, training, and maintenance of PPE • PPE hazard assessment and compliance
- Module 11: Fire Safety and Emergency Action Plans (11:30 - 01:00) • Egress routes, fire extinguishers, alarms, drills • Emergency preparedness and response coordination
- Module 12: Workshop - Build a Workplace Emergency Plan (02:00 - 03:30) • Develop and evaluate an EAP

Day 4: Incident Reporting, Inspections & Enforcement

- Module 13: Incident Investigation and Root Cause Analysis (07:30 - 09:30) • Accident vs near miss, evidence collection • Causal analysis methods: 5 Whys, fishbone
- Module 14: OSHA Inspections and Enforcement (09:45 - 11:15) • Inspection process, citations, penalties • Preparing for unannounced visits
- Module 15: Recordkeeping and OSHA Logs (11:30 - 01:00) • OSHA 300, 300A, and 301 forms • Reporting timelines and exemptions
- Module 16: Workshop - Simulate an OSHA Inspection (02:00 - 03:30) • Mock audit with documentation review

Day 5: Safety Program Development and Integration

- Module 17: Building a Proactive Safety Culture (07:30 - 09:30) • Behavior-based safety and leadership involvement • Recognition, accountability, and motivation
- Module 18: Developing OSHA-Compliant Safety Programs (09:45 - 11:15) • Training plans, safety committees, and policy writing • Safety metrics and continuous improvement
- Module 19: Final Case Study - OSHA Compliance Plan (11:30 - 01:00) • Group work on a company-wide OSHA roadmap
- Module 20: Certification Review & Course Closure (02:00 - 03:30) • Q&A, recap, and exam

Certification

Participants will receive a Certificate of Completion in Occupational Safety & Health Administration (OSHA) Standards, confirming their ability to interpret, apply, and enforce OSHA-compliant safety procedures in general industry environments.

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