



RRC Middle East
Is ISO 9001:2009
Certified

RRC Middle East W.L.L - Bahrain

Course schedule 2012



RRCmiddle east
training and consultancy

Course	No. of hrs	Fees	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
NEBOSH Courses														
NEBOSH International Diploma – Blended course	120	BD2500				UA: 15-19					UB 16-20			
NEBOSH International General Certificate in Occupational Safety and Health	80	BD 1200		IGC1:19-23 IGC2:26.2-1.3 Exam 7-8.3	IGC1: 11-15 IGC2: 18-22 Exam 25-26	IGC1:8-12 IGC2:15-19 Exam 22-23	IGC1:6-10 IGC2:13-17 Exam 20-21	IGC1:10-14 IGC2:17-21 Exam 24-25	IGC1:1-5 IGC2:8-12 Exam 15-16		IGC1:9-13 IGC2:16-20 Exam 23-24	IGC1:7-11 IGC2:14-18 Exam 21-22		IGC1:2-6 IGC2:9-13 Exam 19-20
NEBOSH International Certificate – blended course	16	BC:BD575 EL:BD400		12-13		1-2		6-7		5-6		3-4	11-12	
NEBOSH Fire Safety & Risk Management	86	BD 1300			4-15			10-21			9-20			
NEBOSH Construction Certificate	120	BD 1560	8-26			1-19			1-19		4-22			
NEBOSH Certificate in Environmental Management	40	BD 600		19-23		22-26		3-7		26-30	11-15	7-11	4-8	
NEBOSH Health & Safety at Work place	40	BD 600	22-26		4-8	1-5	20-24	24-28	15-19	5-9	23-27	21-25	18-22	23-27
NEBOSH International Technical Certificate in Oil and Gas Operational Safety	40	BD 600	15-19		25-29		27-31		1-5		16-20	14-18		2-6
IOSH Courses														
IOSH Managing Safely	40	BD 600	8-11	6-9		15-18			22-25			14-17		
IOSH Supervising Safely	24	BD360		20-22	4-6	12-14		4-6		5-7		15-17	6-8	
IOSH Working Safely	8	BD 120	16	2	19	30	28	10	9	12	17	1	20	20
CIEH Courses														
CIEH Training Skills and Practice	24	BD 500			11-13			4-6				22-24		
CIEH Food Safety	7	BD 100	15	12	19	8	22		3		9			23
CIEH Principles of Risk Assessment	8	BD 120		6		7		12			4		20	
CIEH Award in Health and Safety in the workplace	8	BD 120	22		11		14		8		2			30
RRC Short Courses / Workshops														
Key2Safety Level 1	16	BD 240	2-3		12-13		6-7		8-9		16-17		25-26	
Key2Safety Level 2	24	BD 360		12-14		8-10		3-5				28-30		
Key2Safety Level 3	32	BD 480		19-22		1-4			15-18				4-7	
General H&S Risk Assessment	16	BD 240	2-3			22-23			15-16			10-11		
Risk Assessment & Incident Investigation	15	BD 225			4-5			10-11			25-26			
Advanced Risk Assessment	24	BD 528		19-21			13-15					29-31		
Essentials of Fire Risk Assessment	24	BD 528	16-18			8-10			1-3					23-25



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RRC Short Courses / Workshops														
Accident Investigation & Root Cause Analysis	24	BD 360		26-28			13-15				4-6			11-13
Safety Practitioner	40	BD 600	8-12			22-26			1-5				4-8	
Implementation of OHSAS 18001	24	BD 360			11-13				16-18					25-27
Health and Safety Policy & Procedure	24	BD528				3-5			8-10			14-16		
Behavior Based Safety	24	BD 528		6-8				10-12					4-6	
Hazops	24	BD 360			18-20			24-26			2-4			
Safety Rigging Practices	15	BD 225	9-10			17-18			24-25				4-5	
Health & Safety in Construction	10	BD 150			25-26			10-11				21-22		
Confined Spaces	8	BD 80	15			8			1					9
Working at Height	8	BD 80		20				3					18	
Office Safety	8	BD 180	8			29			17			2		
Safety Report Writing	40	BD 600	22-26		11-15		6-10			5-9		14-18		
Bahrain H&S Legislation	8	BD 120		20			21				4			
Ministerial Order No.12 of 2005 compliance course	10	BD 150			20-21				24-25				4-5	
Principles of Health & Safety Management	10	BD 150	15-16					3-5						23-25
Ergonomics	8	BD 120	8			22					30			
Workplace Biological Hazards	8	BD 176		19					24				4	
Basic Electrical Safety	15	BD 225	9-10			17-18					23-24			9-10
Basic Fire Fighting	7	BD 70	8	26	11		13	25		26		22		2
Fire Warden	16	BD 240	15-16			1-2			8-9		2-3			9-10
Basic First Aid	10	BD 150	29	19	18	1	6	10	2	27	10	21	4	25
OSHA 30 Hour Training	30	BD 450		5-8			13-16			12-15		21-24		2-5
Introduction to ISO 14001	8	BD 120		7		17			9			16		23
Environmental Aspects & Impacts	8	BD 120			18			3			23		11	
Internal Environmental Auditing	16	BD 240	16-17			22-23			8-9					2-3
Environmental Awareness	8	BD 120		12			6		1		9		22	
New Scaffolders Course	8	BD 120	9		13			19		28		23		25
Scaffold Inspector	16	BD 240		6-7			22-23			26-27		15-16		
Mobile Tower Scaffold	16	BD 240	30-31	12-13			23-24		9-10		16-17		4-5	



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