

# Safety Training Centre



June – July 2010 Public Training Program

## Compressed Gas Cylinder Safety

10<sup>th</sup> June 2010

Rs 1,999/person (LAHORE)

Learn to handle, use, store and transport gas, and gas cylinders correctly and safely

## First Aid Training with CPR

16<sup>th</sup> June 2010

Rs 1,999/person (LAHORE)

Learn excellent and state of the art skills in First Aid and Rescue Training.

## Managing Food Safety and Hygiene in Production

22<sup>nd</sup> June 2010

Rs2,999/person (LAHORE)

Learn basic hygiene practices, and issues needing to be managed in Food Production

## Fire Safety

28<sup>th</sup> June 2010

Rs 2,999/person (FAISALABAD)

Latest Fire Protection Techniques, Fire Fighting, Extinguishers usage and inspections.

## Disease Prevention for Hospital Staff

3<sup>rd</sup> July 2010

Rs 1,999/person (LAHORE)

Learn basic causes of diseases and factors involved. Importance of Personal hygiene etc

## Prevent Back Ache

12<sup>th</sup> July 2010

Rs9,999/person (KARACHI)

Learn latest techniques to prevent back problems. Practice new skills to lift weight and get more stronger at work, home and at leisure

## Factory and Workshop Safety

22<sup>nd</sup> July 2010

Rs 4,999/person (KARACHI)

Learn basic causes of diseases and factors involved. Importance of Personal hygiene etc

## Introduction to HSE Management

31<sup>st</sup> July 2010

Rs9,999/person (GUJRANWALA)

Learn the necessary skills to get hands on awareness of HSE and Security management.

## For Bookings, Contact

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