

Quality | Excellence | Integrity

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INTERNATIONALCONSULTANTS TRAINING BROCHURE



TECHNICAL HSE TRAINING AND DEVELOPMENT PROGRAMS

We hereby present to you a series of our technical and Health, Safety and Environmental training programs which are aimed at enhancing the competence of your personnel with a view to improve corporate performance of your company and help to improve HSE performance in your organization.

Our programs available are as follows:

HEALTH AND SAFETY TRAININGS FOR GENERAL INDUSTRY AND MANUFACTURING SECTORS

1. GENERAL HEALTH, SAFETY AND ENVIRONMENTAL AWARENESS PROGRAM COURSE OBJECTIVE

This program is aimed at developing the staff awareness and understanding of safety as a complimentary requirement for optimal performance of personnel and equipment within the organization.

At the end of the program, participants will be able to:

- * Identify the need for safety and loss control
- * Identify hazards and know what to do about hazards
- * Recognize potential hazard areas within their work environment
- * Develop attitude of safety in all plant operations and office environment
- * Set up basic emergency procedure for both the office and operational environment
- * Carry out safety inspection daily on the job
- * Fire causation, handling and firefighting procedures

Topics to be treated will include:



- * General overview of Safety management principles and practices
- * Electricity and electrical equipment safety
- * Risk and Hazard assessment and Management
- * Industrial hygiene and Occupational health
- * Office Safety and Display Screen equipment handling
- * Personal Protective equipment and wears
- * Causes of Fire and Fire fighting procedures
- * Manual Handling
- * Case studies
- * Film show

TARGET PARTICIPANTS

- * General floor/ junior level employees
- * Operational
- * Safety officers
- * Cleaners
- * Security
- * Office assistance etc

DURATION: 2 days

COURSE FEES:

- DATE: To be agreed
- VENUE: Tomsey International Training Center, Ikeja Lagos







COURSE OBJECTIVES

- * Provide the competency required by project engineers and project HSE officers in project site,
- * Carry out site HSE documentation in compliance with relevant standards.
- * To provide concise, comprehensive coverage of HSE practice and implementation in compliance with local content requirement and regulations
- * To understand the Skills required to supervise and manage HSE in an oil and gas onshore, offshore and other project Sites
- * To provide some Tools required for continued monitoring of HSE on site
- * To understand the Skills required developing a functional HSE system in an organisation and improving profitability.
- * To understand Employer and Employee roles and responsibilities in HSE management system
- * Improve organisation culture via behavioural HSE implementation
- * To enhance professional career development meeting the world standard in all occupational health and safety issues
- * Facilitate easy management of advance international HSE courses on HSE like IOSH, NIOSH, CIEH, NEBOSH etc,

COURSE OUTLINE:

- * Introduction to HSE Safety laws & regulations
- * Unsafe Act Auditing, A.L.A.R.P, Risk Assessment, HEMP, permit to work & PPEs
- * Occupational Health & Manual Handling
- * Site safety enforcement, site HSE documentation & Emergency Response

*	Working at height/ Construction Safety	DURATION:	3 days
*	Fire Safety & Fire Drill	COURSE FEES:	
*	Environment and waste management	VENUE:	Tomsey International Training Center, Ikeja Lagos
*	Security Awareness	COURSE DATE:	To be agreed

* First Aid & CPR

TARGET AUDIENCE: Managers & supervisors, Project Managers, HSE officers, Site Engineers, Maintenance Officer, All levels of employee



This is a detailed package of training put together to develop the competence of your newly employed Safety Officers in order to prepare them for their expected roles and duties within the various business units of your organization.

Course Content

The program content will include:

- * Safety policy implementation strategies and execution methodologies
- * Monitoring safety compliance
- * Hazard identification and spotting
- * Setting safety standards
- * Office safety
- * Operational safety
- * Maintenance safety
- * Work equipment safety
- * Contractors/Third parties' safety
- * Transport safety
- * Environmental safety
- * First aid boxes and requirements
- * Safety Inspection procedures
- * Emergency planning and emergency procedures





- * Handling emergencies
- * Work permit system
- * Supervision
- * Setting standards
- * Training and setting procedures
- * Classifications
- * Contractors' supervision for safety
- * Inspection procedures
- * Safety audit procedures
- * First aid procedure and emergency preparedness
- * Personal protective equipment selection procedure
- * Safety laws, regulations and standards
- * International safety rules and guidance best practice
- * Case studies
- * Syndicate works
- * Film shows
- * Practical sessions

TARGET AUDIENCE:

Safety officers, Field workers/ engineers 3days

COURSE FEE:

DURATION:

PROPOSED DATE: To be agreed

PROPOSED VENUE: Tomsey International Training Center, Ikeja Lagos



MANAGING SAFELY: HSE COMPETENCE DEVELOPMENT FOR MANAGERS AND SAFETY SUPERVISORS

This program is designed for the operations and administrative supervisors and managers whose duties include the supervision and control of personnel and equipment required for the realization of the organizational goal. It provides necessary skills on the practice of health and safety with emphasis on accident/ loss prevention, regulations, best practice and legal requirements for health and safety.

LEARNING OBJECTIVES

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At the end of the program, the participants will be able to

- * Identify the benefits of good HSE safe practice
- * Recognize safety, loss control and prevention
- * Carry out a thorough safety inspection of their work environment Risk assessment
- * Identify employers and employee's roles within current HSE practice
- * Carry out a thorough accident investigation for future prevention
- * Develop emergency management and planning procedures
- * Identify the requirement of safety policy and how to implement it.
- * Carry out site HSE documentation in compliance with relevant standards.
- * To provide concise, comprehensive coverage of HSE practise and implementation in compliance with local content requirement and regulations
- * To understand the Skills required to supervise and manage HSE in factories and other project Sites
- * Improve organisation culture via behavioural HSE implementation
- * To enhance professional career development meeting the world standard in all occupational health and safety issues



Course Outline

- * Introduction to basic health and safety definitions
- * Statutory requirements for HSE at work and the working environment
- * Health & Safety management system HSE MS
- * Modern HSE management models HSE 65 and OHSAS 18001/ ISO 45001:2018
- * Effective safety policies and safety manual
- * Workplace accident and incident reporting, investigation and analysis
- * Safety records and monitoring safety performance
- * Planning for emergencies and corporate emergency procedure
- * Health and safety culture
- * Communicating the safety message
- * Safety inspection procedure and safety audit
- * Monitoring health and safety performance safety inspection, safety Audit e.t.c.
- * General hazard identification, risk assessment, procedure and control
- * Occupational health and safety
- * Personal Protective Equipment (PPE) Selection and utilization
- * Case studies and Safety Video section.

TARGET AUDIENCE: Managers & supervisors, Project Managers, Site/ Maintenance Engineers, HSE officers

DURATION: 2days

COURSE FEE:

- **PROPOSED DATE:** To be agreed
- **PROPOSED VENUE:** Tomsey International Training Center, Ikeja Lagos





5. DIRECTING SAFELY

The program is aimed at enhancing the competence of the Executive management team who provides direction for the management of Health, safety and to ensure a safety culture is entrenched within the organization.

The program is divided into two modules as below:

MODULE 1: MODERN MANAGEMENT TOOLS FOR SUCCESSFUL HSE MANAGEMENT

CONTENT

- * Introduction to global HSE best practice
- * Global perspective of HSE best practice
- * Framework for HSE management
- * Safety culture and the culture ladder
- * Tools for influencing workplace towards best practice
- * Responsibilities and commitments
- * Best practice duty of care
- * Using the latest HSE management tool HSG 65
- * Attaining world class status in HSE management the approach
- * DASH director's action on safety and health

MODULE 2: BUSINESS CASE FOR HSE BEST PRACTICE

CONTENT

- * International HSE legislations
- * Nigerian HSE legislations
- * Safety pays cost benefit analysis for best practice
- * Business risk management -getting health and safety firmly on the agenda
- * Benefits of HSE best practice
- * Recommendations

EXPECTED PARTICIPANTS

- * Executive management team
- * Top management team members
- * HSE management committee members
- * HSE management team

6. FIRE FIGHTING AND LOSS PREVENTION COURSE

COURSE INTRODUCTION

Prepare your organization to prevent fire occurrence in the workplace in three days. Fire strikes without warning in seconds, destroying all that it touches. It is essential organization prepare their employees to take adequate precaution to prevent fire and know what to do in case of fire outbreak.

COURSE OBJECTIVES

At the end of the program, participants will be able to:

- * Identify nature, types and causes of fire
- * Identify techniques for fire prevention and protection
- * Detect fire hazards of various forms
- * Extinguish various forms of fire before it gets out of hand
- * Understand techniques for fire prevention and intervention
- * Handle firefighting equipment

TARGET PARTICIPANTS

- * Managers, Supervisors, Field Engineers, Fire officers,
- * Safety officers and supervisors
- * Operations personnel and office staffs
- * Security personnel

COURSE CONTENT

- * Fire chemistry and prevention technique
- * Causes of fire in various forms
- * Classes of fire, control and method of extinction
- * Fire hazard and risk assessment





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- * Various types of fire extinguishers and their application
- * Fire alarm systems and responses
- * Practical firefighting: handling classes A, B and C fires
- * Maintaining fire portable fighting equipment
- * Fire safety precautions and fire action for employees
- * Evacuation procedures
- * Fire wardens roles and responsibilities
- * Fire control and methods of extinction
- * Firefighting equipment and installation
- * Human relations in complex industry
- * Simple first aid during fire emergency
- * Handling electrical sparks and gas explosion
- * Standard in fire equipment installations
- * Factory act/ legislation on industrial hazards
- * Investigation into causes of fire out break and safety inspection
- * Maintaining fire equipment
- * Fire report writing
- * Fire drills and keeping employees' alert
- * Fire/ safety video shows

To operate an extinguisher:







- The benefits of these programs include but not limited to
- * Improve profitability
- * Increasing the awareness of employees and staff on health and safety
- * Compliance to standards and regulations
- * Identify possible fire hazards and source of potential incidents in workplace.
- * Emergency Preparedness
- * Fire prevention and control
- * Recording and Documentation for Management Reviews and identifying opportunities for improvements

DURATION:	3 days
COURSE FEES:	
COURSE VENUE:	Tomsey International Training Center, Ikeja Lagos
COURSE DATE:	To be agreed







7. FIRE WARDENS' TRAINING PROGRAMS

COURSE OBJECTIVE

At the end of the program, participants will be about to

- * Understand the role of Fire wardens during emergencies.
- * Develop emergency response plan for the premises
- * Carry out emergency drills
- * Provide support for the emergency handlers such as Fire fighters, Security team and medical team
- * Evacuate the staff in an emergency
- * Organize emergency response in case of fire, building collapse, toxic emissions and other forms of emergencies to ensure zero loss of life with minimal property damage
- * Develop a communication line with various agencies required during emergency. Such include the Police, Ambulances, Fire brigade, Red Cross etc. and
- * Handle small fires within the premises

COURSE CONTENT

The following topics will be treated during the training

- * Classification of fire and various emergencies
- * Fire handling and firefighting technique, methods and equipment
- * Preparing emergency control and emergency response plan
- * Trauma response and First Aid response during fire outbreak
- * Duties and responsibilities of fire wardens



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- * Setting up the emergency control center
- * Communications during emergencies
- * Personal protective equipment selection and utilization during emergencies.
- * Key Supportive roles of Wardens for emergency handlers
- * Handling fire emergency in a high- rise building
- * Rescue operation in a major fire outbreak
- * Hazard spotting and Inspection services for accident prevention
- * Emergency drills and keeping employees' alert
- * Film shows and case studies

TARGET PARTICIPANTS

The target participants include the following:

- * Fire Wardens
- * Security personnel
- * Emergency management Team members
- * HSE Officers and Managers

DURATION:	3 days
COURSE FEES:	
COURSE DATE:	To be agreed



COURSE VENUE: Tomsey International Training Center, Ikeja Lagos



8. BASIC FIRST AID & CPR PRACTISE

COURSE OBJECTIVE

At the end of the program, participants will be able to carry out the following first aid safety Practices

- * Definition of First Aid & CPR
- * Understand the scope of first Aid
- * First Aid kits
- * Handle emergency medical problems while waiting for medical experts
- * Attend to first-aid injury cases
- * Stop injuries from aggravating while waiting for medical attention
- * Monitor the conditions of victims of various industrial attention
- * Assist their colleagues in case of minor injuries
- * Evacuate casualties from incident scenes
- * Manage first Aid emergencies and procedures

COURSE OUTLINES

- * Aims of First Aid
- * Duties of First Aider at an Emergency
- * Mouth-to-Mouth Artificial Ventilation/Respiration
- * CPR & Practical first aid treatment procedures
- * Clearing an Obstruction
- * Cardiac Massage
- * Control of Bleeding





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- *Quality *Excellence *Integ Handling of Wounds
- * Handling Fractures
- * Handling Poisoning
- * Handling and Treatment of Heat Exhaustion
- * Conditions Causing Asphyxia and Emergency handling
- * Symptoms and Treatment of Asphyxia
- * Hazards Due to Inhalation of Toxic Gases/Vapours
- * Film Show: First Aid at Work
- TARGET AUDIENCE: Safety officers, First Aiders, Field workers/ engineers, maintenance team, operation staff

DURATION:	2 days
COURSE FEES:	
COURSE DATE:	To be agreed
COURSE VENUE:	Tomsey International Training Center, Ikeia Lagos



9. **DEFENSIVE DRIVING TRAINING FOR DRIVERS**

INTRODUCTION

Over the years, the drivers' licenses obtained by Nigerians have lost its integrity as the normal tests and training which drivers are supposed to have undertaken before obtaining such licenses have become a thing of past. This has therefore made most road users to be totally ignorant of basic driving etiquette and rules and thus; leading to unnecessary accidents caused by mistakes borne out of ignorance.

We have put together, this special package to support organization in protecting the lives of workforce especially those whose duty essentially involve driving as a routine part of their jobs.

COURSE CONTENTS

The one-week program will be practically oriented considering the calibers of people to be trained. Issues to be discussed will include:

- * Pre-mobilization mandatory vehicle checks for safety
- * Understanding the national highway codes, signals and symbols
- * The road users and the laws
- * Key considerations for other road users Motorcyclists, cyclists, pedestrians, disabled and the old people (Traffic)
- * Safety tips for safe driving
- * Appreciation of national high way code (copies to be given to delegates)
- * Responding to breakdown on the highways
- * Key issues relating to terrain, weather and geographical considerations for heavy and light duty vehicles.
- * Responding to various emergencies on the high way
- * Vehicle control and handling on the highway
- * Maintenance record, planning and scheduling for safety of driver, passengers and vehicles
- * Practical driving tests to be conducted by Federal Road safety Corps.
- * Responsibilities of drivers to commuters and vehicle occupants



- * Management drivers Responsibilities and special expectations
- * Integrity and modus operandi for drivers

COURSE DELIVERABLES

At the end of the program, the following are the key deliverable to both the participants and the organization

- * Enhanced sense of responsibilities of the drivers
- * Improved care for the corporate vehicles
- * Renew awareness of duty of care for lives of vehicle occupants on the road

Change in attitude and **renewal** of sense of commitment and integrity within the pool of drivers



DURATION:	3 days
COURSE FEES:	
COURSE VENUE:	Tomsey International Training Center, Ikeja Lagos
COURSE DATE:	To be agreed



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10. SAFETY AUDITORS TRAINING

COURSE OBJECTIVE

This program is designed for HSE practitioners to acquire necessary capability required to carry out a comprehensive safety audit of an organization in order to ensure that the HSE management system of the company meets the minimum standard required to meet the risk level that are inherent in her day-to-day activities.

COURSE CONTENT

- * Definition and Objectives of Safety Audit
- * Scope and essence of a safety Audit
- * Types of Audits
- * Elements of ISO 14489
- * Hazard spotting and Risk evaluation
- * Safety versus Corporate targets
- * The audit processes
 - Policies and programs audit
 - Documentation audit
 - Inspection processes
 - Process audit
 - Safety Records Review
 - Process operations and management systems
- * Policies vs implementation audit
- * Benefits of Safety Audit
- * Required records for a complete audit
- * Proactive and Reactive Safety Management system



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- * Information required for a good audit
- * Obtaining required information for the Audit
- * Auditing Safety Hardware, Software and Humanware
- * Documentations and Safety Management systems
- * Special issues for audit
 - PPE
 - Handling hazardous chemicals
 - Work at height
 - Work procedure
 - Handling emergencies
 - Ergonomics
 - Hazard and risk management
 - Safety Policies and Safety manuals
 - Work procedures
- * Traits of a good auditor
- * Role of the Auditor
- * Results of Audit
- * Audit reports
 - Key contents
 - Recommendations
 - Report presentation
 - Report review with client

TARGET PARTICIPANTS

The program is designed for the following audience:

- * HSE Consultants and Corporate Advisors
- * HSE Supervisors and Managers
- * Operations supervisors and Managers
- * Technical Services Engineers [Process, Electrical, Instruments, Mechanical Engineers]
- * Project Engineers and Project Managers

DURATION:	2 days
COURSE FEES:	
VENUE:	Tomsey International Training Center, Ikeja Lagos
COURSE DATE:	To be agreed

11. PROJECT MANAGEMENT TRAINING PROGRAM

This course is designed for those who currently work as project managers or project officers and require a framework or refresher to perform their projects. The program provides professional development for personnel with responsibility for the actualization corporate projects with optimal results and best cost attainable within the framework of the quality expectation in the execution of such projects.

COURSE OBJECTIVES

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

- Use the broad guidelines to project management provided in the international standard, to manage projects
- Use a structured and standards-based approach to prepare a project management plan to international standards, incorporating appropriate supporting plans, schedules, budget and specific outputs/deliverables for each step of the plan
- Develop a realistic schedule which meets the stakeholders' constraints
- Develop project cost estimates and control project budgets
- Determine and acquire appropriate project resources
- Describe the sources of project risks, and the management approach to control risks
- Establish a project's quality objectives and appropriate controls and measures to ensure quality outcomes are achieved
- Control project suppliers and external stakeholders
- Build effective teams which are committed to the project goals
- Describe methods for timely and accurate reporting of progress against plan

COURSE CONTENT

The following topics will be treated during the training:

- * Course Introduction
 - Format, Case studies



- Review some basic project management concepts

* Project selection

- Selection of projects
- Project approvals
- * Integration management
 - Overall project plan
 - Integrated change control

* Executing the plan

- Work allocation
- Project closure
- * Scope management
 - Gathering project requirements
 - Defining and verifying scope
 - Using Work Breakdown Structures (WBS)
 - Controlling changes to scope

* Schedule management

- Defining and sequencing project activity (using the WBS and network diagrams)
- Schedule development and control
- Critical path and Fast tracking
- * Cost management
 - Deriving budgets and monitoring performance against them
 - Earned value analysis
- * Quality management
 - Managing customer satisfaction by ensuring quality of deliverables quality planning, managing quality/ quality assurance (QA) and quality





control (QC)

* Resource management

- Project management competency and organization model
- Performance agreements
- Project staffing plans
- Project management competencies and behaviors on the job
- Managing all resources (human, physical, equipment)
- * Communications management
 - Stakeholder management
 - Status reporting
 - Information dissemination, both within team and outside to stakeholders
 - Correcting variances to plan

* Risk management

- Identifying, analyzing and developing risk response strategies
- Implementing the response strategies and monitoring risks
- Managing risk and opportunities

* Procurement management

- Planning for, selecting and sourcing supply of goods and services from external vendors
- Contract administration issues
- * Stakeholder management
 - Identifying stakeholders and developing a stakeholder engagement plan
 - Managing and monitoring the stakeholder engagement
- * Professional responsibility
 - A brief guide to the major professional responsibilities of a project manager in the workplace and the ethical conflicts that can arise from this







role.

INTENDED AUDIENCE

This program is designed for those who manage projects and need a more formal and structured approach. These include;

- * Project Managers
- * Project Engineers
- * Technical Services Team members
- * Assets Managers and Assets Management team

COURSE DURATION: 5 days

COURSE FEES:

VENUE: Tomsey International Training Center, Ikeja Lagos

COURSE DATE: To be agreed













12. COST ENGINEERING, ESTIMATING, AND PROJECT PLANNING

INTRODUCTION

This special program is designed to provide and equip participants with the required knowledge and skill to manage and control costs on projects. Participants will learn the basics of cost estimating, cost control and planning. It will provide participants with a thorough background of the concepts of total cost management and cost engineering, including planning and controlling resources, costs, profitability and risk. Participants will also develop an understanding of cost management throughout the life cycle of any enterprise, program, facility, project, product or service. Practical sessions during the training programme will provide hands-on experience.

INDUCTION OBJECTIVE / PROGRAM

This program will involve practical development of the participants such as to enable them

- * Understand the Learn methodologies and tools for effective estimating, budgeting, cost control and value engineering
- * Practice of standardized methods, procedures, knowledgebase and checklist
- * Obtain knowledge on project control implementation, monitoring and evaluation tools
- * Learn techniques that ensures survival in a competitive market
- * Provide a means to bridge the gap from the theory to real life Implementation of cost engineering
- * Perform Value Analysis on your projects
- * Understanding Activity Based Costing (ABC) and Activity Based Management (ABM)

MAIN CONTENT OF THE PROGRAM

The following topics will be treated during the program:



- * Overview of Cost Engineering
 - What are "Project Costs", and the various types
 - Roles and responsibilities of a cost engineer
 - Mission statement of Cost Engineering
 - Cost as a business driver
- * Calculating the true cost of project activities, including the overhead and cost of money
- * Understanding Cost and Building a detailed cost estimate step-by-step
- * Preparing accurate Preliminary, Budget and Definitive Cost Estimates
- * Creating fully cost and resource loaded schedules
- * Ensuring project and program on schedule and within budget
- * Performing Project Value Analysis
- * Understanding and Applying Earned Value Management (EVM) Concepts
- * Understanding Activity Based Costing (ABC) and Activity Based Management (ABM)
- * Using EVM, ABC and ABM as tools to enhance competitive advantage
- * Applying Total Cost Management Principles, Practices and Methodologies to Project Management
- * Undertaking parametric cost estimates, and using commercial cost estimating tools.
- * Costing and Cost Reduction techniques
- * Target Costing and Cost Reduction principles
- * Perform Economic and Business Case Analysis and Assessments
- * Project Portfolio Management
- * Obsolescence Cost: Introduction to Obsolescence and Factors that affect obsolescence resolution cost
- * Costs of Supply and Understanding the costs of logistics.
- * Whole Life Cost and Systems Engineering
- * Systems engineering perspective to Life Cycle Cost and whole life cost prediction





FOR WHOM?

The course is designed for Operations, Maintenance, Finance and Administrative team members of the refinery including:

- * Project Management team and Managers
- * Operations personnel and Managers
- * Finance Team
- * Administrative personnel
- * Technical Services
- * Supply Chain Management team

COURSE DURATION: 5 days

COURSE FEES:

VENUE: Tomsey International Training Center, Ikeja Lagos

COURSE DATE: To be agreed





13. EMERGENCY PLANNING AND RESPONSE

COURSE OBJECTIVE

This program is designed for men in Safety Management, Emergency Response team, Security services and others who might be involved in one way or the other Emergency planning and responses especially with respect working in high rise buildings, Fire and dangerous occurrences.

At the end of the program participants will be able to:

- * Carry out safety audit of the work premises in order to prepare for emergencies
- * Recognize possible emergency that could occur within their work environment
- * Prepare emergency management plan for the generation industry
- * Recognize safety, loss control and loss prevention along latest modern management principles.
- * Understand techniques for emergency management and
- * Develop an emergency response plan for the organization

TARGET PARTICIPANTS

- * All management team members
- * Emergency response team members (ERT)
- * Fire officers and supervisors
- * Safety officers, supervisors and managers
- * Fire wardens
- * Security officers and managers
- * Operational staff





COURSE CONTENT

- * Safety and Health Management
- * Identifying potential emergency situation within the organization
- * Hazards in working in high rise buildings
- * Preparing the emergency control and response plan
- * Setting up the emergency control center
- * Communications during emergencies
- * Personal protective equipment selection and utilization during emergencies.
- * Handling fire emergency in a high- rise building
- * Standard fire Equipment installation, Fire alarm systems and maintenance
- * Rescue operation in a major fire outbreak
- * Electricity safety
- * Emergency drills and keeping employees' alert
- * Film shows
- * Case studies
- **DURATION:** 3 days

COURSE FEES:

- VENUE: Tomsey International Training Center, Ikeja Lagos
- **COURSE DATE:** To be agreed







14. SAFE HANDLING OF CHEMICAL

COURSE OBJECTIVE

At the end of the program, participants will be able to:

- * Understand the nature and hazards in chemical handling
- * Determine and use the correct PPE for the chemical they handle
- * Work safely with the chemicals they handle
- * Store and handle chemicals in a safe way
- * Protect themselves and others from being harmed by the chemicals they work with.

COURSE CONTENT

- * Types and nature of various industrial and household chemicals
- * Classification of chemicals and chemical segregation
- * Chemical storage and chemical transportation
- * Hazards and risk involved in chemical handling
- * Hazard and risk assessment for chemical handling
- * Protecting employees from chemical hazards
- * Types and uses of various PPE for chemical handling
- * Occupational ill-health from chemical handling
- * COSHH regulations
- * Safety Data Sheets
- * First aid requirement for chemical splash





DURATION:	3 days
COURSE FEES:	
VENUE:	Tomsey International Training Center, Ikeja Lagos
COURSE DATE:	To be agreed

15. ELECTRICITY IN THE WORKPLACE

COURSE OBJECTIVE

This two-day course is designed to provide employees with an introduction into electrical safety within the workplace providing a better understanding of health and safety requirements and ensuring compliance with current electrical legislation. This course is suitable for employees who have had no previous electrical training and those working with electricity

KEY TOPICS TO BE TREATED

- * Basic electricity and circuit connections and flow
- * Electricity hazards and risk control
- * Electrical risk assessment
- * Safety precautions for electrical equipment and appliances
- * Sources of electrical accidents and their effects
- * Preventing Electrical Accident in the office and industrial environment
- * Personal protective equipment for electrical work
- * Electricity in the workplace
- * Portable appliance testing and checks for safety
- * Preventing electrical fire
- * Film Show: Electrical Safety

FOR WHOM?

- * Maintenance and operation personnel
- * Construction team members
- * Safety officers/supervisors
- * All categories of staff in office environment





DURATION:	2 days
COURSE FEES:	
VENUE:	Tomsey International Training Center, Ikeja Lagos
COURSE DATE:	To be agreed



16. WORKING IN CONFINED SPACES

This two-day program is designed to equip delegates to comply with confined spaces regulation 1997. It focuses on ensuring delegates understand what constitute a confined space and the risk associated with it, know the procedures for safe entry and working to enable them respond effectively in an emergency.

TARGET PARTICIPANTS

- * Operations Personnel
- * Maintenance Personnel
- * HSE Officers

KEY ISSUES TO BE DISCUSSED

- * Confined space definition
- * Assessing the risks
- * Work in confined spaces
- * Site preparation and job safety procedure for work in confined spaces
- * Emergency procedure
- * Permit to work
- * gas detection equipment
- * Personal protective equipment
- * Emergency equipment
- * Procedure for entry into confined spaces
- * Emergency rescue
- * Film show: a fatal decision





DURATION:	2 days
COURSE FEES:	
VENUE:	Tomsey International Training Center, Ikeja Lagos
COURSE DATE:	To be agreed



17. WATER TREATMENT: RAW, DEMINIRALISED AND DRINKING WATER AIMS AND OBJECTIVES

At the end of the program, the participants will be able to:

- * Implement new capability in handling the operation of water treatment units in the plant.
- * Plan new methodologies of demineralized water preparation and the specifications expected for demineralized water streams.
- * Itemize the effect of production of 'off-spec water' on human, plant and environment.
- * Carry out an in-house assessment of the existing water treatment system with respect to the design, operation and maintenance procedures with a view to improving its performance.

TARGET PARTICIPANTS

- * Process and Maintenance Engineers
- * Boiler House and Factory Operators
- * Quality Control Personnel
- * Health, Environment and Safety Management Unit
- * Engineering and Technical Services Personnel

COURSE CONTENT

- * Water chemistry- sources of water, impurities and industrial applications.
- * Boiler water chemistry
- * Water treatment: Boiler water systems, Drinking water and plant effluent water.
- * Corrosion in water and steam generation and steam circulation systems.
- * Effluent water treatment, FEPA specifications and environmental impact.



- * Specifications of Demineralized water: analysis and effect of 'off-spec' demineralized water.
- * Scale formation in boiler tubes prevention and control.
- * Chemicals for water treatment dosage and testing.
- * Principles and effective operations and maintenance of water treatment equipment, boilers
- * Duties of Quality control and safety personnel in water treatment.
- * Duties of boiler house operators.
- * Detection of faults in Boiler house and water treatment system.

DURATION:	3 days
COURSE FEES:	
COURSE VENUE:	Tomsey International Training Center, Ikeja Lagos
COURSE DATE:	To be agreed





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AIM AND OBJECTIVES

At the end of the program, participants will be able to:

- * Identify the basic knowledge required for handling rotating equipment such as pumps, compressors, generators, turbines etc.
- * Carry out an improvement of the operation and maintenance of rotating equipment.
- * Identify general and specific problems associated with rotating equipment and proffer solution.
- * Develop both operation and maintenance personnel handling such equipment in the art of trouble-shooting and problem identification.
- * Itemize the principles of operations of rotating equipment.

TARGET PARTICIPANTS

- * Engineers and Managers in Operations.
- * Engineers and Managers in Maintenance and Technical services.
- * Plant Operators.
- * Maintenance Personnel.

COURSE CONTENT

- * Classification of mechanical equipment: static and rotating equipment
- * Design and Operation principle of rotating equipment.
- * Types and uses of various pumps, compressors, generators etc.
- * Selection of rotating equipment for industrial use.
- * Installation of rotating equipment.
- * Operational problems associated with rotating equipment.





- * Preventive maintenance practices of rotating equipment.
- * Vibration effect and control.
- * Monitoring an operating Rotating equipment'.
- * Lubrication system and selection of lubricating oil for pumps and compressors
- * Drivers.
- * Case studies specific to operations and maintenance of existing equipment.

DURATION:	5 days
COURSE FEES:	
	[Minimum of 10 participants is required per batch]
COURSE DATE:	To be agreed
COURSE VENUE:	Tomsey International Training Center, Ikeja Lagos






19. MAINTENANCE MANAGEMENT

COURSE OBJECTIVES

At the end of the program, participants will be able to:

- * Highlight the importance of modern maintenance management in the oil and gas industry.
- * Have new skills in using modern maintenance techniques.
- * Identify special problems arising in the maintenance of equipment in the oil and gas sector.

TARGET PARTICIPANTS

- * Maintenance Supervisors
- * Maintenance Engineers
- * Operations Supervisors

COURSE CONTENT

- * Maintenance functions
- * Maintenance organisations and practices
- * Preventive Maintenance
- * Modern maintenance planning and scheduling
- * Record keeping and feedback
- * Materials specification
- * Inspection
- * Plant Maintenance
- * Electrical, Instrumentation and Mechanical maintenance
- * Maintenance tools
- * Personnel Management and Maintenance



DURATION:	5 days
COURSE FEES:	
VENUE:	Tomsey International Training Center, Ikeja Lagos
COURSE DATE:	To be agreed

20. FORKLIFT OPERATIONS REFRESHER COURSE

PROGRAM OBJECTIVE

This program is designed for Drivers and all forklift operators. The program is designed to refresh the staff about the requirements for safe handling of lift trucks and the key precautions required to avoid accidents and operational hazards.

At the end of the program, the participants will be able to:

- * Safely operate forklifts
- * Understand the basic safety requirements in forklift operations
- * Carry out routine inspection and follow the inspection procedures
- * Carry out required Safety procedures in case of accidents

COURSE LECTURES

Topics to be treated will include:

- * Basic principles of lift trucks and their operations
- * Pre-commissioning checks and routine inspection procedures
- * The seven deadly sins in forklift operations
- * Steps to take in case of accidents
- * Maintenance requirement for forklifts
- * Key safety tips for safe operations
- * Film show: the seven deadly sins

DURATION: COURSE FEES: COURSE DATE: COURSE VENUE:

Tobeagreed Tobeagreed

2 days





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21. VALVES: OPERATION AND MAINTENANCE

COURSE OBJECTIVE

- At the end of the program, the participants will be able to
- * Have a better competence in handling valves' maintenance and operations
- * Have good understanding of the various forms and types of valves such as Block valves, control valves, Throttling valves, Pressure safety valves etc.
- * Carry out selection of various types of Valves depending on operational requirements
- * Diagnose problems arising from valves' operations
- * Carry out predictive and preventive maintenance on various types of valves
- * Trouble shoot and carry out problem identification on Valves
- * Identify general and specific problems associated with Valves

TARGET PARTICIPANTS

- * Maintenance Personnel
- * Maintenance Engineers
- * Plant Operators
- * Chief Operators and Operation Supervisors
- * Maintenance Supervisors
- * Technical Service Engineers

COURSE CONTENT

- * Types and uses of various Valves
- * Design and operation principle of Valves
- * Valves selection and utilization criteria





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- * Different types of valves and their applications
- * Flow characteristics for nozzles and orifices
- * Manual, Pneumatic and Electrically operated valves principles and maintenance
- * Standard practice for the design and installation of pressure reliving systems in Refineries and Petrochemicals.
- * Procedures and Standards for Safety / Relief valves servicing and maintenance
- * Preventive, predictive and on-line monitoring of Valve performance
- * Inspection of Valve components
- * Control valves components, terminology and specification
- * Throttling Valves Gas and Liquid operations
- * Block valves and non-Return valves
- * Valve sizing for optimal performance
- * Cavitation and flashing in valves
- * Control valve manifold and piping arrangements
- * Actuators and valve switches principles, operations and maintenance
- * Valve tests procedure
- * Case studies
- * Film show

COURSE FEES:

- **DURATION:** 5 days
- COURSE DATE: To be agreed







22. PERMIT TO WORK

TRAINING OBJECTIVE

At the end of the program participants will be able to among other things:

- * Recognize safety, loss control and loss prevention in workplace safety.
- * Identify hazards, Risks and accident prevention in work activities during electrical lines maintenance and fault clearing.
- * Identify personal roles and duties in accident prevention
- * Does a work place safety check before any work activity especially with respect to electrical and line maintenance accidents' prevention.
- * Understand the use of Work permit and how to obtain them.
- * Understand the various work permits available and when they are to be used.

COURSE CONTENT

- * General overview of safety and accident prevention
- * Causes of accidents and human factor in most accidents
- * Carrying out Job Safety Analysis before the task commencement
- * Various Hazard and risks associated with electrical distribution systems, fault tracing and clearing
- * Understanding the need for Work Permits
- * Objective of permit to Work and Accident-free work program
- * Work permit system and risk management
- * Types and uses of various PTW
- * Carrying out a JSA/JHA for electrical systems operations and maintenance
- * Hazards and Risk control for electrical faults and electrical line maintenance
- * High voltage and transmission lines hazards and control
- * Understanding and interpreting the PTW
- * Preparation of Permit- To Work Contents, work description, PPE, Safety precautions Personnel requirements, Work competence etc.



- * Approvals and acceptance of Permit- To Work
- * Signing out a permit
- * Film show permit to work system

EXPECTED PARTICIPANTS: Engineers, Maintenance team, Junior and Intermediate level technical staff, engaged as lines/faults men, Cable jointers, Electrical fitters, Distribution sub-station Operators as well as technical Supervisors

DURATION:	2 days		
COURSE FEE:			
PROPOSED VENUE:	Tobe agreed		
PROPOSED DATE:	Tobe agreed with Client		

23. WORK AT HEIGHT

COURSE OBJECTIVE

At the end of the program, the participants will be able to among other things:

- * Understand the risk involved in working at height
- * Carry out a risk assessment of the work environment
- * Work at height safely
- * Use ladders safely
- * Know PPE required for work at height and be able to use them

TARGET PARTICIPANTS

^{*} Operations personnel





- Maintenance personnel
- * Civil and structural site workers
- * Safety officers and managers
- * Administrative officers and managers
- * Personnel working at height above 1.8m

COURSE CONTENT

- * Sources and consequences of fall accidents
- * Fall protection program
- * Work at height key requirements
- * Hazards and risks in working at height
- * Carrying out a risk assessment for works above 1.8m
- * Managing the work environment for works at height
- * Use of fall Arrest and Fall restraints equipment
- * Use of PPE for works at height
- * Keeping the work environment safe
- * Film show Getting it right at height
- **DURATION:**
- 2 days
- **COURSE FEE:**
- **PROPOSED VENUE:** To be agreed
- **PROPOSED DATE:** To be agreed with client





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24. FALL ARREST TRAINING

OBJECTIVE

At the end of the program, participants will be able to

- * Select type and size of fall arrest appropriate for their works at height
- * Ascertain the integrity of the equipment before use
- * Carry out basic risk assessment for works at heights
- * Properly Handle and store fall arrest equipment
- * Determine when there is need for use of the fall arrest equipment

TARGET PARTICIPANT: The program is tailor made for those who work at height [above 1.8m] and uses or require to use fall arrest equipment during the course of their works.

COURSE CONTENT

- * Basic international standards and general requirement
- * Key components of the fall arrest equipment
- * Need identification process for fall arrest equipment –criteria and practices
- * Key specifications for user considerations
- * Types and Selection of appropriate fall arrest system
- * Safe Storage of the equipment
- * Key considerations crucial for user [Standards, procedures]
- * Restraint's systems and positioning of the equipment
- * Standards and procedure for setting up the fall arrest equipment
- * Ten essential safety principles for users of fall arrest system
- * Strategies to eliminate risk of falls from height.

DURATION:	2 days
COURSE FEES:	
VENUE:	Tomsey International Training Center, Ikeja Lagos
COURSE DATE:	To be agreed



25. SCAFFOLDING SAFETY

TRAINING OBJECTIVE

The objective of the training is to among other things develop participants to

- * Know the different types of scaffolding
- * Understand the various components of a scaffold
- * Be able to carry out safe erection and dismantling of scaffolds
- * Identify the critical safety requirement in erection, use and dismantling of the scaffold and
- * Carry out documentation and risk assessment of scaffolds within the company premises.

TARGET PARTICIPANTS

The program is aimed at developing the competences of the participants who erect scaffoldings, work on the erected scaffolding and those who certify scaffolds before their being used. The training is also useful for all who work at height such as masts and roof maintenance.

TRAINING CONTENT

The lectures to be delivered can be summarized as follows:

- * Scaffold erection and Scaffold use
- * Safety requirement in scaffolding erection and dismantling

*	Risk assessment procedure	DURATION:	1 days
*	Safety checklist	COURSE FEES:	
*	Safety at heights	VENUE:	Tomsey International Training Center, Ikeja Lagos
*	PPE and Fall Arrest Equipment	COURSE DATE:	To be agreed

- * Scaffolding accidents Causes and prevention
- * Emergency First Aid
- * Film show Working at height, a documentary on the use of scaffolds.



26. MANUAL HANDLING

COURSE OBJECTIVE

This training will provide participants with practical guidance, Instructions and competence on safe lifting techniques to be applied in industrial and office environment in order to protect them from ill-health arising from poor lifting techniques.

The training is geared to develop the competence of participants in manual handling in line with the manual Handling Operations Regulations 1992.

TARGET PARTICIPANTS

- * Manual handlers
- * Maintenance personnel
- * Plant operations personnel
- * Office assistants
- * Loaders and depots assistants
- * Logistics officers
- * Transport officers and drivers
- * Store and warehouse personnel

KEY TOPICS

During the training, the following topics will be treated

- * Introduction to manual handling and safe manual handling techniques
- * Accidents from manual handling and prevention techniques
- * The manual handling operations regulations 1992
- * Practical Manual handling techniques
- * Risk assessment for manual handling operations
- * Selection of Personal Protective Equipment for manual handling



Start in a good posture

Keep the load close to the waist



- ^{*} Health problems associated with manual handling
- * Practical lifting
- * Film show:
- * Hard to handle
- * Back posture

DURATION: 1 day

COURSE FEE:

PROPOSED VENUE: To be agreed

PROPOSED DATE: To be agreed with client



27. OFFICE SAFETY

COURSE AIMS

Employers have a duty of care to make office and industrial workers learn and understand how to control risk, reduce production loss, save more money create a safer working environment and increase competitiveness.

These Two days training course is specially designed to cover the requirements of the health and safety act at work 1974 in relation to office premises. It will ensure that delegates are developed to understands their duties and responsibilities in the office environment

TARGET PARTICIPANTS: Includes all levels of personnel working in an office environment.

COURSE CONTENT

- * Safety definitions and concept
- * Safety policy and responsibilities
- * Display screen equipment (DSE) safety
- * Office ergonomics



- Basic First Aid Procedures
- * Accident prevention and reporting
 - Causes of accidents and Accidentratios
 - Effects of accidents on the organization and on the individual
 - How and why to report accidents
- * Law:
 - Overview the main elements of health and safety legislation
 - The Health and Safety at Work etc. Act 1974
 - The Management of Health and Safety at Work Regulations 1999
 - Nigerian Labour legislations
- * Risk assessment
 - Identifying hazards in the workplace
 - The stages of risk assessment
 - Risk control measures
- * Fire
 - Understanding fire prevention in the workplace
 - Fire escape routes
 - Action to be taken in the event of a fire
- * Manual handling
 - Causes of manual handling injuries
 - Safe manual handling techniques
- * Safe working with computers
 - Health concerns
 - Overview of display screen equipment risk assessment

- * Workplace safety
 - Heating and Lighting
 - Ventilation
 - Walk-ways

DURATION:2 daysCOURSE FEE:PROPOSED VENUE:To be agreedPROPOSED DATE:To be agreed with client

28. THE USE OF SELF- CONTAINED BREATHING APPARATUS (SCBA) DURING FIRE EMERGENCY RESPONSE

Overview:

Fire strikes without warning in seconds, destroying properties worth millions of naira. This may call for serious emergency response plans to be put in place to tackle this unforeseen incident. It is essential then that organization prepares their emergency response team and fire warden team and some of their employees to take adequate precaution to prevent fire and prepare for proper emergency response during any fire outbreak or emergency responses.

It has also become a trend during emergencies, that Emergency Response/ firefighting personnel lost their lives when responding to emergencies, due to lack of training on the use of emergency response equipment like self-contained breathing apparatus

On this background we hereby propose to you the above special competence improvement training program for your emergency response team or firefighting team, security, HSE officers, HSE managers, etc. on the importance, use and operation of a self-contained breathing apparatus (SCBA) in order to improve the emergency response skill of your team thereby improving safety performance and accident prevention effort of your organization

This program is practical oriented and its customized to meet the specific needs of your emergency response team. The details of the training program are presented below for your perusal.

TRAINING FOCUS:

This program is designed for men in Safety Management, Emergency Response team, Security services, HSE officers, Managers and others who might be involved in one way or the other Emergency planning and responses especially with respect to working in high rise buildings, Fire and dangerous occurrences.

LEARNING OBJECTIVES

At the end of the program participants will be able to:

- * Carry out safety audit of the work premises in order to prepare for emergencies
- * Recognize possible emergency that could occur within their work environment



- * Prepare emergency management plan for their workplaces
- * Recognize safety, loss control and loss prevention along latest modern management principles.
- * Understand techniques for emergency management
- * Develop an emergency response plan for the organization
- * Explain why respiratory protection is needed in the fire service.
- * Describe differences between open- and closed-circuit breathing apparatus.
- * Describe limitations associated with self-contained breathing apparatus
- * List and describe the major components of SCBA.
- * Explain the skip-breathing technique.
- * Explain the safety precautions you should remember when using SCBA.
- * Describe the use of the emergency by-pass valve on an SCBA
- * Describe the importance of daily, monthly, and annual SCBA inspections.
- * Explain the procedures for refilling SCBA cylinders.
- * List the steps for donning and doffing a complete PPE ensemble
- * Understand PASS (Personal Alert safety system
- * Dangers of not using SCBA during emergencies
- * Use SCBA for practical life emergency scenarios
- * Safe Manoeuvres during emergencies while using SCBA
- * Maintain SCBA and store them properly
- * Medical requirements:
- * NFPA 1582 requires pre-training medical evaluation.
- * Emergency medical care requirements:
- * Under NFPA 1001, departments may specify a minimum level of emergency medical care training.



TRAINING CONTENT

- * Safety and Health Management
- * Identifying potential emergency situation within the organization
- * Hazards in working in high rise buildings
- * Preparing the emergency control and response plan
- * Setting up the emergency control center
- * Communications during emergencies
- * Personal protective equipment selection and utilization during emergencies.
- * Handling fire emergency in a high rise building and other work environment
- * Standard fire Equipment installation, Fire alarm systems and maintenance
- * Rescue operation in a major fire outbreak
- * Emergency drills and keeping employee's alert
- * Respiratory protection in the fire service and emergency responses.
- * Types of SCBAs
- * Open- and closed-circuit breathing apparatus.
- * Limitations of self-contained breathing apparatus
- * Major components parts of SCBA.
- * The skip-breathing technique.
- * Safety precautions to be considered or remembered when using SCBA.
- * The use of the emergency by-pass valve on an SCBA
- * Importance of daily, monthly, and annual SCBA inspections.
- * Procedures for refilling SCBA cylinders.
- * Steps for donning and doffing a complete PPE
- * Understand PASS (Personal Alert safety system



- * Dangers of not using SCBA during emergencies
- * Use SCBA for practical life emergency scenarios
- * Safe Manoeuvres during emergencies while using SCBA
- * Maintain SCBA and store them properly
- * Medical requirements:
- * NFPA 1582 requires pre-training medical evaluation.
- * Emergency medical care requirements:
- * Under NFPA 1001, departments may specify a minimum level of emergency medical care training.
- * Practical Videos/ Film shows
- * Case studies

EXPECTED DELEGATES:

- * Emergency response team members
- * Fire officers and Supervisors
- * Safety officers, Supervisors and Managers
- * Fire Wardens
- * Maintenance team who works in confined spaces
- * Security officers and Managers
- * Operational staff

COURSE FEE:

DURATION:	3 days
FRAINING VENUE:	To be agreed by client
FRAINING DATE:	To be agreed



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OIL AND GAS INDUSTRY SAFETY TRAININGS

29. PERFORMANCE IMPROVEMENT SKILL FOR PROCESS PLANT OPERATORS COURSE OBJECTIVES

At the end of the program, participants will be able to:

- * Improve the operational efficiency of their plant
- * Recognise the role of each unit in the production process
- * Establish new art of trouble shooting the various equipment in the plant for optimal performance
- * Develop new safety awareness
- * Establish various linkages and interdependence of various arms of operation

TARGET PARTICIPANTS

- * Production personnel
- * Maintenance personnel
- * Quality control team
- * Safety management team
- * Operations and Maintenance Managers

COURSE CONTENT

- * Process plant operations
- * Optimisation of Industrial process
- * Water chemistry
- * Effluent water treatment, FEPA specification and Environmental Impact
- * Chemicals for water treatment
- * Duties of Quality control and safety team in the Production process
- * Classification of Mechanical equipment [static and rotating equipment]



- * Design and operations principle of Rotating equipment
- * Design and operations principles of Static equipment
- * Selection of rotating and Static equipment for Industrial use.
- * Operations problems associated with rotating and static equipment
- * Preventive maintenance practices in the laboratory, process plant and Equipment maintenance
- * Industrial Safety and Hygiene
- * Handling hazardous chemicals
- * Safety wears and safety equipment
- **DURATION:** 5 DAYS

COURSE FEES:

[Minimum of 10 participants is required per batch]

- **COURSE DATE:** To be agreed
- **COURSE VENUE:** Tomsey International Training Center, Ikeja Lagos





30. PROCESS PLANT OPTIMIZATION TRAINING

Process plant optimization plays very important role in today's industrial world. For optimization benefits to be substantial, cost of production including operation interruptions must be kept to a minimum. This requires effective management of maintenance operations and optimization of equipment and plant reliability and availability. This also involves effective inspection and maintenance strategies, planning methods. Plant optimization can be an effective way to achieve improved profitability.

After participating in this course, participants will be able to:

- * Familiarize with and have better understanding of the elements of refinery resources
- * Understand the safeguarding of plant integrity over its intended life based on total life cycle cost principles
- * Appreciate the significance of energy management in reducing operating costs and increasing profitability
- * Manage corporate resources to minimize downtime
- * Ensure improved energy use within the refinery
- * Improve on personnel and material resources deployment to meet corporate goals
- * Operate the various equipment optimally bringing waste to a minimum

Course Outline:

- * Process plant operation
- * Understanding Plant Design Drawings P&ID, PFD, C&E Matrix etc.
- * Plant integrity & reliability
- * Operation & maintenance impacts
- * Equipment condition monitoring & assessment
- * Process plant optimization
- * Process control basics
- * Elements of process plant optimization



- Sinsering & Bervices International Ltd.
- Obsolescence management strategy
- * Process industries: energy use & optimization
- * Layer of Protection Analysis [LOPA]
- * Safety Integrity Levels and Process plant safety

Module 1 – Overview of Optimization Technologies

- * Overview of optimization technologies for process plants, Elements of process plant optimization procedure
- * Constraints in optimization: production, operation, economy and environment,
- * Optimization approaches: mathematical models and physical models prototype units
- * Correlation between process optimization and process control in a process plant

Module 2 – Reliability, Availability and Effectiveness

- * Concept of Effectiveness, availability and reliability
- * Reliability and availability: The relationship between them
- * Plant reliability & optimization
- * Availability optimization with the help of improved maintenance
- * Plant effectiveness: The overall optimization
- * Solution-driven examples: The workshop

Module 3 – Best Practices for Refinery Plants

- * Petrochemical Plants: Best practices
- * Energy Consumption
- * Reduction: The strategies of optimization
- * The benchmarking guidelines: The world standards
- * Energy management: The best practices in a process plant
- * Checklist (industrial plants): Energy conservation
- * Consumption, distribution of steam, and heat production optimization



Module 4 – Maintenance Management System

- * Management System for maintenance
- * Utilization of compressors, pumps and fans: Optimization
- * Maintenance management: Optimization
- * The frequency of maintenance: The system
- * Employment of predictive maintenance
- * The alteration and repair programs: The optimization
- * Solution-driven examples: The workshop

Module 5 – Minimization of Equipment Failure

- * Equipment Failure: Reduction
- * Concept of Risk-based inspection (RBI)
- * Reducing the risks of equipment's failure: Employing procedures
- * Concept of Fitness for service (FFS)
- * Obsolescence management strategy
- * Planned equipment replacement: Plant economy optimization
- * Summary

Who Should Attend?

* Process Engineers and Production team members

*	Technical services team members	DURATION:	5 days
*	Engineering Supervisors	COURSE FEES:	
*	Project Managers	VENUE:	To be agreed
*	Operations & Maintenance personnel	COURSE DATE:	To be agreed



31. HAZARD AND OPERABILITY [HAZOP] TRAINING

COURSE OUTLINE

A. GENERALAPPROACH

- * Basic Introduction to operations hazard studies
- * What is a hazard / what is a risk?
- * Requirements for HAZOP studies
- * Categories of hazard
- * Developments of incidents
- * Residual hazards
- B. DEVELOPMENTLEADING TO HAZOP
- * Concept Hazard Analysis (CHA)
- * Preliminary Process Hazard Analysis (PPHA)
- * Hazard and Operability Studies (HAZOP)
- * Parameters and Guidewords
- * Fault tree and event tree analysis
- * Task analysis

C. UNDERSTANDING DRAWINGSAND SAFETY SCHEDULES

- * Piping and Instrument Flow Diagram
- * Cause and Effect Matrix
- * Process Flow Diagram
- * Plot plan and General layout
- * Fire and Gas detection layout







- * Process Safeguarding Flow Scheme
- * Hazard Area Classification Scheme

D. PRELIMINARY PROCESS HAZARDANALYSIS

- * Identifying incident scenarios
- * Carrying out consequence analysis
- * Workshop

E. HAZARDANDOPERABILITYSTUDY[HAZOP]

- * HAZOP procedure
- * Selecting guideline and parameters
- * Combining guidelines and parameters to form process deviations
- * Expanding parameter list
- * Time to be spent on HAZOP (concentration span)
- * Determining study modes
- * Importance of "operability" inputs
- * Workshop session
- F. PLANTSAFETYSCHEDULE
- * Plant instrumentation and control system
- * Operating philosophy for the facilities
- * Shutdown schedule for safety
- * Process safeguarding scheme
- * Layer of Protection Analysis [LOPA]
- * Understanding SIL





G. HAZOPREPORTING

- * Worksheet layout
- * Key parameters
- * Key Guidewords
- * Deviations
- * Recommendations and action points
- * HAZOP Closeout

H. PRACTICAL HAZOP SESSIONS

Group practical sessions with real life Piping and Instruments Flow Diagram

TARGET PARTICIPANTS

Participants must have at least 3 years' experience in their various fields prior to the course attendance.

The program is designed for the following audience:

- * Process Engineers
- * Maintenance Engineers [Mechanical, Electrical and Instrumentation]
- * Process operators
- * Operations supervisors and Managers
- * Technical Services Engineers [Process, Electrical, Instruments, Mechanical Engineers]
- Commissioning Team for new projects
 HSE Supervisors and Managers
 Project Engineers and Project Managers
 VENUE:

5 days

COURSE DATE:

To be agreed

To be agreed

32. PRACTICAL HAZARD IDENTIFICATION AND RISK ASSESSMENT TRAINING FOR OIL AND GAS INDUSTRY

INTRODUCTION

This special program is designed to provide supervisors and employees with an opportunity to develop their competences in the act of hazard identification within the work and operational environment and be able to carry out a risk assessment of the hazards for the purpose of mitigating the hazards and preventing accidents in the workplace.

COURSE OBJECTIVE / PROGRAM

This program will involve practical development of the participants such to enable them

- * Understand the reasons for conducting suitable and sufficient risk assessments
- * Know the main legislation relating to risk assessment
- * Know the difference between hazard and risk
- * Be able to apply a range of techniques to collect evidence for a risk assessment
- * Be aware of the limitations of the techniques used to collect evidence for a risk assessment
- * Be able to identify a range of health and safety hazards
- * Be able to identify who might be harmed and how
- * Be able to calculate an appropriate initial risk rating
- * Appreciate the factors affecting the severity of harm
- * Appreciate the factors affecting the likelihood of harm being caused
- * Be able to identify and evaluate existing control measures
- * Be able to propose additional control measures in order to reduce risk to an acceptable level
- * Be able to apply the hierarchy of controls under the Management of Health and Safety at Work Regulations 1999
- * Applications of OSHAS 18001/ ISO45001 requirements in Risk assessment
- * Be able to revise a risk rating to reflect additional controls
- * Be able to record the findings of a risk assessment



- * Be able to review and revise a risk assessment when necessary
- * Be able to make recommendations that improves workplace safety based on findings during risk assessments

COURSE CONTENT

The following topics will be treated during the training:

- * Legislations and International standards on Hazards and Risk Assessment
- * Hazards and classes of hazards
- * Hazard identification process and methodologies
- * Limitations of various Hazard Identification techniques
- * Developing the Risk Matrix
- * Evaluating Likelihood and Consequences
- * General Risk Assessment
- * Types of control measures
- * Identifying control measures
- * Hierarchy of Controls and its application
- * Practical Risk Assessment
- * Factors affecting likelihood and severity
- * Risk evaluation
- * The concept of ALARP
- * Risk and Cost Relationship
- * Hazard and Risk Management
- * Hazard identification Methodologies
- * HAZID Checklist
- * Preparing the HAZARD INVENTORY [ISO 17776]
- * Special tools and equipment for hazard identification



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- BRAINSTORMING
- THE BOW TIE
- 'WHAT IF' METHODOLOGY
- HAZOP HAZARD AND OPERABILITY STUDIES
- * Examples of natural hazards
- * Conducting a Risk Assessment session
- * Case studies Exercises and Group practical assignments
- * Film show
 - WHOSE RISK IS IT ANYWAY
 - BHOPAL DISASTER
 - PIPER ALPHA DISASTER
 - RECOGNITION AND CONTROL OF HAZARDS

FOR WHOM?

- * HSE Personnel and Managers
- * Maintenance Personnel and Management team
- * Operations Personnel and Management team
- * Warehouse Personnel
- * HSE team members
- **DURATION:** 5 DAYS

COURSE FEES:

[Minimum of 10 participants is required per batch]

- **COURSE DATE:** To be agreed
- COURSE VENUE: Tomsey International Training Center, Ikeja Lagos





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33. PROCESS SAFETY TRAINING

OBJECTIVE

This program is aimed at developing the staff awareness and understanding of Safety as a complimentary requirement for optimal performance of personnel and equipment within the operational environment.

At the end of the program, participants will be able to:

- * Identify key requirements in process operations
- * Identify the specific safety needs at various production facilities such as Gas plants, Product transfer terminals, Refining operations and Oil well production facilities and other industrial units.
- * Establish human factors in most operational failures
- * Identify process failures that can lead to asset and human losses.
- * Determine Fundamentals safety requirements in engineering design
- * Understand LOPA and application of LOPA in production processes
- * Recognize potential failure hazards specific to each type of equipment
- * Develop the types of attitudes that brings safety to plant operations and equipment maintenance
- * Have understanding of HAZOP and its application for process safety
- * Conduct basic hazard identification and Operational Risk Assessment for all process equipment and process parameters.
- * Carry out safety inspection daily on the job and develop checklists for human and equipment safety
- * Carry out job Safety Analysis for operations and maintenance activities on rotating equipment, Tanks, Instrumentation, Pipelines and other auxiliary equipment within the plants.

Topics to be treated will include:

- * Understanding process safety as a preventive tool in process operation management
- * Basic process operations parameters
- * Introduction to safety and technical safety requirements



- Basic stems in equipment operations
 - Pumps
 - Rig operations
 - Basic Instrumentation
 - Pressure vessels
 - Valves -various types and applications
- * Safety in process plants and chemical handling facilities
- * Safety requirement in process design
- * Techniques for analyzing and mitigating process safety hazards applicable to oil and gas processing
- * Process instrumentation for safety
- * Layer of Protection Analysis [LOPA]
- * Introduction to Hazard and Operability [HAZOP] studies
- * Key parameter failures in process plant operation
- * Over-rides, Bypasses and instrumentation failure responses
- * Handling operational and parameter failures
- * Plant startup, Shutdown and Steady state operations
- * Alarms and Process safeguards in plant operations
- * Process optimization techniques for safety
- * Operational hazards and risk management
- * JOB SAFETY ANALYSIS in the oil and gas work environment.
- * Specific safety needs for Oil and gas industry equipment and operations Tanks, Pumps, Compressors, Pipelines, Loading arms, Control system Cargo discharge etc.
- * Electricity and electrical equipment safety
- * Behavioral safety for operations and maintenance personnel







- * Classifications, handling and storage of hazardous materials
- * Emergency management in the Oil and gas operation (Emergency response plans)
- * Accident causation and prevention in the process industry
- * Work permit system
- * Industrial hygiene and Occupational health
- * Work in confined spaces
- * Personal Protective equipment and wears
- * Case studies Exercises and group practical assignments
- * Film shows

TARGET PARTICIPANTS

- * Process plants' operations and maintenance staffs
- * Senior/ Chief Operators (Maintenance and Operations lead)
- * Operations Supervisors/ Superintendent
- * Technical Services Engineers [Process / Mechanical / Instrumentation]
- * Process Operations Managers
- * Safety Officers and Supervisors
- * Managers [Production, Technical Services and Safety]

LEARNING METHODOLOGY

The learning approach for this course is cultured to enable participants derive maximal benefits in exciting environment which includes: classroom lectures, case study analysis, group discussion, demonstrations, safety video and film. Written examination administered to measure participants knowledge and understanding of the training - optional

KEY DELIVERABLES

Our safety training courses are practical oriented with real life situation simulation exercises. All modules of this programme are safety specific. At the end of the training, participants shall be awarded

- * Course Certificates (Tomsey Certificate)
- Course material (Lecture notes Hard or soft copies)
- * Quality training bags

DURATION:	5 days
COURSE FEES:	
VENUE:	To be agreed
COURSE DATE:	To be agreed



INTERNATIONAL CERTIFICATION PROGRAMS

34. BRITISH SAFETY COUNCIL (BSC) TRAINING PROGRAMS

Tomsey International Consultant (TIC) is an approved centre and facilitator for British Safety Council (BSC) Training. We are hereby inviting you to kindly register your delegate for these programs.

The three certification programs are;

A). BSC LEVEL 2 AWARD IN HEALTH & SAFETY IN THE WORKPLACE

B). BSC LEVEL 2 AWARD IN RISK ASSESSMENT

C). BSC LEVEL 2 AWARD IN SUPERVISING STAFF SAFELY

Below are the details of each of the BSC courses:

BSC LEVEL 2 AWARD IN HEALTH & SAFETY IN THE WORKPLACE

This course is especially designed for all levels of employees as an introductory package into safety practice of health and safety within the work environment. It is an excellent induction package that will assist all levels of employees in every class of job function to perform their duties in a safe way without constituting a hazard to their fellow workers.

COURSE OVERVIEW

This course provides key information to all participants on the practice of health and safety with emphasis on regulations, best practice and legal requirements for health and safety.

It involves an up-to-date and practical learning supplemented by developed interactive learning sessions. This is further complimented by a course exam which are 40 multiple choice questions prepared by British Safety Council.



BENEFITS

The course is an internationally recognized program aimed at developing the competence of every employee to the level 1 certification in Health and Safety. The training involves some fit-for purpose assessment task that assists participants to relate the training to their work environment.

COURSE CONTENT

Topics to be treated will include:

- * Introduction to basic health and safety definitions
- * Statutory requirements for HSE at work
- * The working environment
- * Workplace accidents and incidents
- * Reducing workplace injuries
- * Responsibilities of employers and employees
- * Fundamentals of risk management
- * Personal protective equipment [PPE]
- * Safety orientation
- * Electrical safety fundamentals
- * Handling of hazardous substances
- * Lifting and manual handling
- * Workstations and display screen equipment
- * Work related ill-health
- * Safety signs and signals
- * Workplace consultation



MODULES:

A1	Employers, employees and the law		
A2	Consequences of breaking the law		
A3	Health and safety training and competence		
A4	Communicating health and safety information		
B1	Hazards and risks		
B2	Carrying out a risk assessment		
B3	Risk management		
C1	Common workplace hazards		
C2	How hazards cause harm		
C3	The risk control hierarchy		
C4	Risk controls for common workplace hazards		
D1	Causes of workplace accidents and ill-health	DURATION:	1 day
D2	Emergencies and first aid	COURSE FEES:	
D3	Actions to be taken following an accident	[Minimum o	of 10 participants is required per batch]
20	reactions to be taken following an accident	COURSE DATE:	To be agreed
		COURSE VENUE	: Tomsey International Training Center,

Ikeja Lagos

BSC LEVEL 2 AWARD IN RISK ASSESSMENT

The BSC Level 2 Certificate in Risk Assessment is an entirely new, nationally recognized qualification which, through its assessment outcome, aims to provide supervisors and employees with an opportunity to demonstrate their knowledge and understanding of the risk assessment process and the skills required to undertake a suitable and sufficient risk assessment.

The specification has been developed by British Safety Council Awards in consultation with the Health and Safety Executive (HSE), Employment National Training Organization (ENTO), employers and other interested parties.

COURSE OBJECTIVE

- * Understand the reasons for conducting suitable and sufficient risk assessments
- * Know the main legislation relating to risk assessment
- * Know the difference between hazard and risk
- * Be able to apply a range of techniques to collect evidence for a risk assessment
- * Be aware of the limitations of the techniques used to collect evidence for a risk assessment
- * Be able to identify a range of health and safety hazards
- * Be able to identify who might be harmed and how
- * Be able to calculate an appropriate initial risk rating
- * Appreciate the factors affecting the severity of harm
- * Appreciate the factors affecting the likelihood of harm being caused
- * Be able to identify and evaluate existing control measures
- * Be able to propose additional control measures in order to reduce risk to an acceptable level
- * Be able to revise a risk rating to reflect additional controls
- * Be able to record the findings of a risk assessment
- * Be able to review and revise a risk assessment when necessary
- * Be able to make recommendations based on findings of the risk assessment



Modules/ Course content:

- * What is Risk assessment?
- * Why carry out Risk assessment?
- * Legal requirements
- * Key terms
- * The risk assessment process
- * Factors affecting the level of risk
- * Evaluating risks
- * Applying the hierarchy of controls

DURATION: 1 day COURSE FEES:

[Minimum of 10 participants is required per batch]

COURSE DATE: To be agreed

COURSE VENUE: Tomsey International Training Center, Ikeja Lagos

BSC LEVEL 2 AWARD IN SUPERVISING STAFF SAFELY

This is a 3-day training program excellent for Health and Safety Managers, Line Managers, Supervisors, Departmental Heads, Junior Manager and anyone whose duties include management of personnel resources of an organization, providing them with the practical knowledge and understanding necessary to their role in promoting health and safety in the workplace. The program is divided into 4 modules comprising of the following:

Modules:

- * Element A: Management Systems
- * Element B: Hazards and Risks
- * Element C: Monitoring and
- * Element D: Legal requirements.

Contents of Modules:

- * Roles and responsibilities
- * Developing a positive health and safety culture
- * The legal position
- * Enforcement of health and safety law



- * The health and safety policy
- * Risk assessment
- * Factors affecting the level of risk
- * Evaluating risks
- * Applying the hierarchy of controls
- * Health and safety monitoring
- * Emergencies
- * Accident reporting
- * Accident investigation

DURATION: 1 day COURSE FEES: [Minimum of 10 participants is required per batch] COURSE DATE: To be agreed COURSE VENUE: Tomsey International Training Center, Ikeja Lagos

The training is accompanied by a complimentary examination to be carried out by British Safety Council through an on-line portal that enables participants to respond to the questions from the comfort of their offices and at their own pace.

Examinations for this course are task-based and taken individually by candidates. The tasks are geared towards testing the candidates understanding of the training with respect to the application of the knowledge gained in their actual work environment.

The Level 2 Award in Supervising Staff Safely is a stand- alone qualification, it also provides a progression route to the NEBOSH International General Certificate in Occupational Safety and Health, aimed at managers with responsibility for organizational health and safety and, further, to the Diploma in Occupational Safety and Health, aimed at full-time health and safety managers and practitioners.

LEARNING METHODOLOGY

The learning approach for this course is cultured to enable participants derive maximal benefits in exciting environment which includes: classroom lectures, case study analysis, group discussion, demonstrations, safety video and film.

All our trainings are delivered with the use of high-class power point presentation along with a number of coloured photographs, videos, group discussion and problem-solving methods, games etc. Delegates receive a daily home work for approximately 2 hours.


ABOUTUS

TOMSEY INTERNATIONAL CONSULTANTS - AN INTRODUCTION

TOMSEY INTERNATIONAL CONSULTANTS [TIC] is an arm of TOMSEY ENGINEERING AND SERVICES INTERNATIONAL LTD.

TIC's core business is Manpower development and competence enhancement intervention in various aspects of Health, Safety and Environment concentrating on job-related areas to improve working practices, productivity and inter-personal skills with a view to improve the overall HSE management of the organization.

TOMSEY is a one-stop safety solutions provider in all aspect of Health, Safety and Environment services. Ours is a company with ideals to support our clients in achieving best practice through training intervention in various aspects of HSE management. We provide our clients with cost efficient solutions to their needs, including Personal Protective Equipment that are meant to meant hazard challenges in our clients' facilities

TOMSEY ACCREDITATIONS:

Tomsey is an accredited safety training body in Nigeria by the following bodies;

- * Department of Petroleum Resources (DPR) Permit for oil and gas safety trainings and consultancy
- * Nigerian Council for Management Development (NCMD)
- * British Safety Council (BSC)

We are always available to provide all the necessary information you may require as well as assist you in making an informed decision on this proposal.

For further information, please contact

Sunday Ovuferere, HSE Manager, 08172001883

Email: info@tomsey.com.ng



We look forward to being able to provide our bespoke services to your organization

Please accept our best wishes,

Yours,

For: TOMSEY ENGINEERING AND SERVICES INT'L LTD

Sunday Ovuferere HSE Manager



TOMSEY TRAINING ACCREDITATIONS



TOMSEY





BRITISH SAFETY COUNCIL

Level 2 Award in Supervising Staff Safely

Level 2 Award in Risk Assessment

This is to certify that

Tomsey Engineering & Services International Ltd is approved to deliver this nationally-recognised qualification. Qualification accreditation number 501/1299/5. This is to certify that

Tomsey Engineering & Services International Ltd is approved to deliver this nationally-recognised qualification. Qualification accreditation number 501/0712/4.

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Lynda Armstrong, OBE Alex Bothe Chairman of The Board of Trustees Chief Executive



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we under Risk Assessment

WHSE provides quality, recognized and effective risk accessment and consultancy throughout Nigeria

Fees, venue, dates are to be determined. Class Size: Minimum of Ten (10) participants For further enquiries or information, please contact Segun: 07033067600, Sunday: 08172001883.

TOMSEY INTERNATIONAL CONSULTANCY



