



Health and Safety Masterclass

23 Feb - 06 Mar 2025
Kuala Lumpur (Malaysia)



Health and Safety Masterclass

Ref.: 15075_295788 **Date:** 23 Feb - 06 Mar 2025 **Location:** Kuala Lumpur (Malaysia) **Fees:** 6500 **Euro**

Introduction:

Certainly, a near miss is better than an accident but it only means luck intervened. Health and Safety requires a robust system of management, competent leaders, methods for hazard identification and risk reduction through inherently safer work designs

All organizations invest considerable amounts in training and guiding their Team Leaders, Managers, Engineers and Supervisors on new methods of leaner and higher efficiency production methods. Incidents however keep occurring resulting in human harm and financial loss.

This course aims at rectifying the loss cycle by attaining superior competencies in the areas of Health and Safety. This course provides a valuable understanding of Health and Safety and is a serious step towards developing competencies that will enable further progress in these fields. The increased competencies of the delegates will result in cost savings and increased efficiencies within the company. The training course covers Safety Management, Hazard Control, and Process Safety Management.

Targeted Groups:

- Process Managers
- Process Engineers
- Team Leaders/Supervisors
- Maintenance Engineers
- Health and Safety personnel

Course Objectives:

At the end of this course the participants will be able to:

- Understand Safety Management
- Explain the Risk Assessment process
- Analyze workplace hazards
- Identify methods of Hazard Control
- Explain the foundations of process safety
- Describe the systems to prevent loss of containment
- Analyze common risks and controls in the process safety industry
- Understand Furnace operations
- Appreciate Start-Up and Shutdown Hazards
- Summarise safe entry procedures in confined spaces
- Create Emergency response strategies

Targeted Competencies:

- Management Systems and the role of risk management
- Occupational Health and the importance of safety management

- Process safety and legislation that applies to the industry
- Systems to prevent loss of containment
- Hazards and controls available for the oil and gas industry
- Emergency Preparedness

Course Content:

Unit 1: Safety Management Foundations:

- The nature of workplace health and safety
- Responsibilities of Employers and Employees
- Safety Management Systems Plan, Do, Check, Act
- OHSAS 18001, ISO 45001, OSHA Guidelines for Safety Management
- Improving health and safety performance
- A Safety Policy
- Inspections & Audits

Unit 2: Risk Assessment and Control:

- Setting Targets - Key Performance indicators
- Health and safety risk assessment
- General principles for control
- Hierarchy of risk reduction
- Safe systems of work
- Human Error
- Case Study

Unit 3: Hazards and Controls:

- Physical Hazards Noise, Vibration
- Electricity Hazards
- Work Equipment Hazards
- Manual Handling Hazards
- Workplace hazards Temperature, Violence and Bullying, Slips and Trips, Work at Height
- Transport Hazards

Unit 4: Incident Investigation, Fire, and Emergency Procedures:

- Incident Investigation
- Why investigate Incidents
- When to investigate Incidents
- Fire safety
- Need for Emergency plans
- First Aid Provisions

Unit 5: Occupational Health HazCom & Safety Culture:

- Chemical Hazards
- Occupational exposure limits
- Stress
- Safety Culture

Unit 6: The foundations of Process Safety:

- Learning from Accidents
- Good Practice Standards for the process industry EU and USA
- Permit-to-work system
- Case Study
- Shift handover the key principles

Unit 7: Risk Management and Management of Change:

- Risk Management
- The Swiss Cheese Model
- HAZOP Studies
- Inherent Safer Design
- Management of Change
- Case Study

Unit 8: Combustion and Confined Space Entry:

- Furnace operations
- Firing conditions
- Confined Space Entry
- Cleaning, Isolating, and Atmospheric Testing
- Training
- Case Study

Unit 9: Start-Up, Shutdown, Hydrocarbon Storage & Types of Fire & Explosions:

- Start-Up & Shutdown
- Storage Depots - Bund Areas
- Safety Instrumented Systems
- Types of Fire & Explosions - VCE, UVCE, BLEVE, Boil Over
- Case Study

Unit 10: Fire and Emergency Response:

- Passive and Active Fire Protection
- Case Study
- Emergency Response
- Review



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**Registration form on the :
Health and Safety Masterclass**

code: 15075 **From:** 23 Feb - 06 Mar 2025 **Venue:** Kuala Lumpur (Malaysia) **Fees:** 6500 **Euro**

Complete & Mail or fax to Mercury Training Center at the address given below

Delegate Information

Full Name (Mr / Ms / Dr / Eng):

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Position:

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Telephone / Mobile:

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Personal E-Mail:

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Official E-Mail:

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Company Information

Company Name:

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Address:

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City / Country:

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Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng):

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Position:

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Telephone / Mobile:

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