XCELERATE TRAINING INSTITUTE
your learning & development partner

HEALTH, SAFETY AND ENVIRONMENT (HSE)

Health, Safety and Environment (HSE)

DURATION	LANGUAGE	FORMAT
5 days	**English**	**Classroom / Online**

Upcoming dates

Dates	Venue	Format	Fee
8 – 12 Feb 2027	Live online	Online (live)	**On request**
15 – 19 Mar 2027	Boston	Classroom	**On request**
16 – 20 Aug 2027	Live online	Online (live)	**On request**

Register or ask a question

Online: x8ti.com/course/health-safety-and-environment-hse/
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Health, Safety and Environment (HSE)

Introduction

introduction

The activities in ports and harbors being of paramount importance also raise the need for seamless and secure operations within and outside the realm of activities and movements.

Occupational hazards are unpredictable but have a profound impact on the lives of those affected by them. Besides insurance against these hazards, education of employees to identify such incidences and take appropriate action as well as undertake precautionary measures and follow certain standards to prevent such instances is extremely important.

One such code of conduct and safety for East Asian organizations is the PSHEM (Port Safety, Health and Environmental Management) Code, which aims to provide port authorities or any other organization working within a port standards to measure quality and performance of operations with regard to quality, safety and health of employees as well as protection of the environment.

PSHEM recognizes three broad areas of operations–compliance, proficiency and performance excellence. Management systems protect large capital investments made by companies. Thus, training in health and safety of employees and the environment and adherence to global standards is extremely important.

This Xcelerate training course will empower you with an overall understanding and complete information of measures and best practices to ensure health and safety of employees of ports, oil companies and ships as well as protection of the environment.

The content of the course will provide you the necessary training to conduct operations in a controlled and defined manner to prevent occurrence of occupational hazards. Further, the course will offer information on the various steps that organizations undertake or need to undertake to safeguard employees against these hazards.

Learning Objectives

The main objective of this course is to empower marine professionals and oil company employees with—

- complete information about health and safety of employees and protection of the environment
- awareness of best practices to follow at work to cause minimum pollution to the environment
- knowledge of certain precautionary measures while working and handling machinery or other equipment to prevent occupational hazards
- the necessary information to handle cargo and waste material in a controlled manner so as to minimize negative impact to the environment
- the required skill and capability to devise, implement and manage safety and health management systems in the organization
- the necessary knowledge and confidence to undertake training of new employees for protecting and safeguarding them and the organizations' assets against hazards

- the required experience and information to implement advanced systems and technologies to ensure seamless maintenance of health, safety and environment quality
- the necessary information and skill to conduct regular internal audits for the organization to ensure adherence to universal standards
- the adequate level of knowledge needed to progress in the organization by undertaking critical roles in safety, health and environment awareness

Training Methodology

Xcelerate training institute , unarguably, has the most dynamic training process for each of its courses, with each course content undergoing detailed review to check relevance to the professional experience and backgrounds of the training audience. An experienced trainer delivers training through detailed-yet-simple presentations.

Trainee participation is encouraged through group discussions and other similar activities to foster equal contribution and active learning. Trainees also share experiences from their organizations, and the trainer discusses these with relevance to the training content and topic. Mock drills and safety demonstrations help include practical assignments and exercises in the training.

Benefits for Your Organisation

By marine professionals and oil company employees undertaking this course, their respective organizations will benefit in the following manner:

- Readily trained and educated employees to follow best practices at work to prevent hazards and damage to the health and safety of employees and to the environment
- Reduced external training costs because of skilled and trained employees acting as trainers and mentors to other employees and new entrants
- Reduced risk of occurrence of hazards and other gravely impacting incidents at the workplace
- Greater investments and higher profits because of reduced costs against maintenance of property, business assets and employees from hazards
- Better employer brand because of assured and defined systems for health and safety of employees
- Positive contributor to environmental preservation and protection because of best practices and standards followed at the organization
- Regular internal audits to keep a check on internal processes and systems to identify wear and tear in the initial stages and prevent them from reaching life-threatening stages
- Use of advanced systems and technologies for maintaining the health and safety of employees and protecting the environment

Benefits for You

With this course, marine professionals and oil company employees will benefit in the following ways:

- Complete understanding and information of best practices to be followed at one’s workplace to ensure the health and safety of self and colleagues
- Increased awareness of certain processes and procedures to be followed to handle cargo and treat waste material to minimize environmental impact

- More preparedness and enhanced skill to play an important role in implementing systems and processes in one's organization to protect the environment and the health and safety of employees from occupational hazards
- Greater understanding and knowledge to contribute to the success of the business because of reduced costs towards occupational hazards and related penalties, paving the path for one's growth within the organization
- Increased skill and confidence to work with new technologies and implement them in one's organization to ensure seamless, hazard-free operations
- A sense of satisfaction and pride to contribute towards conservation of the environment through awareness and training programmes related to environment and business operations keeping health and safety in mind

Who Should Attend

- Senior management and owners of shipping and oil companies whose prime responsibility is to safeguard employee health and lives as well as the environment against occupational hazards because of the activities at these sites
- Investors who would be interested in financing certain organizations or projects within these organizations
- Marine engineers and other technical staff responsible for testing the performance and safety of machinery and using these during business operations
- Internal and external auditors responsible for ensuring adherence to universal standards of safety and protection
- Policy makers responsible for framing safety policies and related documents
- Other employees of oil companies and ports as well as ship crew working at vulnerable places and performing risky operations in a risky environment

Course Outline

The course will cover the following topics necessary to understand health, safety and environment awareness of port and oil company workers as well as ship crew:

Types of Oil Work Hazards

- Motor vehicle accidents
- Contact injuries
- Fires and explosions
- Biological hazards
- Ergonomic hazards
- Slips, trips and falls
- Chemical hazards

Port Work Hazards

- Fires and explosions
- Chemical hazards

- Weather conditions/tidal movements
- Physical exhaustion
- Slips, trips and falls
- Cargo transport accidents

Ship Hazards

- Fires and electric shocks
- Carbon dioxide poisoning
- Electronic device hazards
- Aluminium tool and paint hazards
- Wind and lightning
- Oxygen deficiency
- Spillage

Importance of Health and Safety Awareness and Training

- Reduced injury and illness
- Positive work culture
- Reduced environmental impact
- Legal standard adherence
- Increased employer branding
- Increased credibility
- Reduced risk of losses

Elements of a Safety Management System

- Strategic plan
- Policies and processes
- Training and induction
- Monitoring
- Supervision
- Reporting

Pillars of a Health and Safety Management System

- Management commitment
- Clear safety objectives
- Defined methods and processes
- Transparency in safety management

Essential Elements of a Health and Safety Management Programme

- Hazard recognition, evaluation and control
- Safety performance management
- Regulatory compliance management
- Information collection and dissemination
- Assessments and audits

Success Factors of Health, Safety and Environment Management

- Leadership mind-set and corporate commitment
- Investment in infrastructure and management systems
- Education and training
- Regulatory framework
- Technology

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Registration Form

Health, Safety and Environment (HSE)

Preferred dates: ..... Venue or online: .....

Duration: 5 days Language: .....

Please complete and email this form to us, or register online. We confirm your place and send the invoice within one working day.

Delegate information

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Official email: ..... Personal email: .....

Company information

Company name: .....

Address: .....

City / country: ..... VAT / tax number: .....

Person responsible for training & development

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Email: .....

Payment

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Register online
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