



# SAFETY CATCH

TRAINING & CONSULTING PVT LTD

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## ABOUT US

Safety Catch was founded in 2010 with a vision to help humanity thrive by reducing accidents and ill health due to work.

## OUR VALUES

Commitment, quality & discipline  
Visible leadership  
Continual and sustainable growth

## OUR VISION

To be world's most preferred safety training academy  
To enable youth getting skilled and employable  
To contribute in reducing accidents / ill-health due to work

## OUR MISSION

To help every worker go back home safely  
To help humanity thrive by raising the standards of Health, Safety and Environmental literacy levels through high standard professional and vocational education, consultancy & training

# What does Safety Catch do ?



- ★ Industrial Safety Training
- ★ Academic Safety Training
- ★ HSE Consultancy & Audit
- ★ HSE Recruitment

## Job prospects and Career options

Safety Management offers a responsible, challenging but exciting career in both private and public sectors.

Career options are safety officer, safety supervisor, environment safety manager, safety instructor, safety auditor, risk management consultant, industrial hygienist.

Placement in manufacturing, transportation, construction, paramilitary, government, consulting and aviation companies.

Companies handling chemical substances, heavy mechanical devices, Oil & Gas projects worldwide

## Remuneration in Safety Profession

Safety management is one of the highly paid careers in India as well as abroad. In India salaries range between Rs.20,000/- to Rs.30,000/-. Outside India, the range is between Rs. 65,000/- to Rs. 80,000/-. Salary of safety professionals vary by industry and experience level.

Those employed in more risky industrial establishment like oil and gas extraction companies, chemical manufacturers etc, earn much high salary compared to others in these fields





nebosH

LEARNING  
PARTNER

GOLD 822



Approved Centre



MEDIC  
First Aid  
APPROVED  
TRAINING CENTRE



TEXAS, USA

Approved Centre



Approved Centre

# NEBOSH



The NEBOSH courses have been recognised for many years internationally as the basis for a sound, broad introduction to fundamentals of occupational health and safety. The syllabus therefore focuses on international standards, in particular ILO codes of practice. The syllabus is structured according to a recognized management framework.

## 1.1 NEBOSH LEVEL-6 INTERNATIONAL DIPLOMA

*NEBOSH LEVEL-6 International Diploma for Occupational Health and Safety Management Professionals*

### AT A GLANCE

The NEBOSH International Diploma has been developed to give learners the knowledge and skills they need to perform as a leading health and safety professional of the future. It is an advanced and progressive qualification.

This qualification is a perfect choice for anyone who aspires to make health and safety their career. Building upon the foundation of knowledge provided by the NEBOSH General Certificate, it is particularly relevant for :

- Health and safety professionals or those with aspirations to be one
- People with health and safety responsibilities who want to gain an in-depth understanding

### ASSESSMENT

Unit	Examination pattern
<b>DI 1</b> - Know - Workplace health and safety principles	Scenario based assessment, Workplace-based tasks together with simulations, Reflective activities and a Research topic.
<b>DI 2</b> - Do - Controlling workplace health issues	Scenario-based casestudy
<b>DI 3</b> - Do - Controlling workplace safety issues	Scenario-based case study

*All assessments are on-line and in Open Book format.*

### COURSE DURATION

*185 hours of tuition*

*Classes are now available On-Line*

NEBOSH LEVEL-6 International Diploma for Occupational Health and Safety Management Professionals gives you the knowledge and skills you will need to perform as a leading health and safety professional of the future.



*I would like to dedicate my success in IDIP NEBOSH to Team Safety Catch and my sincere gratitude to Mr. Anil Gopinath for outstanding training and techniques and support during my course period. Their disciplined administration deserves a great appreciation for the timely updates of information and prompt response to all my queries.*

**Anoop Mohan, ( NEBOSH-IDip)**

## WHAT WILL I LEARN?

This qualification will help you build confidence in your capabilities. Through your studies, you will develop the knowledge and skills to:

- Advise on the types of legislation likely to apply, the relevance of ILO and non-government bodies' guidance and possible enforcement actions.
- Identify and effectively communicate relevant health and safety information.
- Advise on a range of common workplace health and safety issues including how these can be assessed, controlled and monitored.
- Develop a health and safety policy strategy (including proactive safety, Corporate Social Responsibility and the change management process).
- Develop a risk management strategy.
- Promote a positive health and safety culture.
- Develop and audit health and safety management systems.
- Maintain individual and organizational health and safety competence.
- Manage contractors and supplychains to ensure compliance with health and safety standards



*I really appreciate the excellent coaching given by Safety Catch... They did a great job explaining and walking me through the fundamentals of HSE profession. Thanks to Safety Catch*

**Saja Ali Alqahtani (NEBOSH-IDip)**

## HOW WILL IT HELP ME?

This advanced international health and safety qualification will support your academic and career progression. Success will mean you:

- ✦ Gain health and safety skills and knowledge that are relevant in many different sectors operating across the globe
- ✦ Develop professional skills so you can lead and influence health and safety issues at all levels
- ✦ Hold a qualification that is recognized and respected internationally by employers and your peers
- ✦ Meet the academic requirements to apply for membership of numerous professional bodies (Grad IOSH, CSP, MIIRSM)
- ✦ Achieve a sound basis for progression to postgraduate study
- ✦ Can use the designatory letters IDip NEBOSH alongside your name
- ✦ Are eligible to become a member of the NEBOSH Alumni

## COURSE CONTENT

	Learning Outcome	Taught Hours	Recommended Self study Hours	Assessment
1	You will be able to advise your organisation on the types of legislation likely to apply to the organisation and how enforcement actions could apply; the relevance of the International Labour Organisation's conventions/recommendations to the organisation; how non-government bodies and standards could influence health and safety in the organisation.	16	58	UNIT DI 1 Assessment
2	You will able to promote a positive health and safety culture by: gaining commitment and participation; and engaging, supporting and influencing leaders (and others) to change attitudes and behaviour and make health and safety a priority.	19		
3	You will able to assess, develop and maintain individual and organisational health and safety competence.	5		



*A real note of appreciation should go to our Lead Mr. Anil Gopinath and the entire team of Safety Catch Institute, who put through the grind to get the best out of us.*

*When the results came out it was really a surreal moment to say that I passed comfortably. I'm really indebted to the Safety Catch Team for their unrelenting but motivational efforts to get us through.*

**Aaqib Ahmed ( NEBOSH-IDip)**

Learning Outcome	Taught Hours	Recommended Self study Hours	Assessment
4 You will able to understand risk management including the techniques for identifying hazzards, the different types of risk assessment, considerations when implementing sensible and proportionate additional control measures and developing a risk management strategy.	6		
5 You will able to develop and implement proactive and reactive health and safety monitoring systems and carry out reviews and auditing of such systems.	12		
6 You will be able to continually develop your own professional skills and ethics to actively influence improvements in health and safety by providing persuasive arguments to workers at all levels.	5		
7 You will able to develop a health and safety policy strategy within your organisation (including proactive safety, Corporate Social Responsibility and the change management process).	5		
8 You will able to promote a positive health and safety culture by: gaining commitment and participation; and engaging, supporting and influencing leaders (and others) to change attitudes and behaviour and make health and safety a priority.	3		
9 You will able to assess, develop and maintain individual and organisational health and safety competence.	60	45	UNIT <b>DI 2</b> Case Study
10 You will able to understand risk management including the techniques for identifying hazzards, the different types of risk assessment, considerations when implementing sensible and proportionate additional control measures and developing a risk management strategy.	54	41	UNIT <b>DI 3</b> Case Study





## 1.2 NEBOSH-IGC

*International General Certificate  
in Occupational Health & Safety*

### AT A GLANCE

This qualification has been accredited and credit rated by the Scottish Qualifications Authority (SQA) and sits in the Scottish Credit and Qualifications Framework (SCQF).

### ASSESSMENT

Candidates are assessed with written examination for the first 4 elements and a practical work based risk assessment for the elements 5 to 11. The written examination is open book & on-line. Candidates can attend the written examination from his/her home/office sitting anywhere in the world.

### COURSE DURATION

11 DAYS

Classes are now available On-Line & Regular

The NEBOSH International General Certificate is suitable for those embarking on a career in health and safety, providing a sound basis for progression on to the International Diploma. No previous health and safety knowledge is required.

### WHO NEEDS THIS QUALIFICATION?

Engineers, Graduates & Diploma holders in any discipline who are aspiring to become future HSE Engineers / Managers Officers. This qualification can lead to achieving Tech IOSH

### WHAT WILL SUCCESSFUL LEARNERS KNOW?

With in-depth focus on the things that matter, the IGC covers the core skills you need, wherever in the world you work: It covers:

- How to effectively manage health and safety
- How to identify and control common workplace hazards
- How to measure success



*It is a great privilege as well as honour for me to be a student of this wonderful institution. I'm thankful to all amazing faculties for their teaching methodologies. My heartiest wishes for Safety Catch.*

**Gopika G S (NEBOSH-IGC)**

## WHAT WILL SUCCESSFUL LEARNERS BE ABLE TO DO?

Risk assessment is central to the IGC qualification. Through study and workplace application, successful learners will be able to:

- ✦ Confidently carry out risk assessments
- ✦ Develop and implement a detailed action plan
- ✦ Manage and minimise workplace risks
- ✦ Support and develop a company's health and safety culture
- ✦ Ensure their teams undertake their day to day activities more safely thanks to the awareness and knowledge gained

## COURSE CONTENT

- E-01 Why we should manage workplace health and safety
- E-02 How health and safety management systems work and what they look like
- E-03 Managing risk - understanding people and processes
- E-04 Health and safety monitoring and measuring
- E-05 Physical and psychological health
- E-06 Musculoskeletal health
- E-07 Chemical and biological agents
- E-08 General workplace issues
- E-09 Work equipment
- E-10 Fire
- E-11 Electricity



*I would like to convey my sincere gratitude to the entire team of Safety Catch, they have done an excellent work in providing the best support and training for getting my NEBOSH IGC certification*

**Suvith Eenghat Meethal (NEBOSH-IGC)**

## 1.3 NEBOSH-HSA

Health & Safety  
At Work Award

### AT A GLANCE

The NEBOSH Health and Safety at Work Award provides a best practice introduction to workplace health, safety, and risk that is relevant to all industry sectors.

### ASSESSMENT

After completing the course, you will be asked to complete a workplace health and safety review which :

- ✦ Considers how health and safety is managed, and how it could be done better.
- ✦ Identifies health and safety issues, how they are controlled and if the risk can be reduced.
- ✦ Select the most important issue for improvement.

This assessment is designed to test your ability to put into practice what you have learnt and, as it is carried out in the workplace, can add instant value to your organisation. Once you have achieved a pass, a qualification parchment will be issued within 20 working days of the confirmation of the successful unit.

### COURSE DURATION

03 DAYS



*Thank you for a great course, great presentation style with a lot of opportunities talk about real life examples which made for a really practical informative session and this training was beyond my expectation.*

**Liz Ann Thomas (NEBOSH-HSA)**

## WHAT DOES THE COURSE COVER ?

The NEBOSH Health and Safety at Work Award looks at everyday solutions for general workplace health and safety issues. Through your studies, you will gain knowledge and practical health and safety skills. This will enable you to:

- Understand why health and safety needs to be managed, ensuring effective processes are in place
- Inspect the workplace, recognising common hazards, evaluating risk, recommending controls measures and assigning actions
- Understand why incidents happen and how to investigate them.

NEBOSH Learning Partners offer a variety of flexible course formats, including in-company options, so training can be arranged according to business need.

## ACCREDITATION

The NEBOSH Health and Safety at Work Award has been accredited and credit rated by the Scottish Qualifications Authority (SQA) Accreditation. It sits in the Scottish Credit and Qualifications Framework (SCQF) at SCQF Level 5 with 2 credit points.

SCQF Level 5 is comparable to RQF/CQFW Level 2 in England, Wales and Northern Ireland.



*In my first attempt, i had cleared the exam with NEBOSH. I would love to extend my sincere gratitude to Safety Catch Training & Consulting for the support, guidance and the way of moulding from my mentors over there.*

**Le Anh Nam Sang (NEBOSH-HSA)**

## 2.IOSH

### Managing Safely

The Institution of Occupational Safety and Health (IOSH) is a British organization for health and safety professionals. The Institution was founded in 1945 and is an independent, not-for-profit organization. As well as setting professional standards, the Institution supports and develops members and has publications providing advice and guidance on health and safety issues.

### COURSE DURATION

#### 03 DAYS

IOSH is one of the world leaders in health and safety training - over 1,79,000 people take one of IOSH courses every year.

### AT A GLANCE

Managing Safely is unlike any other course. You'll find a practical programme, full of step-by-step guidance, and a sharp business focus. But you'll also find that the highly innovative format and content

### ASSESSMENT

- ★ Multiple choice questions
- ★ Project work.



*I want to appreciate and thank Safety Catch for being such a wonderful Organisation. The way trainers interacted with students, your way of teaching, making learning so interesting and explaining everything in detail were outstanding*

**Anandu S (IOSH)**

## WHO NEEDS THIS QUALIFICATION?

All future Health & safety Managers - Because every manager needs an understanding of their safety and health responsibilities.

## WHY IS THIS QUALIFICATION IMPORTANT?

- ★ Designed for managers and supervisors in any sector and in any country
- ★ Provides the knowledge and tools required to manage safely
- ★ Flexibility of delivery that suits your business
- ★ Efficient and effective learning - health, safety and environmental basics covered in a single programme.

## COURSE CONTENT

- ★ Assessing risks
- ★ Controlling risks
- ★ Understanding responsibilities
- ★ Understanding hazards
- ★ Investigating incidents
- ★ Measuring performance



*I joined Safety Catch to achieve NBOSH-IGC and IOSH. Knowledge sharing is outstanding. The recording facility is very useful and revising. My special thanks to all the trainers, my mentor and the admin staff for their excellent support*

**Bonny Biju (IOSH)**

### 3. MEDIC FIRST AID

Medic First Aid training programs are recognised throughout the world by governments, associations and corporations as meeting regularly requirements for workplace safety and health. Industries as varied as oil, electronics, power , telecommunications, Forestry,hotel and hospitality.

#### AT A GLANCE

- ★ Medic First Aid (USA) certification
- ★ Multiple choice examination
- ★ Meets regulatory requirements

#### COURSE DURATION

**01 DAY**

Medic First Aid training programs are recognised throughout the world by governments, associations and corporations as meeting regulatory requirements for workplace safety and health.

#### ASSESSMENT

Skills Evaluation : Students must perform required skills competently without assistance

#### WHO NEEDS THIS QUALIFICATION?

HSE professionals have value addition if they are also qualified in First Aid & CPR

#### WHY IS THIS QUALIFICATION IMPORTANT?

Industries as varied as oil,electronics, power , tele communications, hotel, hospitality and Entertainment all rely on Medic First Aid to help ensure safer work environment, regulatory compliance, and efficient employee emergency response.



*Very high standard training have provided in a professional manner.*

*Very enthusiastic trainers, passionate about the subject, have a great rapport with the students.*

**Susbudev TS (MEDIC FIRST AID)**

## COURSE CONTENT :

- ★ First Aid Provider
- ★ Recognizing an Emergency
- ★ Personal Safety
- ★ Deciding to Help
- ★ Infectious Bloodborne Diseases
- ★ Cardiopulmonary Resuscitation (CPR)
- ★ Early Defibrillation
- ★ Chain of Survival
- ★ Chest Compressions
- ★ Rescue Breaths
- ★ AED Operation
- ★ AED Troubleshooting & Considerations
- ★ Primary Assessment - Unresponsive Person
- ★ Control of Bleeding
- ★ Tourniquets
- ★ Hemostatic Dressings
- ★ Using a Tourniquet
- ★ Using a Hemostatic Dressing
- ★ Shock
- ★ Internal Bleeding
- ★ Amputation
- ★ Impaled Subject\*
- ★ Open Chest Injury\*
- ★ Open Abdominal Injury\*
- ★ Head, Neck, or Back Injury
- ★ Spinal Injury
- ★ Brain Injury
- ★ Concussion



- ★ Swollen, Painful, or Deformed Limb
- ★ Burns
- ★ Nosebleed
- ★ Stroke
- ★ Hypoglycemia
- ★ Seizure
- ★ Poisoning
- ★ Severe Abdominal Pain
- ★ Heat Exhaustion
- ★ Heat Stroke
- ★ Hypothermia
- ★ Frostbite
- ★ Stinging Insects
- ★ Snakebites



*One thing which i liked and would like to specially mention at Safety Catch is the highest level of competency that the Trainers maintain and the simplified way of their teaching.*

**MD Aminul Islam (MEDIC FIRST AID)**



## 4. SCAFFOLDING

Safety Catch, in association with Scaffold Training Institute of Texas, USA, conducts various modules of Scaffolding training program that are aimed at providing competency to safety officers who inspect the scaffolding for its working safety.

### AT A GLANCE

STI, USA certification  
OSHA 29 CFR 1926 standards

### ASSESSMENT

Multiple choice questions  
Practical

### WHO NEEDS THIS QUALIFICATION?

HSE officers who need to have in-depth knowledge about Scaffolding and be able to inspect them with authority

### WHY IS THIS QUALIFICATION IMPORTANT?

Generally organizations do not employ Scaffolding Inspectors as a separate force but they would prefer a Safety Officer to perform this role. This certification would be a value addition to young professionals to become employable and edge over others to get placement

### COURSE DURATION

**02-04 DAYS**

### COURSE CONTENT

- ★ Overview of Scaffolding
- ★ Definition & Terminology
- ★ OSHA 29 CFR 1926.454
- ★ BOCW Act 1996
- ★ Indian Standards on Scaffolding
- ★ Scaffold erection & Dismantling procedures
- ★ Scaffold design, estimation, load calculation
- ★ Inspector's Duties, Safe working practices, Specifications
- ★ Check lists & Inspection technique
- ★ Hazard Identification & Control
- ★ Practical Training



*Safety Catch is an outstanding and special institution; which always aims to help students to grow up to their full potential. The lectures and staff are exceptionally capable and dedicated to make substantial difference in the future of the students.*

**Sreeraj Rajeevan (SCAFFOLDING)**

## 5. ISO 45001 LA

OH&S Management Systems Lead Auditor Training Course teaches the fundamental auditing principles and practices

OH&S Management Systems Lead Auditor Training Course teaches the fundamental auditing principles and practices, in conformance with national and international accepted norms and regulations relating to OH&S requirements based on the latest ISO 45001:2018 standards.

By attending this course, delegates will also gain the necessary auditing skills through activity based learning, and practical auditing experience with coaching, group workshops and open forum discussions. Our highly competent tutors will guide you through the entire audit process; from initiation to conducting audit follow-up.

Successful completion of this training course, by passing the relevant examination and skills assessment, will demonstrate knowledge and basic skills to undertake and lead a management systems audit.

### COMBINED COURSE DURATION

- ★ ISO 45001 OH&S MS LA course - 06 days
- ★ ISO 45001 OH&S MS LA course + ISO 9001 QMS LA courses - 08 days
- ★ ISO 45001 OH&S MS LA course + ISO 9001 QMS LA course + ISO 14001 EMS LA - 10 days

### WHO SHOULD ATTEND?

- ★ Anyone involved in managing / supervising OH&S in an organization
- ★ Anyone intending to undertake Internal audits of OH&S MS within an organization
- ★ Anyone planning to become an independent & authorized Lead Auditor for OH&S MS
- ★ HSE professionals aspiring for career growth / Continued Professional Development





## WHAT WILL YOU LEARN?

ON COMPLETION, SUCCESSFUL DELEGATES WILL HAVE THE KNOWLEDGE AND SKILLS TO:

Explain the purpose of an occupational health and safety management system, standards, management system audit, third-party certification, and the benefits of improved performance of the occupational health and safety management system

Explain the role of an auditor to plan, conduct, report and follow up an occupational health and safety management system audit

Plan, conduct, report and follow-up audit of an occupational health and safety management system to establish conformity with ISO 45001

## BENEFITS OF ATTENDING THIS COURSE

THIS COURSE WILL HELP YOU TO:

- Understand the key OH&SMS requirements as per ISO 45001
- Understand the key differences between OHSAS 18001:2007 and ISO 45001
- Identify what needs to be revised in your current OH&S management system

## Safety Catch Trainers

Trainers are internationally accredited. Previously employed in overseas and Indian oil refineries and Defence force. Have excellent fluency in English, Hindi, Tamil & Malayalam

## Our Principal Trainer

**Mr. Anil Gopinath CSP, CMIOSH**

Chartered HSE Practitioner, Trainer & Consultant

### *Credentials :*

- NEBOSH (UK) Approved Lead Tutor for IGC & IDIP
- British Safety Council (UK) approved Lead Tutor for Level-6 International Diploma in OSH
- IOSH (UK) Nominated member & Lead Tutor
- OSHA (USA), DoL Approved Outreach Safety Trainer
- Qualified Instructor (Air Field Safety Operations) - Indian Air Force
- STI (USA) Approved Scaffolding Trainer
- Govt. of India (DGFSLI) Certified HSE Trainer
- Medic First Aid (USA) approved First Aid Instructor
- OHSAS 18001/ISO 45001 Lead Auditor Trainer

## Toppers in NEBOSH IDip New Syllabus 2021-22 Batch



Mr. Sherin Thomas Baby



Ms. Saja Alqahtani

## Toppers in NEBOSH - IGC



Mr. Nithin Pavithran  
2016 - 2017



Mr. Nadeem Kallivalappil  
2022





# SAFETY CATCH

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EARA - 14 A, Arkkadavu Road  
Chuttupadukara, Edappally (P.O)  
Kochi, Ernakulam (Dist)  
Kerala, India . PIN-682 024

Phone Number : +91 808 916 9549, +91 974 756 7477 ★ Email us : [info@safetycatch.in](mailto:info@safetycatch.in)