

OSHA: Occupational Safety & Health Administration Standards

Cape Town (South Africa)

9 - 13 March 2026

UK Traininig

PARTNER



OSHA: Occupational Safety & Health Administration Standards

Code: HS28 **From:** 9 - 13 March 2026 **City:** Cape Town (South Africa) **Fees:** 4000 **Pound**

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 operations. 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 provides insights into 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

PARTNER



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.



Blackbird Training Cities

Europe



Malaga (Spain)



Sarajevo (Bosnia and Herzegovina)



Oporto (Portugal)



Glasgow (Scotland)



Edinburgh (UK)



Oslo (Norway)



Annecy (France)



Bordeaux (France)



Copenhagen (Denmark)



Birmingham (UK)



Lyon (France)



Moscow (Russia)



Stockholm (Sweden)



Podgorica (Montenegro)



Batumi (Georgia)



Salzburg (Austria)



London (UK)



Istanbul (Turkey)



Amsterdam



Düsseldorf (Germany)



Paris (France)



Athens (Greece)



Barcelona (Spain)



Munich (Germany)



Geneva (Switzerland)



Prague (Czech)



Vienna (Austria)



Rome (Italy)



Brussels (Belgium)



Madrid (Spain)



Berlin (Germany)



Lisbon (Portugal)



Zurich (Switzerland)



Manchester (UK)



Milan (Italy)



Blackbird Training Cities

USA & Canada



Los Angeles (USA)



Orlando, Florida (USA)



Online



Phoenix, Arizona (USA)



Houston, Texas (USA)



Boston, MA (USA)



Washington (USA)



Miami, Florida (USA)



New York City (USA)



Seattle, Washington (USA)



Washington DC (USA)



In House



Jersey, New Jersey (USA)



Toronto (Canada)

ASIA



Baku (Azerbaijan)
(Thailand)



Maldives (Maldives)



Doha (Qatar)



Manila (Philippines)



Bali (Indonesia)



Bangkok



Beijing (China)



Singapore (Singapore)



Sydney



Tokyo (Japan)



Jeddah (KSA)



Riyadh (KSA)



Melbourne (Australia)
Korea



Phuket (Thailand)



Dubai (UAE)



Kuala Lumpur (Malaysia)



Kuwait City (Kuwait)



Seoul (South)



Pulau Ujong (Singapore)



Irbid (Jordan)



Jakarta (Indonesia)



Amman (Jordan)



Beirut



Blackbird Training Cities

AFRICA



Kigali (Rwanda)



Cape Town (South Africa)



Accra (Ghana)



Lagos (Nigeria)



Marrakesh (Morocco)



Nairobi (Kenya)



Zanzibar (Tanzania)



Tangier (Morocco)



Cairo (Egypt)



Sharm El-Sheikh (Egypt)



Casablanca (Morocco)



Tunis (Tunisia)



Blackbird Training Clients



MANNAI Trading
Company WLL,
Qatar



Alumina Corporation
Guinea



Booking.com
Netherlands



Oxfam GB International
Organization,
Yemen



Capital Markets
Authority,
Kuwait



Waltersmith Petroman Oil Limited
Nigeria



Qatar National Bank
(QNB),
Qatar



Qatar Foundation,
Qatar



AFRICAN UNION ADVISORY
BOARD ON CORRUPTION,
Tanzania



KFAS
Kuwait



Reserve Bank of
Malawi,
Malawi



Central Bank of Nigeria
Nigeria



Ministry of Interior
Kingdom of Saudi Arabia
KSA



Mabruk Oil Company
Libya



Saudi Electricity
Company,
KSA



BADAN PENGELOLA
KEUANGAN Haji,
Indonesia



NATO
Italy



ENI CORPORATE
UNIVERSITY,
Italy



Gulf Bank
Kuwait



General Organization for
Social Insurance
KSA



Defence Space Administration
Nigeria



National Industries
Group (Holding),
Kuwait



Hamad Medical
Corporation,
Qatar



USAID
Pakistan



STC Solutions,
KSA



North Oil company,



EKO Electricity



Oman Broadband



UNITED NATIONS
UN.



Authority for

UK Training
PARTNER



Blackbird Training Categories

Management & Admin

Entertainment & Leisure
Professional Skills
Finance, Accounting, Budgeting
Media & Public Relations
Project Management
Human Resources
Audit & Quality Assurance
Marketing, Sales, Customer Service
Secretary & Admin
Supply Chain & Logistics
Management & Leadership
Agile and Elevation

Technical Courses

Artificial Intelligence (AI)
Hospital Management
Public Sector
Special Workshops
Oil & Gas Engineering
Telecom Engineering
IT & IT Engineering
Health & Safety
Law and Contract Management
Customs & Safety
Aviation
C-Suite Training



International House 185 Tower Bridge
Road London SE1 2UF United Kingdom



+44 7401 1773 35
+44 7480 775526



Sales@blackbird-training.com



www.blackbird-training.com

