



建设世界一流基础设施投融资平台

ABOUT PITC

PITC delivers world-class safety training and consulting in Industrial Safety, Health & Environment Protection (HSE), empowering safety professionals to build safer workplaces.

"PITC, a TVTC-approved center based in Jubail, Saudi Arabia, provides high-quality, essential safety training and consulting services to all industries. We operate under TVTC supervision and offer a comprehensive portfolio of internationally recognized qualifications from US and UK organizations, including OSHA, IOSH, OTHM, and Highfield. Our International Safety Courses are accredited by these boards, guaranteeing the highest standards."

WHY CHOOSE PITC?

- PITC operates under the supervision and with the approval of the Technical and Vocational Training Corporation (TVTC).
- Offers internationally recognized qualifications from US, UK-based awarding bodies (OSHA, IOSH, OTHM Highfield).
- Provides comprehensive training and consulting services in Industrial Safety, Health & Environment Protection (HSE).
- Delivers top-notch, integral Essential Safety Training for all kinds of industries.
- Focuses on equipping safety professionals in medium and large enterprises.

OUR ACCREDITATION



المؤسسة العامة للتدريب التقني والمهني
Technical and Vocational Training Corporation



WE ARE COMMITTED TO OFFERING

- Consultancy Services for Corporate Organizations in Health & Safety.
- Quality Training Courses for Occupational Health & Safety.
- Providing professional expertise with proper guidance.
- Counselling for candidates looking for Health & Safety Certification Courses.
- Assurance of quality training packages and placement services.
- Our team of highly qualified and experienced members is devoted to improving Safety Knowledge with customer Satisfaction.

OUR MISSION

PICT aims to provide training to safeguard people's Health in the Workplace.

OUR VISION

Improving Knowledge and training individuals regarding positive Health and Safety Culture in the Workplace.





CERTIFIED MASTER TRAINER

The AOSH UK Certified Master Trainer (Train The Trainer) Certificate content is practical and grounded in the real world, not just academic theory. This program focuses on what happens before, during and after you deliver training and what to do if training is not the right solution.

WHO SHOULD ATTEND?

Aosh UK Train The Trainer programs are designed primarily for learning professionals - trainers, instructional designers, and organizational development practitioners - but would also benefit anyone within an organization who is responsible for developing others.

HOW LONG WILL IT TAKE?

Delivery would typically be through 3 days face to face training course

CERTIFICATE VALIDITY

The AOSH UK Certified Master Trainer program is valid for a period of three years.

METHODS OF STUDY

- Classroom - 3 Days, Plus Exam
- Live Online - 3 Days, Plus Exam
- In-Company - Courses Delivered Worldwide



IOSH MANAGING SAFELY

IOSH Managing Safely is designed for managers & supervisors across all industries. It provides essential knowledge on how to manage Health & Safety, and will ensure they understand their Health & Safety responsibilities and can

METHODS OF STUDY

- Classroom - 3 Days
- Live Online - 3 Days
- In-Company- Course delivered worldwide

ASSESSMENT

The Assessment consists of two examinations and a practical Health & Safety risk assessment of a workplace.

Successful delegates are awarded an IOSH Managing Safely certificate.

NASP (OSHA 30 Hrs GENERAL INDUSTRY)

The National Association of Safety Professionals is a non-profit membership organization providing training, consultative services, and third-party certifications that validate knowledge, skills and abilities in the area of workplace safety. The primary duty of NASP is to provide safety professionals with innovative training opportunities and professional certification to assist them in carrying out their safety related functions with confidence and proven competence.

COURSE CONTENT

- Understand OSH Act rights, responsibilities, and OSHA functions
- Learn safety rules for egress, aisles, and floor openings
- Cover PPE use, electrical safety, HAZCOM, and fall protection

BENEFITS

Upon Completion of this course, the delegates will

- Became specialists in arranging and execution of wellbeing projects at work Environment
- Increase far reaching information and abilities to lift profession potential.
- Viably oversee issues identified with word related wellbeing and security.
- Anticipate workplace perils and guidance on the most ideal arrangements.
- Gain a broad understanding of OSHA compliance on workplace practices.
- Gain comprehensive information and abilities to enhance career potential.

WHO SHOULD TAKE

- Directors
- Managers
- Health and Safety Professionals
- Supervisors
- Any individual aspiring a safety career

al knowledge and understanding of
perform their roles successfully.



COURSE CONTENT

- Introducing Managing Safely
- Assessing Risk
- Controlling Risks
- Understanding Responsibilities
- Understanding Hazards
- Investigating Incidents
- Measuring Performance



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H2S AND SCBA

Hydrogen Sulphide meeting the requirements of this standard who are engaged in Hydrogen Sulphide – H2S operations is qualified. Continuous training and Hydrogen Sulphide awareness is essential for new personnel and keeps veteran skills fresh. The fundamental skills covered in basic training ensure proper, safe execution of Hydrogen Sulphide operations.

GENERAL OBJECTIVES

After attending the course, participants will be able to:

- Be able to protect themselves from the hazards of Hydrogen Sulphide
- Learn the basic knowledge about Hydrogen Sulphide.
- Understand the hazards or effects of Hydrogen Sulphide to individuals exposed to it.

EXERCISES AND EVALUATION

- Activity sheets and Identification
- Simulation in how to use Self Contained Breathing Apparatus
- Simulation in how to deal with Hydrogen Sulphide and Rescue

TRAINING TOPICS

- What Is H2S?
- Where do we find H2S?
- Properties and Characteristics of H2S
- How Does H2S Affect Individuals
- H2S Chemical Properties
- Special Health Problems
- H2S Toxicity levels
- H2S Exposure Limits
- Protection Equipment
- Etc

EMERGENCY RESPONSE TEAM

Emergency Response Team , provides knowledge to the employees on how to respond in emergencies to minimize the consequence (threats of damaging property and environment) and save lives by following safe procedures at workplace. This course discusses all types of possible expected emergencies and their responses. Moreover, ERT will recognize effective evacuation procedures and ensure adequate control measures are in place.

METHODS OF STUDY

A drill will be conducted to practically identify the emergency response and its effectiveness. Pre drill meeting and post drill meetings shall be the part of the drill.

WHAT YOU

The general objective of the four stages of the end of the training

- Focus on the
- Prepare for t
- Response du
- Recovery and



BASIC FIRE FIGHTING

Basic Fire Fighting standard identifies the minimum job performance requirements for career and volunteer fire fighters whose duties are primarily structural in nature and the purpose of this standard shall be to ensure that persons meeting the requirements of this standard who are engaged in firefighting are qualified. Continuous training and firefighting education is essential for new personnel and keeps veteran firefighting skills fresh. The fundamental skills covered in basic training ensure proper, safe execution of firefighting operations.

GENERAL OBJECTIVES

After the Training, The participants are expected to gain knowledge in firefighting that will enable to promote health and safety at the workplace. Specially, the trainees will be able to:

- Fire Triangle and Extinguishing Theory
- Types of Fires and Types of fire Extinguishers.
- Perform Fire Fighter Search and Rescue

EXERCISES AND EVALUATION

- Activity sheets and Identification
- Simulation in how to use Self Contained Breathing Apparatus
- Simulation in how to use Fire Fighter Search and Rescue

TRAINING TOPICS

- Definition of Fire
- Factors, that govern the ignition of Fire
- Source of Ignition
- Classification of Fire
- Safety precautions
- Etc

TRAINING TOPICS

Some of the major training topics are

- Explain different types of emergencies
- Communicate the emergencies (internally and externally)
- Know Alarm signals and their meanings
- Evacuation Policy
- Medical Emergencies and responses
- Exit Diagrams and floor maps
- Know their responsibilities as emergency wardens
- Performing the head count
- Initiating the rescue for injured persons
- Assembly Points and shelter in Place

YOU WILL STUDY

Objectives of this training focus on the emergency response. At the end of the training participants should be able to

• Prevention of emergency
• Responding to the emergencies
• Controlling the emergency
• Mitigation



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WORK PERMIT RECEIVER

This course emphasizes the control of energy during the construction, pre-commissioning, commissioning and operation. The main aim of the course is • To ensure safety of personnel and to prevent damage to equipment• It also means of communication between site management, supervisors and operators, who carry out the work• PTW normally implemented in work activities near or inside the operating facilities, there's buried or near operational system or where the clients thinks that PTW is deemed necessary

TRAINING TOPICS

What is Permit to Work System

- How is work controlled within the Permit to Work System
- Types of Permits to Work
- Permit Issuer Responsibilities
- Permit Receiver Responsibilities
- HSE Permit Coordinator Responsibilities
- Operational Procedures for the Work Permit System
- Revalidation of the Permit
- Emergency Situation
- Work Permit Flow Chart

EXERCISES AND EVALUATION

Training Videos

CONFINED SPACE ENTRY

To provide participants with the knowledge and practical skills to safely and effectively enter, work in, and exit confined spaces, following applicable safety regulations and site-specific procedures.

TRAINING PROGRAM REQUIREMENTS

PowerPoint presentation, summaries, exercises

TRAINING TOPICS

- Introduction
- Confined Space
- Non-Atmospheric
- Confined Space
- Emergency
- Rescue Techniques
- Practical Assessment



HAZARD IDENTIFICATION

Identifying potential hazards is the first step in the creation of a safer place be in work and in home. Knowledge about Hazard Identification is essential to ensure that all hazards are identified and addressed to avoid the conditions that the workers and the general public are exposed to agents and conditions that cause harm to their health and safety. As potential hazards are everywhere, it is important that a course in Hazard Identification be taken to ensure the general welfare of the workers and the public.

GENERAL OBJECTIVES

After the Training, the participants are expected to gain advanced knowledge in Hazard Recognition that will enable them to promote health and safety at the workplace and at home. Specifically, the trainees will be able to

- Identify potential health hazards in various settings
- Categorize hazardous materials
- Perform hazard recognition using the 3 A's: Awareness, Action, and Accountability

EXERCISES AND EVALUATION

- Activity sheet on hazard identification

TRAINING TOPICS

- Introduction
- Personal Protective Equipment
- Other work practices
- Hot Work
- Control of Energy
- Tools & equipment
- Elevated work surfaces
- Excavations

TOPICS

Introduction, Overview, Basic Definitions
Confined Space Hazards Categories
Atmospheric Hazards
Confined Space Entry Procedure & Roles
Permit System / Protocols
Rescue Techniques
Assessment

EXERCISES AND EVALUATION

- Class activity: Identify confined vs. non-confined spaces from images or workplace examples
- Role assignment drill
- Short written quiz
- Group presentation on confined space examples



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THIRD-PARTY COURSES LIST

S.No	Courses	Days
1	H2S and SCBA Awareness	1/2
2	Basic Scaffolding Safety	1/2
3	Erection and Dismantling	1/2
4	Basic Fire Fighting	1/2
5	Scaffolding Erector	1/2
6	First Aid, AED	1/2
7	Hazard Recognition (HR)	1/2
8	Confine Space Entry	1/2
9	Rigging and Lifting	1
10	Basic Fall Protection	1/2
11	Hazard Material Handling (HAZMAT)	1
12	Hazard Communication (HAZCOM)	1
13	Authorized Gas Taster (AGT)	1/2
14	Forklift Safety	1
15	Forklift Operator	1
16	Lockout Tagout (LOTO)	1/2
17	Flag Man	1/2
18	Standby Man	1/2
19	Emergency Response Team	1

THIRD-PARTY COURSES LIST



S.No	Courses	Days
20	Defensive Driving	1/2
21	Fire Warden	1/2
22	Fire Watch	1/2
23	Rigger Level 2	2
24	Rigger Level 3	1
25	Work Permit Receiver	1/2
26	Work Permit Issuer	1/2
27	Electrical Hazard Recognition	1/2
28	Electrical Safety	1/2
29	Construction Safety Manual (CSM)	2
30	Job Safety Analysis (JSA)	1/2
31	Work at Height & Rescue	1
32	Confined Space Entry & Rescue	1
33	Confined Space Entry Supervisor	1
34	Scaffolding Supervisor	1
35	H2S and SCBA Train The Trainer	1





SAUDI HEART ASSOCIATION COURSES LIST

S.No	Courses	Days
36	Hearts Saver First Aid (HSFA)	1
37	Basic Life Support (BLS)	2

HIGHFIELD UK COURSES LIST

S.No	Courses	Days
38	HABC LEVEL 3 AWARD IN FIRST AID AT WORK	1/2
39	HABC LEVEL 3 INTERNATIONAL AWARD IN EMERGENCY FIRST AID	1/2
40	HABC LEVEL 3 INTERNATIONAL AWARD IN FOOD SAFETY	1/2
41	HABC LEVEL 3 AWARD IN HACCP FOR CATERING	2
42	HABC LEVEL 3 AWARD IN HACCP FOR FOOD MANUFACTURING	1
43	HABC LEVEL 3 INTERNATIONAL AWARD IN EFFECTIVE AUDITING	1/2
44	HABC LEVEL 3 AWARD IN ASSESSING COMPETENCE IN WORK	1/2
45	HABC LEVEL 3 AWARD IN UNDERSTANDING THE PRINCIPLES	1/2
46	HABC LEVEL 2 INTERNATIONAL AWARD IN BASIC LIFE SUPPORT	1/2
47	HABC LEVEL 2 INTERNATIONAL AWARD IN FIRE SAFETY	2
48	HABC LEVEL 2 INTERNATIONAL AWARD IN FOOD SAFETY	1/2
49	HABC LEVEL 2 AWARD IN HACCP FOR CATERING	1
50	HABC LEVEL 2 INTERNATIONAL AWARD IN RISK ASSESSMENT	1
51	HIGHFIELD LEVEL 2 AWARD IN CONFLICT MANAGEMENT	1
52	HABC LEVEL 1 INTERNATIONAL AWARD IN FIRE SAFETY	1



IPAF COURSES LIST

S.No	Courses	Days
53	IPAF (MEWPS) Operator Training	1
54	IPAF (MEWPS) Demonstrator Training	2
55	IPAF (MEWPS) Safety Harness and Lanyard Training	2

ISO LEAD AUDITOR [IRCA] COURSES LIST

S.No	Courses	Days
56	OHSMS 45001 : 2018	6
57	QMS 9001 : 2015	6
58	EMS 14001 : 2015	6





AOSH UK COURSES LIST

S.No	Courses	Days
59	LEVEL III AWARD IN ENVIRONMENTAL MANAGEMENT	3
60	CERTIFIED MASTER TRAINER	3
61	AOSH AWARD IN FIRE WARDEN	1/2
62	AOSH AWARD IN DROPPED OBJECT AWARENESS	1/2
63	OFF-ROAD DEFENSIVE DRIVING	1/2
64	EXCAVATION AND TRENCHING (AOSH)	1/2
65	LEVEL II AWARD IN RISK ASSESSMENT	1
66	LEVEL III AWARD IN RISK ASSESSMENT	2
67	LEVEL II AWARD IN COSHH	1
68	LEVEL III AWARD IN CONFINED SPACE RESCUE	2
69	ACCIDENT INVESTIGATION	1
70	LEVEL II AWARD IN FOOD SAFETY	1
71	LEVEL II AWARD IN PRINCIPLES OF HACCP	1
72	LEVEL III AWARD IN FOOD SAFETY SUPERVISION	2
73	LEVEL IV AWARD IN MANAGING FOOD SAFETY IN CATERING	4
74	STRESS MANAGEMENT	1/2
75	LEVEL II AWARD IN HEALTH & SAFETY AT WORK PLACE	1
76	LEVEL III AWARD IN HEALTH & SAFETY AT WORK PLACE	2
77	LEVEL IV AWARD IN HEALTH & SAFETY AT WORK PLACE	3
78	LEVEL II AWARD IN FIRST AID AT WORK	1
79	LEVEL III AWARD IN FIRST AID AT WORK	2
80	LEVEL III AWARD IN PEDIATRIC FIRST AID	2
81	LEVEL I AWARD IN FIRE SAFETY AWARENESS	1
82	LEVEL II AWARD IN FIRE SAFETY PRINCIPLES	1
83	LEVEL III AWARD IN FIRE SAFETY RISK ASSESSMENT AND CONTROL	2
84	LEVEL II AWARD IN HACCP BASED FOOD SAFETY	1

EOSH COURSES LIST



S.No	Courses	Days
85	AWARD IN OIL & GAS SAFETY - TRAIN THE TRAINER	1
86	AWARD IN GAS TESTING - TRAINER THE TRAINER	1
87	AWARD IN LIFTING & RIGGING - TRAIN THE TRAINER	3
88	AWARD IN HACCP - TRAIN THE TRAINER	1
89	AWARD IN HAZWOPER - TRAIN THE TRAINER	2
90	AWARD IN HAZOP - TRAIN THE TRAINER	2
91	AWARD IN SCAFFOLDING - TRAIN THE TRAINER	3
92	WORK AT HEIGHT - TRAIN THE TRAINER	1
93	AWARD IN INCIDENT INVESTIGATION - TRAIN THE TRAINER	1
94	AWARD IN ACCIDENT INVESTIGATION - TRAIN THE TRAINER	1
95	TRAIN THE TRAINER - HSE	5
96	CERTIFIED SAFETY TRAINER (CST)	2
97	CERTIFIED ENVIRONMENTAL MANAGER (CEM)	2
98	CERTIFIED SAFETY ENGINEER (CSE)	2
99	CERTIFIED SAFETY OFFICER (CSO)	2
100	CERTIFIED SAFETY SUPERVISOR (CSS)	2
101	CERTIFIED SAFETY MANAGER (CSM)	3
102	CERTIFIED MASTER TRAINER	2
103	LEVEL 2 AWARD IN HACCP	1
104	LEVEL 3 AWARD IN HACCP	2
105	LEVEL 4 AWARD IN HACCP	1





IBSP COURSES LIST

S.No	Courses	Days
106	CERTIFIED FIRE SAFETY MANAGER (CFSM)	15
107	CONFINED SPACE ENTRY SPECIALIST - CONSTRUCTION (CSSC)	15
108	OSHA 30 HOURS FOR CONSTRUCTION INDUSRTY	5
109	OSHA 30 HOURS FOR GENERAL INDUSTRY	5
110	OSHA 10 HOURS FOR CONSTRUCTION INDUSTRY	2
111	OSHA 10 HOURS FOR GENERAL INDUSTRY	2
112	OSHA 48 HOURS OCCUPATIONAL SAFETY & HEALTH MANAGER	6
113	OSHA 40 HOURS HAZWOPER TRAINING	5
114	OSHA 132 HOURS OCCUPATIONAL SAFETY & HEALTH PROFESSIONAL	7
115	OSHA 155 HOURS SPECIALIST (OIL & GAS INDUSTRY)	7
116	OCCUPATIONAL HEALTH & SAFETY (OHS) - TRAIN THE TRAINER	7
117	CONSTRUCTION SAFETY - TRAIN THE TRAINER	7
118	INDUSTRIAL SAFETY - TRAIN THE TRAINER	7
119	HYDROGEN SULFIDE SAFETY(HSS) - TRAIN THE TRAINER	7
120	FIRE SAFETY - TRAIN THE TRAINER	2
121	MARINE AND SHIPYARD SAFETY SPECIALIST	15
122	P-WAY SAFETY SPECIALIST	15
123	OHE RAILWAYS SAFETY SPECIALIST	15
124	CONFINED SPACE ENTRY SPECIALIST CONSTRUCTION (CSSC)	15
125	HAZARD COMMUNICATION SPECIALIST (HCS)	15
126	WORKPLACE ERGONOMICS SPECIALIST (WES)	15



IOSH COURSES LIST

S.No	Courses	Days
127	IOSH TRAIN THE TRAINER	2
128	IOSH MANAGING SAFELY (IOSH MS)	3
129	IOSH WORKING SAFELY (IOSH WS)	2
130	IOSH LEADING SAFELY	1

HEALTH AND SAFETY INSTITUTE (HSI) COURSES LIST

S.No	Courses	Days
131	BASIC PLUS	1
132	BASIC FIRST AID	1
133	ADVANCE FIRST AID	1
134	BASIC LIFE SUPPORT (BLS)	1
135	CHILD AND BABYSITTING SAFETY	1
136	CPR AND AED	1
137	CPR, AED AND FIRST AID (COMBO)	1
138	EMERGENCY MEDICAL RESPONSE	1
139	PEDIATRIC CPR, AED AND FIRST AID	1





IASP/ NASP COURSES LIST

S.No	Courses	Days
140	GENERAL INDUSTRY (BASED ON OSHA-USA)	5
141	CONSTRUCTION INDUSTRY (BASED ON OSHA-USA)	5
142	NASP 10 HOURS GENERAL INDUSTRY	5
143	NASP 30 HOURS - GENERAL INDUSTRY	5
144	OCCUPATIONAL SAFETY AND HEALTH ADVANCE DIPLOMA	5
145	OCCUPATIONAL SAFETY AND HEALTH BASIC DIPLOMA	5
146	OCCUPATIONAL SAFETY AND HEALTH SUPERVISOR DIPLOMA	5
147	HAZWOOPER AWARENESS	1/2
148	LOCK OUT TAG OUT	1/2
149	MACHINE GUARDING	1/2

LEMA COURSES LIST

S.No	Courses	Days
150	ENVIRONMENT SUSTAINABILITY SKILLS FOR MANAGERS	2
151	ENVIRONMENT SUSTAINABILITY SKILLS FOR WORKFORCE	1



IQ-OHS USA COURSES LIST

S.No	Courses	Days
152	OSHA 30 HOURS GENERAL & CONSTRUCTION INDUSTRY	4
153	CERTIFIED SAFETY OFFICER (CSO)	2
154	CERTIFIED SAFETY TRAINER (CST)	3
155	CERTIFIED MASTER TRAINER (CMT)	3
156	CERTIFIED SAFETY MANAGER (CSM)	5
157	CERTIFIED SAFTY SPECIALIST (CSS)	5
158	RIGING & LIFTING	1
159	LAVEL 2 HACCP TRAINING	1

PARTNER-ENDORSED COURSES

SOME OF THE COURSES FEATURED IN THIS PROGRAM ARE DEVELOPED IN COLLABORATION WITH OUR TRUSTED ACADEMIC AND INDUSTRY PARTNERS. THESE PARTNER-ENDORSED COURSES ENSURE LEARNERS GAIN UP-TO-DATE, PRACTICAL KNOWLEDGE ALIGNED WITH REAL-WORLD DEMANDS AND GLOBAL STANDARDS.



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At Progressive International Training Center, we empower organizations and safety professionals with world-class HSE (Health, Safety, and Environment) training and consulting services designed to elevate workplace safety standards. Backed by trusted regional and international accreditation bodies, our programs are built on excellence, compliance, and industry relevance. Whether you're an individual seeking career advancement or a company aiming for full regulatory compliance, our expert-led, customized training solutions are here to help you achieve safety success.



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