Garnet
Garnet Global Training Center

GGT-HS-130

HSE & Process Safety

Heat Stress Management

إدارة الإجهاد الحراري

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

Overview

This program treats Heat Stress Management as a managed system: policies, roles, resources, performance indicators and continual improvement. 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

- Set up and run Heat Stress Management as a managed process with clear roles.
- Report clearly to senior management and stakeholders.
- Manage contractors, suppliers and internal customers.
- Plan resources, budgets and schedules realistically.
- Define KPIs and build simple dashboards for management.

Who should attend

HSE professionals, operations leaders, supervisors and anyone accountable for safe work. It suits supervisors, section heads and specialists who manage, or are about to manage, this area.

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

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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 Heat Stress Management: the management framework

- Human factors and safety culture
- Checklists and templates to take away

Day 2 Planning, resources and budgets

- Emergency preparedness
- Lessons from major accident investigations

Day 3 Performance measurement and control

- Hazard identification and risk assessment
- Group discussion and peer review

Day 4 Risk, compliance and improvement

- Barriers, bow-tie and layers of protection
- Measurement and reporting

Day 5 Management case study and action plan

- Legal duties and international standards
- Hands-on workshop on a workplace challenge

10-day outline

Day 1 Heat Stress Management: the management framework

- Human factors and safety culture
- Checklists and templates to take away

Day 2 Planning, resources and budgets

- Emergency preparedness
- Lessons from major accident investigations

Day 3 Performance measurement and control

- Hazard identification and risk assessment
- Group discussion and peer review

Day 4 Risk, compliance and improvement

- Barriers, bow-tie and layers of protection
- Measurement and reporting

Day 5 Management case study and action plan

- Legal duties and international standards
- Hands-on workshop on a workplace challenge

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Common mistakes and how to avoid them

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
- Regional and international case studies

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
8–19 Mar 2027	10-day classroom	London	English	8,950
12–16 Jul 2027	5-day classroom	Paris	English	4,750
5–9 Sep 2027	5-day classroom	Kuwait City	English	4,750
6–10 Feb 2028	5-day classroom	Jeddah	Arabic	4,750
20–31 Mar 2028	10-day online	Live online	Arabic	5,450
3–7 Apr 2028	5-day classroom	Singapore	English	4,750
14–25 Aug 2028	10-day classroom	London	English	8,950
5–9 Feb 2029	5-day online	Live online	Arabic	2,950

Dates	Format	City	Language	Fee (USD)
4–8 Jun 2029	5-day classroom	Abu Dhabi	Arabic	4,750
19–30 Aug 2029	10-day classroom	Muscat	Arabic	8,950
16–20 Sep 2029	5-day classroom	Kuwait City	English	4,750
10–14 Mar 2030	5-day classroom	Jeddah	English	4,750
7–11 Jul 2030	5-day classroom	Doha	Arabic	4,750
12–23 Aug 2030	10-day online	Live online	English	5,450
4–15 Nov 2030	10-day classroom	Dubai	Arabic	8,950

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