



# DIPLOMA IN HEALTH SAFETY & ENVIRONMENT

**LAMBDA Consulting Group**

*training partner institute of*

**SKILL DEVELOPMENT COUNCIL**

## OBJECTIVE

This course prepares the students for the changing and developing conductive environment by enabling them to specialize in HSE handling and effective tool selections and also prepares students to acquire a full understanding of the function HSE in all its modern manifestations including Work permit procedures, Accident Preventions and Investigation, OHSAS 18001:2008, ISO14001:2004 and Other International Compliances..

In this course covering specialized aspects of Major Occupational Hazardous, Environmental protection Control, including hands-on training given by professionals in an ideal work like atmosphere enabling concerned students to excel in careers, jobs or business.

## Covering Modules

- Introduction to HSE
- Health and Safety Management
- Environment Management
- Major Occupational Hazards and Control
- Managing HSE at Workplace
- Environmental Protection and Control

## 1. Objective / Goal

"Occupational health should aim at: the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations; the prevention amongst workers of departures from health caused by their working conditions; the protection of workers in their employment from risks resulting from factors adverse to health; the placing and maintenance of the worker in an occupational environment adapted to his physiological and psychological capabilities; and, to summarize, the adaptation of work to man and of each man to his job.

This course prepares the students for the changing and developing conductive environment by enabling them to specialize in HSE handling and effective tool selections and also prepares students to acquire a full understanding of the function HSE in all its modern manifestations including Work permit procedures, Accident Preventions and Investigation, OHSAS 18001:2008, ISO14001:2004 and Other International Compliances. Students will be taught how to formulate HSE plans & monitor results taking cognizance of problems, opportunities and regulatory matters. In this course covering specialized aspects of Major Occupational Hazardous, Environmental protection Control, including hands-on training given by professionals in an ideal work like atmosphere enabling concerned students to excel in careers, jobs or business.

## 2. Instructions

Students must adhere to following:-

1. Must come prepared for the class.
2. Must read the topics to be discussed in advance.
3. Must reach class two minutes before start.
4. Must be properly attired.
5. Must complete all assignments in time.
6. Must not use red or green ink in all grading examinations.
7. Must switch off cell phones during class time.

## 3. Attendance

Students are required to maintain 75% attendance.

## 4. Books

## 5. SESSION-WISE COURSE BREAKDOWN

S. No.	Topics	Study Hrs
1	<b>Introduction to HSE</b>	
i	National & International Legislation	
ii	Accident Prevention and Loss Management	
iii	HSE Leadership and Employee Involvement	
iv	Communications in HSE	
2	<b>Health and Safety Management</b>	
i	H&S Management Standards	



# Diploma Health Safety Environment

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ii	Occupational Health : Key Concepts	
iii	Selected Work Related Health Risk	
iv	Introduction to Risk Assessment and Control	
<b>3.</b>	<b>Environment Management</b>	
i	Environment Management System	
ii	Pakistan Environmental Protection Act	
iii	Environmental Aspects and Impacts	
iv	Initial Environmental Evaluation & Environmental Impact Assessment	
v	Pollution Prevention and Green Technologies	
<b>4.</b>	<b>Major Occupational Hazards and Controls.</b>	
i	Work tools, equipment and personal Protective Equipment	
ii	Lifting Operations and Lifting Equipment	
iii	Managing Contractors	
iv	Permit to Work System	
v	Confined Space Entry	
vi	Confined Space Entry	
vii	Safe Handling, Storage and Disposal of Chemicals	
viii	Fire Prevention, Detection and Control	
ix	Emergency Preparedness and Response Planning	
<b>5.</b>	<b>Managing HSE at Workplace.</b>	
i	HSE Inspections and Audits	
ii	Advanced Risk Assessments	
iii	Incident Investigation and Root Cause Analysis	
<b>6.</b>	<b>Environmental Protection and Control.</b>	
i	Air, Land and Water Pollution	
ii	Noise Measurement and Abatement	
iii	Ergonomics	

**Duration: Six Months**

**Class Days: Sunday**

**Timings: 10:00am to 3:00pm**

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**LAMBDA Consulting Group**

Legendary Academy of Management Business Development Advisories

Suit # Base 01, Crown Square (Telenor Franchise) near Usmania Restaurant University Road

Gulshan-e-Iqbal Block 13-A. (021) 32070668, 34811720, Cell: 0343-2097164