

Training on Health and Safety in Pakistan

19–22 August 2024 • Islamabad

ADB



AGENDA

DAY 1 (Monday, 19 August 2024)

Time	Activity	Resource Person
8:30–9:00	Registration	
9:00–9:10	Welcome & Regional Overview	Yong Ye Country Director Pakistan Resident Mission (PRM) Nianshan Zhang Head, Office of Safeguards (OSFG)
9:10–9:30	Safeguards and Course Introduction Background, Objectives etc.	Bruce Dunn Director, OSFG Felix Oku Principal Safeguards Specialist OSFG
9:30–10:00	Participants Introduction	Ninette Pajarillaga Principal Safeguards Specialist OSFG Shazia Shahid Safeguards Officer, PRM
10:00–10:45	Procurement & Health and Safety Question and Answer (15 mins.)	Jenny Yan Yee Chu Procurement Specialist Procurement, Portfolio, and Financial Management Department
10:45–11:00	Tea break	
11:00–11:30	Introduction to ADB's Environmental and Social Framework (ESF) requirements on Health, Safety and Security in ADB supported projects. Heads up on policy provisions in the Draft ESF Environmental and Social Standard (ESS) 2: Labor and Working Conditions and ESS 4: Health, Safety and Security	Felix Oku Kassiyet Tulegenova Safeguards Specialist (Social) OSFG
11:30–12:00	Health and Security Legislation Review	Muhammad Dawood OHS Consultant
12:00–12:15	Group Photo	
12:15–13:15	LUNCH	

Health, Safety and Security Risk Assessment & Management Planning

13:15–13:45	<p>MODULE 1 – Introduction to Health & Safety (H&S) Foundations in ADB <u>Performance Objective</u></p> <p>Participants able to:</p> <ul style="list-style-type: none"> » Outline the scope and nature of Occupational, Health and Safety requirements under ADB. » Appreciate potentially significant occupational health and safety risks / impacts associated with ADB projects » Explain the role of governments and international bodies in formulating a framework for the implementation and regulation of H&S. » H&S Planning and Monitoring » Understand the scope of Community H&S Requirements <p>Question and Answer (15 mins.)</p>	Felix Oku
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Time	Activity	Resource Person
13:45–14:15	<p>MODULE 1 continued - Safety Culture <u>Performance Objective</u></p> <p>Participants able to:</p> <ul style="list-style-type: none"> » Discuss perceptions of risk and repercussions of serious Incidents » Understand the elements and benefits of a strong safety culture » Describe the purpose and scope of industry Life Saving Rules » Understand typical hazards and controls of each Life Saving Rule » Describe the importance of Fatigue Management, Fitness for Work and Mental Health 	<p>Felix Oku</p> <p>Muhammad Dawood OHS Consultant</p>
14:15–15:15	<p>MODULE 2 – H&S Risk Assessment <u>Performance Objective</u></p> <p>Participants able to:</p> <ul style="list-style-type: none"> » Explain the principles of Risk Assessment » Know the relationship between a Hazard and a Risk » Understand the principle of As Low As Reasonably Practicable » Use a Risk Matrix » Describe Hazard Groups and the Hazard Wheel » Provide an example of how a person could be harmed for each hazard group » Identify Hazards of various work sites » Conduct a HAZID for a typical job site » Understand the different styles of Risk Management » Explain the Swiss Cheese and Bowtie Risk models » Example – Fire Triangle and different fire extinguisher types » Example – Confined Space Entry » Outline the Hierarchy of Controls » Understand PPE as the last line of defense » Explain Engineering Hazards, Controls and Barricades/Signage 	<p>Felix Oku</p> <p>Muhammad Dawood OHS Consultant</p>
15:15–15:30	TEA BREAK	
15:30–16:15	Practical Exercise on hazard identification and risk assessment	
16:15–18:00	Network Reception	

DAY 2 (Tuesday, 20 August 2024)

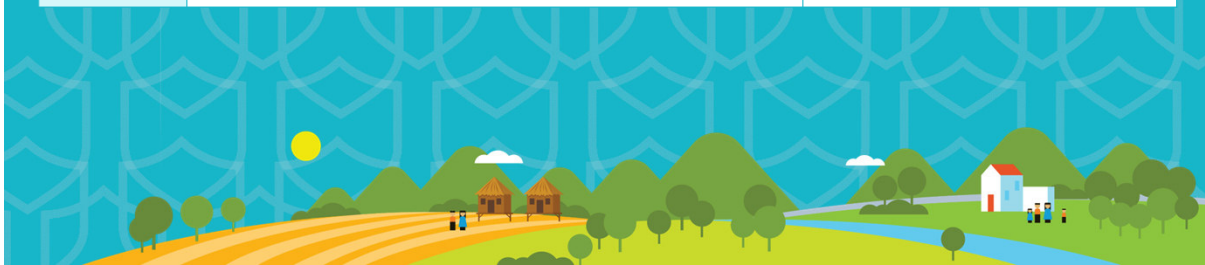
Time	Activity	Resource Person
8:30–9:00	<p>Completion of practical exercise on hazard identification and risk assessment</p> <p>Recap and Feedback Discussion on Day 1 Training Including group presentations of practical exercise</p>	<p>Felix Oku</p> <p>Muhammad Dawood OHS Consultant</p> <p>Group Discussion by Representatives from EA/IA</p>
9:00–9:15	TEA BREAK	
9:15–12:00	<p>MODULE 3 – Workplace H&S <u>Performance Objective</u></p> <p>Participants able to:</p> <ul style="list-style-type: none"> » Describe office ergonomic safety » Understand your responsibility to keep yourself and others safe at work. » Outline Roles and Responsibilities and the Internal Responsibility System » Understand the range of responsibilities from Workers, Managers and Contractors » Stop Work Authority » Communication Exercise » Develop an H&S Plan » Reference the ADB HSS Good Practice Guide » Reference the ADB Safe Work Practices » Understand the role of Training and H&S Committees » HAZID Exercise 	
12:00–13:00	LUNCH	

Time	Activity	Resource Person
12.00 –13:00	LUNCH	
13:00–14:00	<p>MODULE 4 & 5 – Community H&S and Security <u>Performance Objective</u></p> <p>Participants able to:</p> <ul style="list-style-type: none"> » Understand Project Risks to Communities » Recognize Sexual Exploitation, Abuse and Harassment (SEAH). » Identify when a borrower or contract worker would require security personnel. » Understand the potential risks posed by site security to local communities » Understand Fundamental good security planning principles » Follow the steps to develop a Security Plan 	<p>Felix Oku</p> <p>Malika Shagzatova Senior Social Development Specialist (Gender and Development) Gender Equality Division (CCGE)</p> <p>Muhammad Dawood OHS Consultant</p>
14:00–15:00	<p>MODULE 6 – Incident Reporting and Investigation <u>Performance Objective</u></p> <p>Participants able to:</p> <ul style="list-style-type: none"> » Understand Roles and Responsibilities for Incident Management and Reporting » Describe incident investigation techniques including Root Cause Analysis <p>Discuss the importance of sharing Lessons Learned to prevent recurrence (Continuous Improvement)</p>	<p>Felix Oku</p> <p>Ninette Pajarillaga</p>
15.00 –15:15	Tea Break	
15:15–16:30	<p>Feedback Discussion on Day 2/ Parking Questions</p> <p>Reminder for Day 3 Arrangements at The Margala Hotel</p>	<p>Felix Oku</p> <p>Ninette Pajarillaga</p>

DAY 3 (Wednesday, 21 August 2024)

Venue at The Margala, Margala Hall, Sahara Kashmir Rd, Shakar Parian, Islamabad

Time	Activity	Resource Person
8:00–12:00	<p>Hazard Identification and Risks Assessment (Review of Drone Footages)</p> <ul style="list-style-type: none"> » Selected Projects 	<p>Ninette Pajarillaga</p> <p>Shazia Shahid</p> <p>Abdul Hadi</p> <p>EAs/IAs</p>
12:00–13:00	LUNCH BREAK	
13:00–13:30	<p>H&S Challenges and Opportunities Presentations by the EAs/IAs by Sector</p> <ul style="list-style-type: none"> » Energy Sector (ENE) » Transport Sector (TRA) » Agriculture, Food, Nature and Rural Development Sector (AFNR) » Water and Urban Development Sector (WUD) 	
13:30–14:00		
14:00–14:30		
14:30–15:00		
15:00–15:15	Tea Break	
15:15–15:45	<p>H&S Challenges and Opportunities Presentations by the EAs/IAs by Sector</p> <ul style="list-style-type: none"> » Public Sector Management and Governance Sector (PMSG) » Human and Social Development Sector (HSD) 	
15:45–16:15		
16:15–17:00	<p>Feedback Discussion on Day 3 Training</p>	<p>Felix Oku</p> <p>Ninette Pajarillaga</p>



DAY 4 (Thursday, 22 August 2024)

Time	Activity	Resource Person
9:00–11:00	Brief Recap of Day 3 on each EA/IA's H&S challenges, solutions and experience	Felix Oku Ninette Pajarillaga
11:00–11:15	Tea Break	
11:15–12:00	<p>MODULE 7: Emergency Preparedness and Response <u>Performance Objective</u></p> <p>Participants able to:</p> <ul style="list-style-type: none"> » Understand the best practices involved in emergency response situations » Outline the escalating Levels of Emergency » Explain the Incident Command System (ICS) » ICS Roles and Responsibilities <p>Practical Exercise: Preparing a HAZID and RA considering the Hierarchy of Controls for case study provided</p>	Felix Oku Muhammad Dawood OHS Consultant
12:00–12:45	Completion of practical exercise on HAZID and Hierarchy of Controls	Felix Oku Mohammad Dawood OHS Consultant
12:45–13:45	LUNCH	
13:45–14:30	Feedback discussion Including presentation on last exercise	Group Presentation by Representatives from EA/IA
14:30–14:45	TEA BREAK	
14:45–15:30	Way Forward/Next Steps (Action Planning)	
15:30–16:30	Certificate Presentation	

