

RRC MIDDLE EAST NEWSLETTER



RRCmiddle east
training and consultancy



Welcome to our newsletter. At RRC Middle East we continue to provide new health, safety and environmental qualifications, as well as keeping our existing courses relevant and up to date. This would not be possible without the continued support of our students and the organisations we work with, so a sincere thank you to all of you.

Over recent months RRC Middle East has significantly expanded. We have opened an office in Dubai to serve the United Arab Emirates and Oman; we have increased our portfolio of accredited courses to include the NEBOSH Oil and Gas Certificate; and we have delivered the first ever Arabic course for the NEBOSH Award in Health and Safety at Work. We have also introduced competitively priced, locally managed e-learning – an excellent option for those who cannot attend a face-to-face course. Supported by a group of local tutors, the e-learning courses include free revision workshops, being held in Bahrain and Dubai.

Over the coming months RRC Middle East will be working with our colleagues in the UK to develop Arabic e-learning courses to expand our operations further.

We will also be at the Intersec Show 15–17 January 2012, Dubai International Convention and Exhibitions Centre, UAE (stand number 6-724S) and at the American Society of Safety Engineers – ASSE Middle East Chapter, 18–22 February 2012, Gulf International Convention and Exhibition Centre, Gulf Hotel, Bahrain. I invite you all to visit myself and my colleagues there.

Hasan Alaradi – Managing Director

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RRC Middle East
Best Health and Safety Provider



RRC ME - BAHRAIN COURSE SCHEDULE SEP-DEC 2011

Course	No. of hrs	Fees	Sep	Oct	Nov	Dec
NEBOSH Courses						
NEBOSH International Diploma - blended course	120	BD 2500	UA 18-22 UB 25-29			
NEBOSH International General Certificate	80	BD 1200	04-15 Exam 18-19	02-13 Exam 16-17		
NEBOSH International Technical Certificate in Oil and Gas Operational Safety	40	BD 600			13-17 Exam 20	
NEBOSH Certificate in Fire Safety and Risk Management	86	BD 1300			20.11-01.12 Exam 7-8-9	
NEBOSH Certificate in Environmental Management	40	BD 600	25-29 Exam 2.10			
NEBOSH Award in Health and Safety at Work	40	BD 600	18-22 Exam 29 25-29 Exam 02.10		13-17 Exam 20	
IOSH Courses						
IOSH Working Safely	8	BD 120		11	20	
IOSH Managing Safely	40	BD 600		23-26		
CIEH Courses						
CIEH Training Skills and Practice	24	BD 500		16-18		
CIEH Principles of Risk Assessment	8	BD 120	1	5	20	
RRC Short Courses/Workshops						
Key2Safety Level 1	16	BD 240		2-3	13-14	
Risk Assessment and Accident Investigation	15	BD 225	25-26			
New Scaffolders Course	8	BD 120		23		25
Environmental Aspects and Impacts	8	BD 120		18	22	
Basic First Aid	10	BD 150	11	6	20	21
Basic Fire Fighting	7	BD 70		2		11



RRC ME - DUBAI COURSE SCHEDULE SEP-DEC 2011

Course	No. of hrs	Fees	Sep	Oct	Nov	Dec
NEBOSH Courses						
NEBOSH International General Certificate	80	AED 6,800		16-27 Exam 30-31		11-22 Exam 25-26
NEBOSH International Technical Certificate in Oil and Gas Operational Safety	40	AED 6,500		2-6 Exam 9		
NEBOSH Award in Health and Safety at Work	40	AED 3,900	4-8 Exam 11	9-13 Exam 16	20-24 Exam 27	
IOSH Courses						
IOSH Managing Safely	40	AED 3,700			13-17	
CIEH Courses						
CIEH Training Skills and Practice	24	AED 3,950			20-22	

New e-Learning Courses from RRC ME

All you need is your computer and an Internet connection to get started.

Our new e-learning courses are the perfect solution for those who cannot attend a face-to-face classroom course. They are competitively priced and supported by a whole team of local tutors.

RRC's easy-to-use e-learning system is available 24/7 from anywhere in the world and provides a learning environment that gives you everything you need to successfully pass your exams.

Our structured e-learning courses lead you through each topic, delivering the information through a variety of media designed to make learning enjoyable and effective. The courses include:

- Videos and interactive animations designed to explain important topics.
- Activities and exercises to help you understand and remember the information.
- Multiple choice tests so you can monitor your progress throughout the course.
- Practice examinations to help you successfully prepare for your formal assessment.

We have introduced e-learning courses for the following:

- NEBOSH International General Certificate in Occupational Health and Safety
- NEBOSH Award in Health and Safety at Work
- NEBOSH International Certificate in Oil and Gas Operational Safety

Successful Arabic Course for the NEBOSH Award in Health and Safety at Work

Students' results for the first ever Arabic NEBOSH Award in Health and Safety at Work course show a 100% pass rate for HSW1 and 89% pass rate for HSW2.



"This is an excellent course that has exceeded our expectations, with Mr. Haitham Al Noaimi's expertise we have managed to grasp and successfully complete the course. That has encouraged me to study the NEBOSH International General Certificate also."



Abdul Hameed Isa – Ministry of Labour – Kingdom of Bahrain

Since running the first Arabic course, RRC Middle East has since seen an increased demand in the NEBOSH Award in Health and Safety at Work. As a result, we have increased the number of courses planned to be held in the last quarter of 2011, both in Bahrain and Dubai.

RRC Middle East Introduce the NEW NEBOSH International Technical Certificate in Oil and Gas Operational Safety

The NEBOSH International Technical Certificate in Oil and Gas Operational Safety provides an excellent foundation in health and safety, allowing those working within the oil and gas industries to manage operational risks effectively.

The face-to-face course comes with professionally developed course material that includes clear information, colorful illustrations and lots of useful hints and tips. The course will be taught in Bahrain by RRC ME Lead Tutor Hasan Alaradi over five days.



Notes from the UK

"I recently met with Hasan Alaradi (RRC ME Managing Director/Lead Tutor) and Dr David Towlson (RRC Training's Director of Quality and Training in the UK) in Istanbul, a convenient midpoint between Bahrain and London. During the short trip we discussed the training needs of safety professionals in the Middle East and considered the ways that RRC could try to meet this need. It was an interesting and exciting discussion which explored many possible solutions, drawing on ideas from the wealth of knowledge and experience that Hasan and David have accumulated. A lot of good solutions came out of the discussions and 2012 will see the introduction of an exciting range of new courses and services from RRC targeted at improving and the skills of individuals and the safety performance of organizations.

However, the second part of our visit was the real highlight of our trip – a meeting with local HSE professionals and trainers. We all left impressed with what was happening in Turkey – work is being done to prepare for the introduction of EU safety legislation, and to develop competent HSE professionals. Our Turkish colleagues showed a real passion for safety and their work in training and promoting good practice is very impressive. David and Hasan have been invited back to address a conference, something they are happy to do to repay the kind hospitality of our hosts."



Gary Fallaize (RRC UK Managing Director)

NEBOSH Graduation Ceremony

Earlier this month NEBOSH held their prestigious Graduation ceremony at Warwick University in the UK. This year saw another 68 successful Diploma students added to the RRC graduate alumni, including 12 students who received a credit.

Our NEBOSH Diploma students are the successful health and safety practitioners of tomorrow and we were really proud not only to attend the awards ceremony, but also to sponsor the event too. We look forward to congratulating many more of you in the future.

RRC London Staff Make Their YouTube Debut!

Last month some of the RRC UK team recorded short videos which have been uploaded to our [RRC Training YouTube Channel](#). In the clips, Becky from Customer Services, Lucy from Course Management and Vicky from Course Development outline their roles at RRC and give a brief explanation of what they do to make studying that little bit easier for our students. We are trying to persuade our Middle East team to record similar YouTube videos but as the UK team will testify, being put in front of a camera is quite a nerve-wracking experience!

FREE Technical Update from RRC UK

Guidance on the Management of Psychosocial Risks in the Workplace

Psychosocial risks like stress, bullying and harassment are sometimes overlooked, but recent statistics by the UK Health and Safety Executive show that work-related stress, in particular, is widespread across the UK working population. Failure to address these workplace risks effectively can have a really detrimental effect on the health and wellbeing of employees, which can in turn drastically affect performance.

To successfully deal with these psychosocial risks, newly available guidance in the UK recommends applying specific policies and the general risk management framework. The development of the Publicly Available Specification 1010: 2011 (Guidance on the Management of Psychosocial Risks in the Workplace) was facilitated by the British Standards Institution (BSI) and sponsored by the University of Nottingham and the Institute of Work Health and Organisations (I-WHO). It is the first best practice standard for psychosocial risks.

RRC's FREE Technical Update provides you with a succinct and accessible guide to PAS 1010: 2011 so you can quickly and easily establish how the guidance might be useful to you and your organisation. You can access it (and all RRC's FREE Technical Updates) from the RRC UK Website www.rrc.co.uk or just [click here](#).

