Garnet
Garnet Global Training Center

GGT-HS-121

HSE & Process Safety

NEBOSH-Style Occupational Safety Fundamentals

أساسيات السلامة المهنية على نهج NEBOSH

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

Overview

This course builds a solid base in NEBOSH-Style Occupational Safety Fundamentals, starting from first principles and moving quickly to the everyday tasks participants meet at work. Prevent incidents by understanding hazards, controlling risk and leading safety culture. Choose 5 or 10 days, classroom or live online, English or Arabic; organisations can also run it in-house and adapt the examples to their own work.

What you will be able to do

- Explain the key concepts, terms and standards of NEBOSH-Style Occupational Safety Fundamentals.
- Communicate confidently with specialists and colleagues.
- Plan the next steps in your own learning.
- Recognise the main hazards, errors and misconceptions newcomers face.
- Carry out basic tasks correctly using simple checklists and tools.

Who should attend

HSE professionals, operations leaders, supervisors and anyone accountable for safe work. No prior experience is required; it also suits new hires, graduates and staff moving into this field.

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 Introduction to NEBOSH-Style Occupational Safety Fundamentals

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

Day 2 Core concepts and terminology

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

Day 3 Basic methods and tools

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

Day 4 Working safely and correctly

- Emergency preparedness
- Regional and international case studies

Day 5 Practical exercises and review

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

10-day outline

Day 1 Introduction to NEBOSH-Style Occupational Safety Fundamentals

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

Day 2 Core concepts and terminology

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

Day 3 Basic methods and tools

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

Day 4 Working safely and correctly

- Emergency preparedness
- Regional and international case studies

Day 5 Practical exercises and review

- 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)
15–26 Mar 2027	10-day classroom	Dubai	English	8,950
4–8 Apr 2027	5-day classroom	Riyadh	English	4,750
14–18 Jun 2027	5-day online	Live online	Arabic	2,950
18–22 Jul 2027	5-day classroom	Manama	English	4,750
13–24 Feb 2028	10-day classroom	Kuwait City	Arabic	8,950
15–26 May 2028	10-day online	Live online	English	5,450
18–22 Jun 2028	5-day classroom	Jeddah	Arabic	4,750
3–7 Dec 2028	5-day classroom	Riyadh	English	4,750
19–23 Feb 2029	5-day classroom	Abu Dhabi	English	4,750

Dates	Format	City	Language	Fee (USD)
8–19 Apr 2029	10-day classroom	Cairo	English	8,950
19–23 Nov 2029	5-day classroom	Dubai	Arabic	4,750
3–7 Dec 2029	5-day online	Live online	Arabic	2,950
15–26 Apr 2030	10-day online	Live online	English	5,450
16–20 Jun 2030	5-day classroom	Cairo	Arabic	4,750
21–25 Jul 2030	5-day classroom	Manama	Arabic	4,750
2–13 Dec 2030	10-day classroom	Istanbul	English	8,950

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