Garnet
Garnet Global Training Center

GGT-HS-118

HSE & Process Safety

Ergonomics & Manual Handling

بيئة العمل والمناولة اليدوية

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Intermediate (practitioner)**

Overview

Ergonomics & Manual Handling focuses on how the work is actually done: the methods, checks and decisions practitioners use every day, illustrated with real cases from the region. Prevent incidents by understanding hazards, controlling risk and leading safety culture. It runs as a 5-day or 10-day program in English or Arabic, in classrooms in Dubai, Riyadh, Cairo, London, Istanbul and other cities, or live online, and can be delivered in-house.

What you will be able to do

- Apply the methods and standards of Ergonomics & Manual Handling to real tasks.
- Interpret data and results correctly and act on them.
- Follow safe, compliant and documented work practices.
- Avoid the mistakes that most often cause rework or failure.
- Share good practice with your team.

Who should attend

HSE professionals, operations leaders, supervisors and anyone accountable for safe work. Practitioners with one to five years of experience benefit most.

Key topics

- Hazard identification and risk assessment
- Barriers, bow-tie and layers of protection
- Legal duties and international standards
- Human factors and safety culture
- Emergency preparedness
- Lessons from major accident investigations

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

WhatsApp: +971 56 674 7382

Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Ergonomics & Manual Handling: principles and standards

- Hazard identification and risk assessment
- Hands-on workshop on a workplace challenge

Day 2 Methods and tools in practice

- Barriers, bow-tie and layers of protection
- Legal duties and international standards

Day 3 Diagnosis and problem solving

- Human factors and safety culture
- Common mistakes and how to avoid them

Day 4 Quality, safety and documentation

- Emergency preparedness
- Regional and international case studies

Day 5 Workshop, assessment and action plan

- Lessons from major accident investigations
- Checklists and templates to take away

10-day outline

Day 1 Ergonomics & Manual Handling: principles and standards

- Hazard identification and risk assessment
- Hands-on workshop on a workplace challenge

Day 2 Methods and tools in practice

- Barriers, bow-tie and layers of protection
- Legal duties and international standards

Day 3 Diagnosis and problem solving

- Human factors and safety culture
- Common mistakes and how to avoid them

Day 4 Quality, safety and documentation

- Emergency preparedness
- Regional and international case studies

Day 5 Workshop, assessment and action plan

- Lessons from major accident investigations
- Checklists and templates to take away

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Group discussion and peer review

Day 7 Digital tools, data and automation

- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice

- Global performance benchmarks
- Measurement and reporting

Day 9 Capstone project

- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates

- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
4–8 Jan 2027	5-day online	Live online	Arabic	2,950
18–29 Apr 2027	10-day classroom	Doha	Arabic	8,950
9–13 May 2027	5-day classroom	Manama	English	4,750
6–10 Sep 2027	5-day classroom	London	English	4,750
8–12 May 2028	5-day classroom	Abu Dhabi	Arabic	4,750
18–29 Jun 2028	10-day classroom	Amman	English	8,950
16–20 Jul 2028	5-day classroom	Cairo	English	4,750
11–22 Dec 2028	10-day online	Live online	Arabic	5,450
16–20 Apr 2029	5-day online	Live online	English	2,950

Dates	Format	City	Language	Fee (USD)
20–24 May 2029	5-day classroom	Riyadh	English	4,750
19–30 Nov 2029	10-day classroom	Casablanca	English	8,950
17–21 Dec 2029	5-day classroom	Dubai	Arabic	4,750
4–15 Mar 2030	10-day classroom	Dubai	English	8,950
1–12 Apr 2030	10-day online	Live online	Arabic	5,450
9–13 Sep 2030	5-day classroom	Abu Dhabi	Arabic	4,750
11–15 Nov 2030	5-day classroom	Paris	English	4,750

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/