



# ABACUS INTERNATIONAL

**ENABLING SAFER & RELIABLE WORKPLACE**



Building # 9, Haq Bahoo Street, Judicial Colony Phase 1,  
Thokar Niaz Baig – Lahore Pakistan



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## OUR VISION

To be a globally distinguished firm providing reliable compliance services while believing in assurance and excellence.



## OUR MISSION

We are committed to delivering exceptional Training and precise Consultancy in the area of Quality, Safety, Health, Environment, and Management to our valued clients and stakeholders. We believe in contributing to developing a safe and sustainable community.

# WHAT WE DO

Abacus International empowers organizations to protect the well-being of workers, reduce risk, improve productivity and enhance compliance through its Quality, Health, Safety, Environment & Management Trainings & Consultancy Services.

We provide in-campus, in-company and virtual mode of training, we have trained more than 8,000 people allied to multi-disciplinary industries since our inception in April 2017.

Our internationally certified and experienced trainers understand the elementary need of clients, we customize the training programs as per particular requirements of clients.



## OUR SERVICES

We are excelled since 2017 in following areas:



### TRAININGS



### CONSULTANCY



### CORPORATE SOCIAL RESPONSIBILITY



# OUR REGISTRATIONS WITH GOV'T. OF PAKISTAN



**Punjab Skills Development Authority**  
Government of The Punjab



**Industries, Commerce, Investment  
& Skills Development Department**  
Government of The Punjab



**Federal Board of Revenue**  
Revenue Division - Government of Pakistan



# OUR INTERNATIONAL ACCREDITATIONS & AUTHORIZATIONS

We are an accredited/authorized partner of multiple internationally renowned awarding bodies' including but not limited to **NEBOSH** - UK (Center # 1428), **IOSH** - UK (Center # 3728), **HIGHFIELD** - UK (Center # 15219), **ASHI** - USA (Center # 4122433), **IASP** - USA, **STI** - USA, **GLOBAL OSHA** - USA, **TUV** - Austria and **OTHM Qualifications** - UK to deliver and assess their accredited/approved trainings.



# INTERNATIONAL TRAININGS/COURSES

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1. OTHM Level 6 Diploma in Occupational Health & Safety
2. NEBOSH International General Certificate in Occupational Health & Safety
3. NEBOSH HSE Certificate in Process Safety Management
4. NEBOSH HSE Certificate in Manual Handling Risk Assessment
5. IOSH Managing Safely
6. Associate Safety Professional (ASP) by BCSP
7. Certified Safety Professionals (CSP) by BCSP
8. Certified Fire Inspector 1 (CFI - 1) by NFPA
9. Certified Fire Protection Specialist (CFPS) by NFPA
10. Competent Person/Inspector by STI
11. Competent Person/Erector by STI
12. ISO 9001:2015 QMS Lead Auditor Course
13. ISO 45001:2018 OHSMS Lead Auditor Course
14. ISO 14001:2015 EMS Lead Auditor Course
15. ISO 50001:2018 EnMS Lead Auditor Course
16. ISO/IEC 17025 Testing & Calibration Lead Auditor Course
17. ISO 22000:2018 FSMS Lead Auditor Course
18. ISO 22301:2019 BCMS Lead Auditor Course

# INTERNATIONAL TRAININGS/COURSES

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19. IASP 30 Hour General Industry
20. IASP 10 Hour General Industry
21. IASP Occupational Safety and Health Advanced Diploma
22. IASP Occupational Safety and Health Supervisor Diploma
23. IASP Hydrogen Sulfide Safety (H<sub>2</sub>S) Advanced Level
24. IASP OSHA Inspections and Penalties
25. IASP Incident/Accident Investigation
26. IASP Behavior Based Safety
27. IASP Confined Space Entry
28. IASP Electrical Safety
29. IASP Hazard Communication
30. IASP Hazardous Material
31. IASP Working from Height
32. IASP Workplace Violence Prevention
33. IASP Arc Flash Protection
34. IASP Respirator Use
35. IASP Machine Guarding



# INTERNATIONAL TRAININGS/COURSES

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36. IASP HAZWOPER Awareness
37. IASP Ergonomics
38. IASP PPE (hand, eye, foot protection)
39. IASP Back Safety
40. IASP Egress / Fire Safety
41. IASP Lockout / Tagout
42. Global OSHA #231 Advanced General Worker Safety
43. Global OSHA #108 Introductory Manufacturing Worker Safety
44. Global OSHA #107 Introductory Hospitality Worker Safety
45. Global OSHA #106 Introductory Office Worker Safety
46. Global OSHA #103 Introductory Distribution & Delivery Worker Safety
47. Global OSHA #101 Introductory General Worker Safety
48. ASHI CPR/AED Basic First Aid
49. ASHI Advance CPR
50. ASHI Basic Life Support
51. ASHI Child/Baby sitting Safety
52. ASHI Pediatric

# INTERNATIONAL TRAININGS/COURSES

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53. Highfield Level 1 International Award in Working in Confined Spaces
54. Highfield Level 1 International Award in Safe Moving & Handling
55. Highfield Level 2 International Award in Risk Assessment
56. Highfield Level 2 International Award in Fire Safety at Work
57. Highfield Level 2 International Award in Control of Substances Hazardous to Health (COSHH)
58. Highfield Level 2 International Award in Working at Height
59. Highfield Level 2 International Award in Health and Safety at Workplace (RQF)
60. Highfield Level 2 International Award in Basic Life Support & Use of AED
61. Highfield Level 2 International Award in First Aid, AED & CPR
62. Highfield Level 3 International Award in First Aid, AED & CPR
63. Highfield Level 3 International Award in Health and Safety at Workplace (RQF)
64. Highfield Level 3 International Award in Health And Safety For Construction Supervisors
65. Highfield Level 3 International Award in Delivering Training
66. Highfield Level 3 International Award in Incident Investigation

# BESPOKE TRAININGS

## MANAGEMENT TRAININGS

1. Business Continuity Management
2. Enterprise Risk Management
3. Crisis Management
4. Change Management
5. Total Quality Management
6. Lean Workplace Practices
7. Fundamentals of Risk-based Auditing
8. Artificial Intelligence for Internal Auditors
9. Labour Laws International & Domestic
10. Industrial Relationship
11. Conflict Management
12. Goal Setting
13. Stress and Anger Management
14. Communication Skills
15. Emotional Intelligence

## INDUSTRY SPECIALIZED TRAININGS

1. Logistics Management
2. Production and Operations Management
3. Fundamentals of Freight Forwarding & Shipping for Transport & Logistics Sector
4. International Commercial Terms (INCO Terms) & Cargo Laws
5. Handling of Dangerous Goods
6. Defensive Driving
7. Waste Management

## FOOD SAFETY

1. Food Technology, Safety & Assurance
2. HALAL Food Management System
3. HACCP Advance Level
4. Food Safety Level 1/2/3
5. Food Safety Management System,

# BESPOKE TRAININGS

## HEALTH, SAEETY, ENVIRONMENT & QUALITY

- Risk-Based Process Safety
- Scaffold selection, erection, inspection, and dismantling
- Defensive Driving Skills
- Behavior Based Safety
- Incident Investigation
- QMS Internal Audit
- OHSMS Internal Audit
- EMS Internal Audit
- Lifting Machine Training
- Hazard Identification & Risk Assessment
- Basic and Advanced Fire Safety
- Basic and Advance First Aid
- Snakebite First Aid
- Chemical Spills
- Manual Handling
- MEWP Operator Training
- Rigging Safety
- Excavation Supervisor Training
- H2S with SCBA
- Electrical Safety
- Roping, Rigging & Lifting
- HSE Induction
- NFPA Standards Training
- OSHA Standards Training
- Environmental Assessment
- Carbon Footprint Analysis

**We also provide on demand trainings as per requirement of clients.**

# OUR TEAM OF EXPERTS

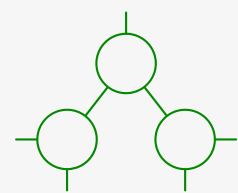
A team of more than 17 Trainers & Consultants



**INTERNATIONALLY  
CERTIFIED**



**10-30 years  
experienced**

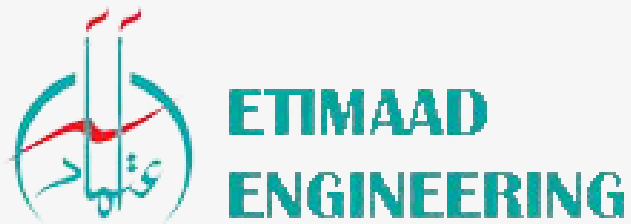
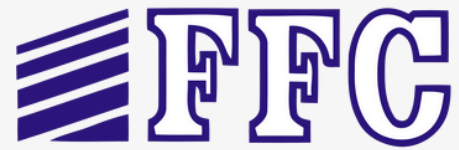
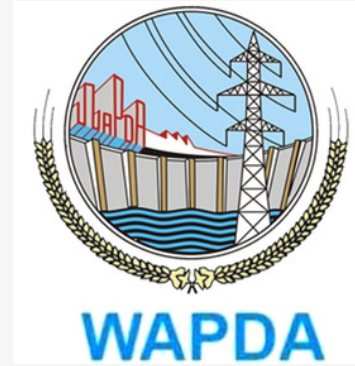


**Handling Diverse  
audience**



# OUR CLIENTS

Serving Diverse Sectors Since 2017



# Mr. Aamir Rasheed

## Lead Trainer & Consultant - QHSE



A competent professional with an experience of more than 18 years in the field of QHSE and Risk Management. He has been worked with number of National and Multinational companies including Kuwait Oil Company (KOC, Kuwait), Kharafi National (Kuwait) and Descon Engineering (Kuwait and Pakistan).

The core area of expertise include QSHE Management, Risk Assessment, Auditing, Inspection, Training and Development, Documentation, Team Management and Recruitment. He is Chartered Member of IOSH and Full Member of International Institute of Risk Management. He has been conducted number of audits for large and medium size corporates. He is also serving as board member of American Society for Safety Professionals and had elected as President 2018 – 2019 for Kuwait. He is approved tutor of NEBOSH IGC, NEBOSH PSM, NEBOSH MHR, IOSH Managing Safely, STI, IASP, Global OSHA, Highfield and Approved LEad Auditor of QMS 9001, EMS 14001 and OHSMS 45001. He has been visited America and major countries of Asia, Middle East and Europe.

# Mr. Najeeb Ul Hassan

Sr. Trainer & Consultant - OHS



A very dynamic health and safety trainer with over 12 years of working and training and enormous experiences in Middle East and Pakistan. He has been served several national and international clients including Nestle Pakistan, Sindh Engro Coal Mining Company (SECMC), Buhler Pakistan, Unilever Pakistan, Dubai Civil Engineering LLC, Ali & Sons Contracting LLC Abu Dhabi and DESCONE Engineering Pakistan.

He is an approved tutor of NEBOSH International General Certificate in Occupational Health and Safety and IOSH Managing Safely, he is vigorously involved in training and development since 2013. He is Graduate member of IOSH and member of American Society of Safety Professionals, Pakistan Chapter. He did his graduation in double math from one of the leading university in Pakistan, University of the Punjab. He also achieved some international qualifications if health and safety including International Diploma in Occupational Health and Safety by British Safety Council, NEBOSH International General Certificate, OHSAS 18001:2007 and ISO 14001:2015 EMS Lead Auditor Course.



# Mr. Chaudhry Naman Zafar

## Sr. Trainer & Consultant - QHSSE

A Saudi Aramco approved QHSSE (Quality, Health, Safety, Security, and Environment) Manager with more than 15 years' experience in Management Systems Development, Implementation, Consultancy, Auditing, & Training with good international exposure and ability to work well in multicultural environment. He is certified Auditor for ISO 45001 OHSMS, ISO 14001 EMS, ISO 9001 QMS, ISO 22001 FSMS, ISO 27001 ISMS, and ISO 17025 Testing and Calibration. He is also approved tutor of NEBOSH International General Certificate (IGC). He has been worked in multi sectors including Oil & Gas, Food, Power, Metro, Construction and Marine. He has Led more than 400 third, Second party and internal Audits and delivered more than 3500 Man Hours Trainings. As a consultant provided services to over 50 projects.

In education he has done M. Phil in Philosophy in International Security from USA, Master in International Security from Azerbaijan and Security & Safety Management, Information Security, Disaster Management from Geneva Center for Security Policy (GCSP) Switzerland. He is member of American Society for Industrial Security (ASIS) USA, International Registerar of Certificated Auditors (IRCA) UK and Institute of Occupational Safety and Health (IOSH) UK.

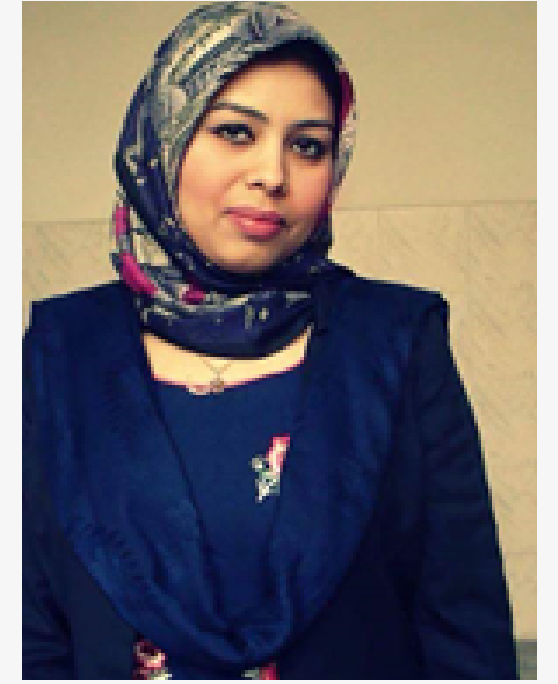


# Ms. Fouzia Perveen

## Lead Trainer & Consultant - First Aid at Work

A specialist in Public Health Sciences, actively involved in First Aid Trainings and Consultancy since 2013. By education she is PhD Fellow in Public Health, M.Phil. in Public Health and BSc. in Emergency & Intensive Care Technology. She has also done number of professional medical qualifications including Neonatal Resuscitation Program (NRP), Advanced Trauma Life Support Course (ATLS), Advanced Life Support in Obstetrics (ALSO), Advanced Cardiac Life Support (ACLS), Basic Life Support (BLS), Basic Life Support, CPR & AED, Management of Childhood Tuberculosis Case, TB Laboratory Supervision for Non-Lab. Supervisors, Health Care Personnel Training Workshop by Punjab Thalassemia Prevention Project.

She is certified instructor of American Heart Association (AHA), American Safety and Health Institute (ASHI) and Highfield Awarding Body for Compliance (HABC), she has taught more than 150 sessions attended by more than 2,000 learners at corporate and institutional level. She has been worked with local and Govt. bodies including College of Physicians and Surgeons Pakistan (Islamabad, Lahore, Multan, Faisalabad Karachi, Quetta, and Peshawar & Abbottabad), University of Health & Sciences, Fatima Memorial Hospital, Social Development Funds by Global Funds, Hameed Latif Hospital, Sir Ganga Ram Hospital, Jotun Powder and Coating, Transfopower Limited and Mangla Dam Project.



# Mr. Irfan Shabbir

## Trainer & Advisor- Labour Laws & IR

Mr. Irfan Shabbir has over 16 years of professional experience of Industrial Relations and Human Resource Management working with multinational and well reputed organizations of Pakistan. Presently, he is working with Millat Group of companies and looking after the area of Industrial Relations and workers' management.

He is Business Graduate (Distinction Holder) with major course of work in Human Resource Management & Marketing. He is also Law graduate (Gold Medalist) with specialization in Labor and Corporate Laws.

He has conducted numerous workshops and trainings on legal topics (includes complete range of industrial Relations Laws, Employment Laws, HRM etc with practical approaches), imparted training to senior professionals of various leading MNCs and well known organizations in Pakistan.



# Mr. Qaiser Shahzad Mughal

Sr. Trainer & Consultant - HSE

More than 13 years of working experienced of HSE Management & Training in Middle East and Pakistan. He is approved trainer for NEBOSH International General Certificate and IOSH Managing Safely. He is actively involved in health and safety trainings and development from last more than 8 years. He is teaching NEBOSH IGC and IOSH Managing Safely on regular basis since 2017 and customized trainings to corporate sector. He has been taught more than 3,000 learners throughout his training career.

He has been worked with local and international companies including Aesthetic Construction Company, Balsharaf Group Kingdom of Saudi Arabia, Auditor General of Pakistan, Wilsons Pharmaceuticals, Wapda Pakistan and Etimaad Engineering. He is Graduate member of Institute of Occupational Safety and Health (IOSH). He did his Bachelor of Commerce with sciences background from leading institutions of Pakistan. He has visited Kingdome of Saudi Arabia, Iraq and United Arab Emirates



# Mr. Faizan Sarwar

Trainer & Consultant - OHS



Result-focused HSE Manager and Trainer with demonstrated leadership abilities, strategic planning expertise, and problem-solving acumen. Assist top management with accomplishing demanding targets by encouraging staff and coordinating resources. He have over 12 years of theoretical, practical, and field experience in HSE and a proven ability to lead, manage, and mentor employees to successfully achieve HSE goals and objectives. Successful at training and mentoring employees, engaging with staff by discussing Health and Safety performance, maintaining accountability, and acknowledging excellent performance.

He has done NEBOSH Level 6 International Diploma in OHS, NEBOSH International General Certificate in OHS, HABC Risk Assessment Award, IOSH (Managing Safely, First Aid and BLS (USA), Lead Auditor BS OHSAS 18001-2007, Lead Auditor ISO 9001-2008 Course. He is a Graduate member of IOSH.

# Mr. Hamood ur Rehman Khan

## Sr. Trainer & Consultant - Fire Safety


A specialist in Fire Safety Management System having more than 17 years of hands-on experience in Fire training and fire safety management system consultancy major in energy power sector. He has been worked with local and international clients in designing and development of fire hydrant system, training on fire safety and firefighting, fire inspection and audits.


Clients to whom Hamood has been served are included but not limited to: Karachi Electric Supply Corporation Power Plant, Bank Al-Habib Pakistan, Liberty Power Plant Faisalabad, PHILIP MORRIS (Pakistan Ltd), Taiga Apparel Pvt Ltd., Judicial Complex Haripur KPK, Zafar Fabrics Pvt Ltd (Processing) Textile Mill, SIDA Building Hyderabad, Al-Maalik Bldg. Lahore, Bank of Punjab, Coca Cola Beverages Gujranwala Plant and Electric Generating Power Plants.




# OUR OFFICES

## Lahore

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