OSHA: Occupational Safety & Health Administration Standards

22 – 26 November 2026
Amman (Jordan)



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Introduction

The OSHA Standards Occupational Safety and Health Administration are comprehensive and precise guidelines that focus on occupational health and safety. These standards are required by law in the United States, but their influence extends globally, as many organizations around the world adhere to these standards due to their proven effectiveness in preventing workplace injuries, illnesses, and fatalities.

Understanding modern health and safety practices is vital for the safe operation of businesses, plants, and industrial activities. Risk assessment and the role of health and safety management are key elements in ensuring safety in all working environments. The OSHA standards not only highlight workplace hazards but also address the financial and moral drivers for proper safety management.

This interactive OSHA training course offers an understanding of the causes of accidents, incidents, and disasters. Through the investigation of real-life failures that have led to significant disasters, this course equips participants with the knowledge to develop robust safety systems for operational and process safety. The course also covers essential topics in occupational health, offering a detailed model for accident causation and the influence of human error.

Course Objectives

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

- Understand the role of OSHA in improving occupational safety and health.
- Develop a deeper appreciation of occupational health and the importance of health surveillance.
- Understand how incidents occur and how human factors contribute to accidents.
- Analyze new and existing risk control measures and improve techniques for incident analysis.
- Apply the concept of inherently safe technology to reduce workplace hazards.
- Understand the financial, legal, and moral imperatives for maintaining OSHA compliance.

Course Outlines

Day 1: All About OSHA and Health & Safety

- Introduction to OSHA Standards and their significance in improving workplace safety.
- Health and Safety Drivers and the role of health and safety management systems.
- OSHA inspections: Procedures and expectations.
- Understanding risk assessment procedures and their importance in workplace safety.
- Developing safe systems of work and effective safety management policies.



Day 2: Aspects of Occupational Health

- Introduction to occupational health and its impact on workplace safety.
- Understanding health hazards and their effects.
- The Global Harmonization System for classification and hazard communication OSHA 1910.1200.
- Addressing bloodborne pathogens OSHA 1910.1030 and noise hazards OSHA 1910.95.
- Understanding the role of health surveillance and its importance in workplace safety.
- Group activities focused on practical hazard recognition.

Day 3: Work at Height & Confined Space Hazards

- Safety measures for working with scaffolding OSHA 1926.450 and portable ladders OSHA 1910.23.
- Work permits and Hot Work Permits in hazardous environments OSHA 1910.119k.
- Lockout/Tagout procedures and the importance of equipment safety OSHA 1910.147.
- Best practices for handling permit-required confined spaces OSHA 1910.146.
- Overview of Personal Protective Equipment PPE requirements and standards OSHA 1910.132.

Day 4: Process Safety

- Understanding the fire triangle and measures to control fire hazards.
- Fire safety risk assessments and related OSHA standards.
- Process Safety Management OSHA 1910.119 and HAZOP Studies.
- Case study: Addressing tank farms and other process safety challenges.
- The role of inherently safer technology in improving process safety.
- Group activities focused on real-life refinery disaster case studies.

Day 5: Incident Investigation, Startup, and Disaster Response

- The importance of organizational memory in preventing safety incidents.
- Incident investigation methods and reporting requirements OSHA 1910.119m.
- Human factors in accident causation and how to minimize them.
- Introduction to process safety indicators ANSI/API RP 754 and their role in safety monitoring.
- Procedures for operating envelopes and pre-startup safety reviews OSHA 1910.119f.
- Case study on emergency response and lessons learned from past disasters.

Why Attend this Course: Wins & Losses!

Attending this course offers numerous benefits for individuals and organizations looking to improve their safety management systems and achieve OSHA compliance:



- Comprehensive OSHA Standards Training: Gain an in-depth understanding of OSHA standards and how to implement them effectively to ensure workplace safety and OSHA compliance certification.
- Improved Risk Control Measures: Learn how to analyze and improve incident analysis techniques, both pre- and post-risk management, enhancing overall safety protocols.
- Health and Safety Leadership: Develop leadership skills in managing occupational health and safety programs and creating a culture of safety within your organization.
- Practical Tools for Safety: Walk away with actionable tools such as safe systems of work, risk assessments, and procedures for incident investigations and emergency responses.
- Achieve OSHA Certification: This course prepares participants for occupational safety certification, ensuring they are fully prepared to lead and manage safety programs within their organizations.
- Minimize Workplace Hazards: Learn how to effectively use inherently safer technologies and health surveillance to reduce workplace risks and improve safety.

Without this course, your organization may continue to face unaddressed safety concerns, potentially leading to accidents, injuries, and non-compliance with OSHA regulations. Don't risk missing out on this opportunity to transform your workplace safety management practices.

Conclusion

This OSHA training course provides participants with a comprehensive understanding of the Occupational Safety and Health Administration standards and their critical role in maintaining a safe and healthy workplace. By incorporating key concepts such as incident investigations, process safety management, and risk control measures, this course equips individuals to take a proactive approach to workplace safety.

If you are looking to improve your occupational safety practices and achieve OSHA compliance, this course will give you the knowledge, skills, and tools necessary to ensure a safer work environment for all.

