



# **PROFILE**

















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## Important information

This brochure contains valuable information regarding the training and training process provided by Mass HSE Consultant, knowing that the training can be adjusted according to the customer's requirements and needs without compromising the quality of the training in accordance with the international standards in Kuwait and the Arab Gulf countries in general.

We would like to point out that most of the contents of this booklet not to be Copy or circulation outside the framework except with prior permission according to intellectual property rights.

يحتوى هذا الكتيب على معلومات قيمة بخصوص انواع الاستشارات والتدريب التى تقدمها ماس لاستشارات السلامة مع العلم انه يمكن تعديل نوعيةالاستشارات و التدريب تبعا لمتطلبات العميل واحتياجاته دون المساس بجودة العملية طبقا للمواصفات العالمية المعتدمة بدولة الكويت ودول الخليج العربي و مصر عامة ونود ان نشير ان معظم ما ورد في هدا الكتيب يمنع نسخه او تداوله خارج اطاره الا باذن مسبق وذلك تبعا لحقوق الملكية الفكرية.

## **Disclaimer**

This booklet and these training specifications are designed by Mass HSE Consultant according to the international standards & the countries standards of the region (Gulf region) which are generally matched the international standards applicable in Europe and the United States of America.

We are not prepared to meet customer requests if they are in conflict with these standards and global codes

As well as not responsible for any training provided by any other training institute Without the supervision and guidance of us we are Mass HSE Consultant

تم تصميم هذا الكتيب ومواصفات التدريب هذه من قبل معهد ماس وفقا للمعايير الدولية ومعايير الدول في المنطقة ( منطقة الخليج )والتي تتماشي بشكل عام مع المعايير الدولية المعمول بها في أوروبا والولايات المتحدة االمريكية.

انتبه عزيزى العميل نحن لسنا على استعداد لتلبية طلبات العملاء في حالة تجاهلهم لهذه المعايير الدولية و العالمية

وكذلك لسنا مسؤولين عن أي استشارات او تدريب تقدمها اى شركة اخرى مطابق للائحة التدريب المعتمدة لدينا دون إشراف و توحيه منا نحن ماس لاستشارات السلامة

## **Contact information**

Call us

+965-66086911

Write us

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#### training@masshseconsultant.com

#### Visit us

Kuwait -Hawally Gov-Othman ST-Nesto Tower -Floor6-Office 13

 $Mass\ HSE\ Consultant$  is a Kuwaiti institute to provide consultancy and training founded in 2011 with 20 years of experience in a broad portfolio of projects.

 $Mass\ HSE\ Consultant$  is one of the largest national institutes in the State of Kuwait, which is always provide the high quality of the training process dedicated to our clients.

Because you are our customer, this is because you are distinguished.

 $Mass\ HSE\ Consultant$  has been accredited by all government

agencies in Kuwait and several ministries to provide the different HSE consultant &training, including training of occupational safety, health and environment in accordance with the technical standards in Kuwait which are in line with international standards

#### Our goal is

- To achieve satisfaction by delivering the top of the line services with complete reliability and quality control.
- To reach the workers, supervisors and engineers of the contractors' companies in order to increase the knowledge of their work. This will eventually lead to an improvement in the production process and its productivity.

Based on this pioneering role of Mas Institute, we are committed to providing for all our clients

- 1. The best training quality
- 2. The best qualified training staff to carry out the training and education process
- 3. The best training price at the Kuwait market
- 4. The best time to issue the certificate with delivery

ماس لاستشارات السلامة تعد من احد شركات الاستشارات الخاصة بالاسلامة العملاقة بدولة الكويت واللذى يتميز دائما بجودة العملية التدريبية المهداة منا الى عملاننا المتميزين.

كونك عميل لدينا فهذا لانك متميز

ماس لاستشارات السلامة تم اعتمادها من قبل كل الهيئات الحكومية بدولة الكويت والعديد من الوزارات بدولة الكويت لتقديم نوعية الاستشارات الخاصة بالسلامة بما يشمل تدريب السلامة والصحة المهنية والبيئة وفقا للمعايير الفنية المعمول بها بدولة الكويت والتي تتماشي مع المعايير الدولية

هدفنا هو الوصول بعمال ومشرفين ومهندسوا شركات المقاولين الى ذيادة الكم المعرفى والمعلوماتى الخاص بعملهم ليؤدى ذلك فى تهاية الامر الى تحسن العملية الانتاجية وذيادتها مما يسهم فى دفع عمالة فنية مؤهلة و مدرية للعمل فى كافة قطاعات الدولة لتحسين سير العملية الانتاجية لينعكس ذلك على سوق العمل الكويتى



وانطلاقا من هذا الدور الريادى لماس لاستشارات السلامة فاننا نلتزم امام كل عملاننا الكرام بتقديم افضل الكوادر التدريبية المؤهلة للقيام بعملية الاستشارات و التدريب والتعليم







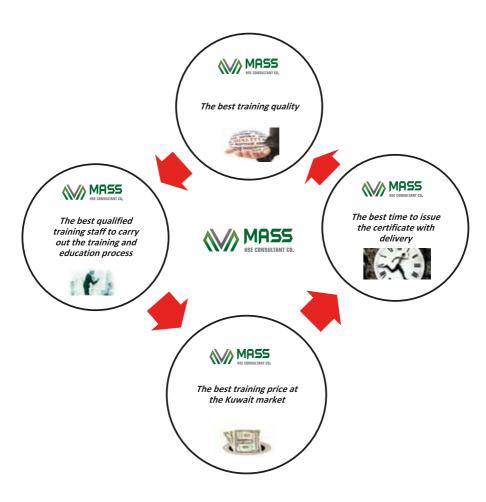






والجديد هنا اننا نقوم كخدمة مجانية بتقديم الدعم الفنى والمعلوماتي لعملائنا المتميزين

What is new here is that we are providing free and technical support to our Special Customer





## 2. HSE training summary

MASS is a Certified HSE consultant registered in Kuwait and the GCC region specialized in providing HSE & Technical training for Oil sector, Government, and Public. Part of our strength comes from the fact that we have developed large experience in the market with professionals and qualified training experts and staff. MASS seasonal training plan runs throughout the year and includes technical and HSE courses while the customized training workshops and programs can be designed for groups of more than 5 individuals. These can be designed around the client's nature of work. Using the latest calibrated equipment with professional updated Course materials for the trainees reference.

## **A-Customized Courses**

- 1. H2S Safety Awareness SCBA Training Course
- 2. First Aid / CPR Training Course
- 3. Fire Fighting Training Course
- 4. Defensive Driving Training Course
- 5. Banksman & Slinaer
- 6. Scaffolding (Erectors & Inspectors)
- 7. HAZCOM & MSDS
- 8. Emergency Evacuation Preparedness
- 9. Safety Leadership & Skills
- 10. STOP / BBS Training Course
- 11. Hands & Finger Safety



طور حياتك الوظيفية مع معهد ماس

Develop your career with MASS institute





- 12. Working at Heights Safety and Falling Objects
- 13. Authorized Gas Testing (AGT) Training Course
- 14. Permit to Work Training Course
- 15. Rigger Safety: Inspection Rigging Equipment
- 16. Confined Space Safety & Rescue
- 17. Electrical Safety & Lock Out / Tag Out
- 18. Occupational Health & Safety Training
- 19. Incidents & Accidents Investigation Report
- 20. Heavy Equipment Operator Assessment
- 21. Cutting & Grinding Safely
- 22. Welding & Cutting
- 23. Forklift Operator Certification
- 24. Crane Operator Certification:



طور حياتك الوظيفية مع معهد ماس Develop your career with MASS institute





## **B-International courses**

- 1. 10 Hour General Industry
- 2. 30 Hour Construction
- 3. 30 Hour General Industry
- 4. Blood borne Pathogens
- 5. Confined Space Entry
- 6. Egress/Fire Safety
- 7. Electrical Safety
- 8. Ergonomics
- 9. Hazard Communication
- 10. Hazardous Materials
- 11. Inspections
- 12. Lockout Tagout
- 13. Machine Guarding
- 14. Materials Handling
- 15. NASP 10 Hour General Industry
- 16. NASP 10 Hour Construction
- 17. NASP 30 Hour General Industry
- 18. NASP 30 Hour Construction
- 19. Occupational Safety and Health Advanced Diploma
- 20. Occupational Safety and Health Basic Diploma
- 21. PPE
- 22. Walk/Work Surfaces
- 23. Weld/Cut/Braze
- 24. Workplace Violence Prevention
- 25. Forklift competent operator
- 26. Tower crane safety
- 27. rigger & lifting

- 28. Accident Prevention Safety
- 29. Bonding Grounding Safety
- 30. Chemical Safety
- 31. Eye Safety
- 32. Fire Prevention Safety
- 33. Flammable Liquid Safety
- 34. Forklift Safety
- 35. Hands Safety
- 36. Health Safety
- 37. Hearing Protection
- 38. Heat Safety
- 39. Housekeeping Safety
- 40. Ladder Safety
- 41. Lockout Safety
- 42. Machine Safety
- 43. Office Safety
- 44. Pallets And Skids
- 45. Respirators Safety
- 46. Signs Safety
- 47. Slip Trip Fall Safety
- 48. Tools Safety



## 3-consultancy solution and other service

As a team of Mass HSE consultant, our role is to assist you in meeting the current Health and Safety requirements. Our approach is very hands-on as we have found that many businesses find making the time to deal with all aspects of Health and Safety quite difficult. We have devised a very simple but effective Safety Management System that assists the management team to maintain good practices. We help you from your initial enquiry listening to your needs to understand the best consultancy solution.

Mass HSE consultant is a team of highly qualified trainer &Consultants who combine their expertise with your business needs. The safety needs of clients are paramount to our organization and you can feel confident that your safety is in good hands. To achieve this objective we provide world class Safety Consultancy service.

These services include advice and assistance with supply, third party of scaffolding, calibration and maintenance of all Fire prevention and control equipment, Safety Signboards, Lock-Out Tag-Out devices, Atmospheric Monitoring, respiratory protection equipment and all other types of Personal Protective Equipment.













## 4. Mass Partiner & Accreditiation

National assossiation of safety proffisional ID# 517343



INTERNATIONAL ASSOCIATION OF DRILLING CONTRACTORS
CT#01001



Scaffolding training institute



Society of petroleum engineer Professional Membership



American association of safety engineers



National fire protection association



**Professional Membership** 

Institution of Occupational Safety and Health







## 5- Some of our training courses out line

- A. NASP DIPLOMA
- B. OSHA 30 H construction
- C. OSHA 10 h construction
- D. OSHA 30 H industrial
- E. OSHA 10 h industrial
- F. Confined space safe entry procedure
- G. Working at height
- H. Scaffolding training institute courses (competent person-erectors and inspector)
- I. IOSH Managing safely
- J. IOSH Working safely
- K. Authorized Gas Tester
- L. Crane Operator competent person
- M. Rigging &slinging
- N. Banks man Competent person
- O. Fire fighting
- P. First aid









### A. NASP DIPLOMA

Module 1: Introduction to NASP and the OSH Act

Module 2: Recordkeeping

Module 3A: Basic Safety Orientation

Module 3B: General Safety and Health Provisions

Module 4: Health Hazards: Hazard Communication

Module 5: Health Hazards: Hazardous Materials

Module 6: Process Safety Management: (PSM)

Module 7: Personal Protective Equipment

Module 8: Fire Protection

Module 9: Materials Handling and Storage

Module 10: Hand and Power Tools

Module 11: Welding and Cutting

Module 12: Focus Four - Electrical Safety

Module 13: Focus Four - Struck-By and Caught in Between Hazards







## B. OSHA 30 H construction

Module 1: Introduction to NASP and the OSH Act

Module 2: Focus Four - Fall Protection

Module 3A: Basic Safety Orientation

Module 3B: General Safety and Health Provisions

Module 4: Health Hazards: Hazard Communication

Module 5: Scaffolds

Module 6: Process Safety Management: (PSM)

Module 7: Personal Protective Equipment

Module 8: Fire Protection

Module 9: Materials Handling and Storage

Module 10: Hand and Power Tools

Module 11: Welding and Cutting

Module 12: Focus Four - Electrical Safety

Module 13: : Hazardous Materials

Module 14: Recordkeeping

Module 15: Cranes and Rigging

Module 16: Motor Vehicles

Module 17: Excavations

Module 18: Concrete and Masonry Construction

Module 19: Stairways and Ladders

Module 20: Confined Spaces

**Final Exam** 





## C. OSHA 30 H industrial

Module 1A: Introduction to OSHA and the OSH Act

Module 1B: Basic Safety Orientation

Module 2: Walking & Working Surfaces

Module 3: Emergency Action Plan

**Module 4**: Hazardous Materials

Module 5: Hazwoper

**Module 6: Personal Protective Equipment** 

Module 7: Confined Spaces & Permit Required Confined Spaces

Module 8: Lockout/Tagout

Module 9: Materials Handling & Storage

**Module 10**: Machine Guarding Safety

Module 11: Welding, Cutting, and Brazing

Module 12: Electrical Safety

Module 13: Hazard Communication

Module 14: Hazardous Substances & Industrial Hygiene

Module 15: Bloodborne Pathogens

Module 16: Record Keeping & Reporting

Module 17: Workplace Violence

Module 18: Safety and Health Programs

Module 19: Ergonomics

Module 20: Hazards of Asbestos in the Workplace

Module 21: Lead Safety in the Workplace

Module 22: Ionizing and Non-Ionizing Radiation Safety

Module 23: Formaldehyde Awareness

Module 24: Process Safety Management of Highly Hazard Materials

**Final Exam** 







## D. Confined space safe entry procedure

#### Module 1

Definition of confined space

Hazards and Dangers associated with confined spaces

Characteristics of confined space

#### Module 2

Safe operating procedures in confined spaces
Duties of the support personnel for confined spaces
Understand the Permit to work system (PTW)

#### Module 3

Practical confined space entry/rescue (horizontal and vertical).

Emergency procedures and rescue of personnel in confined spaces

#### Module 4

Inspection, donning, doffing, and use of Self Contained Breathing Apparatus (SCBA) or Supplied Air System (SAS) in normal operation and in emergency rescue conditions.







## E. Working at height

- a) Rights and responsibilities
- b) General hazard recognition
- c) Hierarchy of controls
- d) Procedures for warning methods and physical barriers
- e) Procedures for safety equipment
- f) Personal protective equipment (PPE)
- g) Barrier and safety nets
- h) Anchor points
- i) Work positioning systems, work access equipment and platforms
- j) Rescue and planning







# F. <u>Scaffolding training institute courses (competent person-erectors and inspector)</u>

- 1. Introduction to Scaffolding
- 2. Various types of scaffolds
- 3. General safety requirements (foundations, fall protection, platforms, etc.)
- 4. Accepted international code
- 5. Step by step assembly procedures
- 6. Inspection of completed scaffolds.
- 7. Field trip/hands on
- 8. Planning a scaffold job
- 9. Scaffold hand on
- 10. Design of Scaffolds
- 11. Underhand Scaffolds
- 12. Drawings
- 13. Material Calculation
- 14. Calculation of Loading
- 15. Applications
- 16. Review of previous material
- 17. Scaffold hand on
- 18. Scaffold hand on
- 19. Testing
- 20. Review of Test







## G. IOSH Managing safely

- Introducing Safety Management
- Assessing & Controlling Risk
- Understanding your Responsibilities
- Identifying Hazard
- Investigating accidents and incidents
- Measuring performance
- Protecting our environment

Accreditation Body: IOSH

Examination: Assessment + Project Submission

## H. IOSH Working safely

- Why staff must work safely
- Staff's responsibility towards health, safety and wellbeing
- The difference between hazards and risks
- Hazard and risk identification, impact and how to control them
- The importance of safety performance within the workplace and how to improve it
- How industry affects the environment

Corporate with UNITED VERITAS CO.





## K. Authorized Gas Tester

- Confined space criteria
- The hazards of operations within an oxygen deficient, toxic or flammable
- environment
- Carrying out a suitable and sufficient risk assessment (TBRA) or (KBRA)
- Using safe systems of work
- The implications of organisational and statutory requirements
- Interpreting operational requirements
- How to select, use and care for PPE and RPE
- Working within the Permit to Work system
- The operating principles of atmosphere monitoring and measuring equipment
- Gas detector pre-start checks
- Calibrating the instruments used in atmospheric testing
- How to set up the relevant detector for each gas testing application
- The behaviour of different flammable and toxic gases
- The range and frequency of tests
- Acceptable levels of flammable and toxic gases
- Performing gas tests in sequence
- Obtaining a representative atmosphere sample
- Monitoring and retesting
- Where to site portable or transportable equipment that will be used to continuously
- monitor the atmosphere
- Interpreting and documenting the results







## L. Crane Operator competent person

- Definitions
- Crane Types & Components
- Crane Set up
- Crane Safety
- Operator Responsibilities
- Rigging Principles
- Assembly and Disassembly
- Crane Operation
- Capacities and Load Charts
- Technical Accuracy
- Depth Perception

## M. Rigging &slinging

- The Rigging Plan (Risk Management)
- Load Control
- The Rigging Triangle
- Basic rigging hitches
- Required PPE
- Riggers duties & review of the standard
- Hand signals and communication
- Application & inspection of rigging hardware
- Application & inspection of slings
- Working with blocks
- Wire rope clips and other terminations
- Inspection of hardware







## N. Banks man Competent person

- BANKSMAN and DRIVER responsibilities.
- The correct procedures in assisting a vehicle's safe operation.
- Ensure that there is a TSTI.
- Assess the area with the Banksman prior to the start.
- Agree on signals to be given with the Banksman.
- Ensure you only operate vehicle with a Banksman.
- STOP WORK PROCEDURE
- Controlling the operation of a vehicle on site
- BANKSMAN tools
- BANKSMAN signal
- Hand signal
- Hand on training







## O. Fire fighting

- Introduction to what's fire?
- Elements of Fire
- Fire Triangle and Tetrahedron
- Gases
- Liauids
- Solids
- Ignition in the triangle
- Chemical
- Electrical
- Mechanical
- Oxygen percentages
- Chain reaction
- Phases and nature of fire
- Flammability
- Combustibility
- Phases of Fire
- Incipient Phase
- Free Burning Phase(flashover)
- Smoldering Phase(back draft)
- Classes of Fires
- Fire Extinguisher Basics
- Classes of Fire Extinguishers
- Rating System of Fire Extinguishers
- Limitations of Portable Fire Extinguishers
- Inspection and Use of Fire Extinguishers
- Fire Detection and Alarm Systems
- Fire Marshal responsibilities.
- **Evacuation Routes and Exits**
- To Fight or Flee? The teacher's Decision
- Medical Assistance







## P. First aid

- First Aid, Good Samaritan laws, EMS System, Standards of Care
- Recognizing and Responding to Emergencies, Avoiding Infectious Diseases
- Basic Life Support: Rescue Breathing, Choking, CPR, AED
- Bleeding & Wound Care, Shock, Burns
- Head, Spinal, Chest, & Abdominal Injuries
- Bone, Joint& Muscle Injuries
- Sudden Illness: Cardiac, Stroke, Respiratory, Seizures, Diabetes Poisonings, Bites & Stings
- Heat, Cold, & Environmental Emergencies
- Rescuing & Moving Victims
- Hands-on exercises





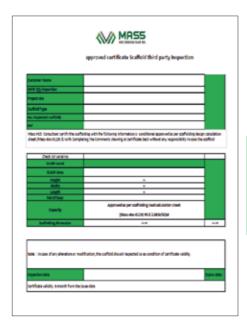


### **6-Third Party Inspection**

## A-scaffold inspection and examination

MASSCO are fulfilling the varied requirements of clients by offering Third Party Inspection For Scaffold. To maintain efficiency, promptness and timely execution, our professionals use the latest tools while imparting these inspection services in accordance with the global set standards(29CFR1926.451). As per the different needs of the clients, we provide these inspection services in customized solution at most genuine rates. Offered inspection services are appreciated due to their excellent work quality, reliability, hassle free management, flexibility, affordable rates and client focused approach. We are having a approved and certify team for scaffold load test certification. We provide certificates for scaffold inspection and load bearing capacity.

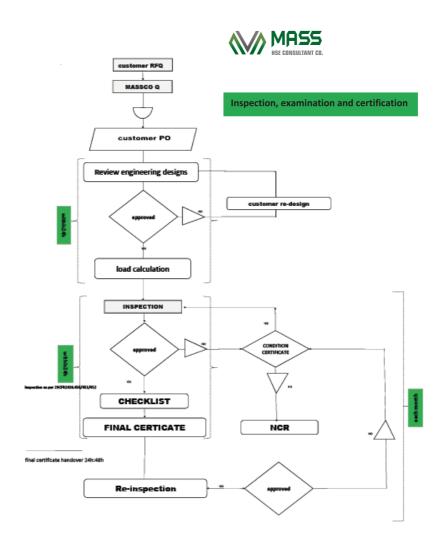






WWW.MASSHSECONSULTANT.COM

CERTIFICATE SAMPLE







## **B- Heavy Equipment Inspection & Third Party Certification**

Why should you hire MASSCO?

MASSCO should become your partner for machinery inspections because we do nothing else than heavy equipment inspections every day. Certainly, there are other companies available.

Check out a selection

of our valued customers. We offer machine expertise, consulting, valuation and remote service support. Earthmover Inspections Our engineers have many years of experience. Most of them have a background as technicians with a Caterpillar-, Komatsu-, or a Crane distributor. Some of our inspectors still repair machines and trucks. If you need a quality check for a backhoe loader, a used wheel loader or a crawler excavator we can help because it is our daily business. Trucks and Concrete Equipment Here you can find the right inspector for used trucks. MASSCO technicians know about road trucks, tractor heads, trucks with cranes and trucks for ready-mix concrete. No matter what brand you buy, we can inspect Mercedes, MAN, Iveco, Scania, Renault or any other make. We are qualified to inspect concrete pumps of Schwing, Liebherr, Stetter, Putzmeister or Sanny. Quarry and Mining Equipment We love the big stuff and it is a pleasure for our specialists to inspect machinery for quarry and mining. We have no fear to perform qualified inspections for big Komatsu or Caterpillar trucks. We can offer a profound check of blast whole rock drills and of course for compressors and large generators. Crusher and Screens Very specific and often with hidden problems. Crushers and screening equipment is difficult to evaluate. Since we are now over 5 years in the machinery inspection business, we can pretend having many processing plants inspected. Our specialists have inspected cone crushers, jaw crushers, impact crushers and various screens. Foundation Engineering Machines The inspection of used rotary drilling rigs, diaphragm wall equipment, piling machines and anchor drilling rigs is a very difficult job. We are not the engineering specialists but we can look back to inspection of some larger machines. Evaluation of these engineering machines can be offered and would be performed by the MASSCO company owner. Lifting Equipment Inspections Some inspectors in the MASSCO network have been trained to perform safety and quality inspections for cranes. Checking out an LMB or measuring the play in the swing bearing of a crane is a procedure the technicians are used to do. We inspect reach stackers and forklifts from 1 to 100 ton lift capacity. Specializing in CAT & Volvo We are specialized in Caterpillar and Volvo equipment. In most areas, we can offer qualified inspections including reading of internal machine computers. We can gain access to the so-called ECM and store a CAT-PSR or a Volvo-Matris. For Caterpillar we offer remote-service. MASSCO approved engineers some of our engineers are approved and certified by MASSCO for machine safety inspections or statutory inspections. Appraisal and valuation of machines is another part of our business. Special Equipment Inspections We have some experience with special equipment. Some inspections have been done in the past on forestry equipment and blast hole rock drills for quarry and mining. Due our long experience in heavy machinery, we are even able to offer inspections for used drill rigs and piling machines.







#### 7. Customer

















































المترقطة الاشتكامية المفتاولات والتجابل دردك madiah Contracting & Trading Co. xcse























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## Committed to providing the best types of training





OSHA construction compliant course 29CFR1926 online course and online examination

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## **8-Company document**









#### شهادة إفراج عن محجوز ضمان ضريبة الدخل

لا مانع لدى وزارة للالية من الإفراج عن معجوز شمان ضربية الدخل الخاص بـ

#### ماس لاستشترات فسجمة والامن فعضاعي

الرقم الثنائي: 4675295

عن كافية العلود لليرمسة، ما لم يكن هناك مستخفات لجينات أجنبية مشاركة في تفييد العقود، وبنعين على حيداً الإمراع من محمور المسابل إنسال أمكام القادين رقم (17:10 من الازمه! التنفيذية لمرسوم صديبية الدخل عمد 3 لسنة 1950 للعدل بالقانون رقم 2 لسنة 2000 وإخسطار إدارة المسريين والتعطيط وحيز ما نسبته فلا من قيمة العقد أو من كل دامعة مستددة إلى من أمروا معهم مقورة والتاليات أو تعاقدات.

ولا تصرف أية ممتحقات إلا يموجب الشهبادة الأسليبة، ولوزارة للنالية مطالبة الجهنة بالحريبة للمتحقة وفقا لأحكام لثادة رقم (70) من الانعة التنفيذية للشار إلها أعلاء

المناهبة الشيادة تشيي في 21/12/2000



رقم التسجيل: 266027

يرجي التحلق من 0000 فإن قبل الصرف

وزارة البائية - الفلاح العربين - يازة العصوح العربين والتطبط - فسم اعدار الشهدات و البطاقات الصربيسيية عمر اسارة البريب الإعراق (12482887) - (22482887) - (22482887) - (22482887) - (22482887)





## 9-Call us

#### Kuwait

Main office: -office 13- Noor complex - Beirut Street- Block 9 - Hawally Gov. -Kuwait

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