



PAKISTAN SAFETY COUNCIL
Occupational Safety & Health Organization
A Safer Pakistan is
A Stronger Pakistan

PSC[®] SAFETY INSIGHT

Official Monthly HSE & Sustainability E-Magazine



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BUILDING A
**SAFER
PAKISTAN**
THROUGH
PROFESSIONAL
EXCELLENCE



SAFETY FIRST



SUSTAINABILITY FOR ALL



TOGETHER FOR A BETTER FUTURE



20,000+
Professionals
Trained



1,200+
Professional
Members



500+
Corporate
Members



30+
International
Collaborations



**Nationwide
Presence**



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OUR SUPPORTERS

Pakistan Safety Council (PSC) sincerely acknowledges the valuable support and collaboration of our esteemed partners and organizations who share our vision of promoting a safe, healthy and sustainable Pakistan.

STRATEGIC PARTNERS



GOVERNMENT OF PAKISTAN
Ministry of Overseas
Pakistanis & Human
Resource Department



GOVERNMENT OF PAKISTAN
Ministry of
Federal Education &
Professional Training



GOVERNMENT OF PAKISTAN
Ministry of Labour
& Human Resource
Pakistan



NATIONAL VOCATIONAL &
TECHNICAL TRAINING
COMMISSION (NAVTTTC)



KNOWLEDGE PARTNERS



IOSH
(Institution of Occupational
Safety and Health)



ENETOSH
European Network Education
and Training in Occupational
Safety and Health



SUPPORTING ORGANIZATIONS



OUR COLLABORATION - A STRONGER FUTURE



STRONGER
PARTNERSHIPS



SHARED
KNOWLEDGE



SAFER
WORKPLACES



SUSTAINABLE
PAKISTAN



BETTER
TOMORROW



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ABOUT PAKISTAN SAFETY COUNCIL (PSC)

Pakistan's First & Leading National Occupational Safety, Health, Environment & Sustainability Organization

Established in 2010, Pakistan Safety Council (PSC) is a registered, non-profit, independent and nationally recognized organization committed to promoting Occupational Safety, Health, Environment & Sustainability (OSHES) across Pakistan. PSC is working relentlessly towards building a safer, healthier and sustainable Pakistan through capacity building, professional development, national standardization and international collaboration.



OUR MISSION

To promote a safe, healthy and sustainable Pakistan through awareness, training, standards and collaboration.

OUR VISION

A Safer Pakistan with world-class safety standards and a strong safety culture.

PSC AT A GLANCE



20,000+
Professionals
Trained



1,200+
Professional
Members



500+
Corporate
Members



Nationwide
Presence



30+
International
Collaborations

“ Together, we are building a safer, healthier and sustainable Pakistan. ”

OUR KEY INITIATIVES



PSC 2030 VISION

Our roadmap for a Safer Pakistan by 2030 through awareness, standards, professional development and collaboration.

- National Safety Culture
- Capacity Building
- Standardization
- Sustainable Development
- Global Partnerships



PSC PROFESSIONAL MEMBERSHIP

A platform for safety professionals to grow, connect and lead.

- Professional Recognition
- Continuous Learning
- Networking Opportunities
- Access to Resources
- Career Advancement



NUSP NATIONAL UNIFIED SAFETY PROGRAM

Pakistan's own unified safety certification program designed as per international standards.

- Industry Aligned
- Competency Based
- Practical & Effective
- National Recognition
- Multiple Disciplines



NRSP NATIONAL REGISTER OF SAFETY PROFESSIONALS

A national registry to recognize qualified safety professionals and enhance professionalism.

- Verified Professionals
- National Database
- Career Credibility
- Professional Standards
- Recognition & Trust



PSC CORPORATE SAFETY MEMBERSHIP

Partnering with organizations to build a strong safety culture and achieve excellence.

- Safety Culture Development
- Training & Capacity Building
- Audits & Consultancies
- Recognition & Awards
- Business Excellence

WHAT WE DO



TRAINING & CERTIFICATION



CONFERENCES & WORKSHOPS



SAFETY AUDITS & INSPECTIONS



AWARENESS CAMPAIGNS



RESEARCH & PUBLICATIONS



NATIONAL & INTERNATIONAL COLLABORATIONS



OUR CORE VALUES



INTEGRITY



PROFESSIONALISM



COLLABORATION



EXCELLENCE



SUSTAINABILITY

TOGETHER FOR SAFETY, TOGETHER FOR PAKISTAN



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MESSAGE FROM FOUNDER & CEO

LEADERSHIP. COMMITMENT. COLLABORATION.

Together for a Safer Pakistan

Dear Readers,

It is both a privilege and a responsibility to lead Pakistan Safety Council (PSC) – Pakistan’s first and leading national organization dedicated to promoting Occupational Safety, Health, Environment and Sustainability.

Since our establishment in 2010, our mission has remained clear: to build a safer, healthier and more sustainable Pakistan through capacity building, professional development, national standardization and global collaboration.

Today, as we move forward with strength and purpose, I am proud to share that PSC is not only creating awareness, but also developing people, systems and standards that will shape the future of safety in our country.

Through our initiatives – PSC Vision 2030, PSC Professional Membership, National Unified Safety Program (NUSP), National Register of Safety Professionals (NRSP) and PSC Corporate Safety Membership – we are building a strong and unified safety ecosystem.

Our progress would not be possible without the trust of our members, the support of our partners, and the dedication of our team. Together, we are creating a culture where safety is not just a requirement, but a way of life.

Let us continue this journey with commitment and passion as we work towards our ultimate goal – A Safer Pakistan, A Stronger Pakistan.

Safety is not just our priority, it is our promise for generations to come.

Ali Memon

Ali Raza Memon

Founder & CEO
Pakistan Safety Council - PSC



“ Together, we can build a safer, healthier and more sustainable Pakistan. ”

OUR KEY INITIATIVES

- 
PSC 2030 VISION
Our roadmap for a Safer Pakistan by 2030 through awareness, standards, and collaboration.
- 
PSC PROFESSIONAL MEMBERSHIP
Empowering safety professionals with recognition, resources and continuous growth.
- 
NATIONAL UNIFIED SAFETY PROGRAM (NUSP)
A competency-based, practical and effective certification program aligned with national standards.
- 
NATIONAL REGISTER OF SAFETY PROFESSIONALS (NRSP)
Building a credible national database of verified safety professionals.
- 
PSC CORPORATE SAFETY MEMBERSHIP
Partnering with organizations to develop strong safety cultures and achieve excellence.

OUR COMMITMENT TO PAKISTAN

-  PROMOTE SAFETY CULTURE
-  BUILD CAPACITY
-  DEVELOP STANDARDS
-  GLOBAL COLLABORATION
-  SUSTAINABLE FUTURE



Our mission is simple but powerful –
To **protect lives, promote well-being** and
build a **sustainable Pakistan** for present and future generations.



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EXECUTIVE LEADERSHIP TEAM



A dedicated team of professionals leading Pakistan Safety Council - PSC with vision, integrity and commitment to build a Safer Pakistan.



MUHAMMAD ASHRAF
CHAIRMAN

Providing strategic direction and oversight to ensure PSC's mission, vision, and values are achieved.



SYED JAWAID AKHTER
SENIOR VICE CHAIRMAN

Supporting the Chairman in governance, strategic planning and organizational growth.



MUHAMMAD AMIN UDDIN
VICE CHAIRMAN

Assisting in policy development, decision making and stakeholder engagement.



YASIR MEHMOOD
PRESIDENT

Leading organizational initiatives and strengthening national partnerships for a safer Pakistan.



MUHAMMAD ALI MIRZA
SENIOR VICE PRESIDENT

Overseeing operational excellence and supporting national & international collaborations.



WASEEM KHAN
VICE PRESIDENT

Supporting strategic programs and promoting safety culture across industries.



ALI RAZA MEMON
GENERAL SECRETARY & CEO

Leading PSC's overall operations, strategy execution and representing PSC at national & international forums.



MUDDASIR HUSSAIN
DIRECTOR TRAINING & DEVELOPMENT

Driving capacity building, professional development and training excellence.



MUHAMMAD HAQSIM
DIRECTOR FINANCE & PLANNING

Overseeing financial management, planning and organizational sustainability.



SYED ANSAR SHAH
EXECUTIVE MEMBER

Contributing to governance, strategy and organizational development.



FAISAL SHOAIB
MEMBERSHIP ADVISOR

Strengthening membership relations and expanding professional network.



MUHAMMAD UMER
TRAINING & EVENT ADVISOR

Advising on training programs, events and knowledge sharing initiatives.



AFZAL RAZA
OVERSEAS ADVISOR

Building global partnerships and promoting PSC internationally.



KHALID MEHMOOD
MIDDLE EAST ADVISOR

Strengthening PSC presence and collaborations in the Middle East region.



TAQWA AHMED
AMBASSADOR ADVISOR

Representing PSC as an ambassador and promoting safety advocacy.



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MONTHLY HSE STATISTICS

JUNE 2026

A snapshot of our continuous efforts towards building a safer, healthier and sustainable Pakistan.



24

Trainings Conducted

24 HSE trainings, workshops and seminars successfully conducted across Pakistan.



1,348

Professionals Trained

1,348 safety professionals trained to enhance knowledge, skills and competencies.



86

New Individual Members

86 new individual members joined PSC family this month, strengthening our mission.



18

Corporate Members

18 organizations joined hands with PSC for a safer and stronger Pakistan.



12

Audits Conducted

12 HSE audits conducted to improve compliance and promote best practices.



27

Inspections Conducted

27 workplace inspections conducted to ensure safety standards and compliance.



06

Workshops & Seminars

06 knowledge-sharing sessions held to promote awareness and capability.



145

Certifications Issued

145 safety certifications issued to qualified safety professionals.



06

National Campaigns & Initiatives

06 national HSE campaigns & initiatives led for awareness and impact.



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ARTICLE

BUILDING A SAFER SOCIETY STARTS AT HOME.

CREATING AWARENESS TODAY FOR A SAFER TOMORROW.

Submitted by

SHAHID HASSAN

PSC Professional Member (Cert No. 01296)

A QHSE Professional with over 21 years of experience in Oil & Gas Industry with National and Multinational Companies in Pakistan, Syria, Thailand and Kurdistan (North Iraq).



Safety is not confined to industrial workplaces or professional environments; it is an essential part of our everyday lives. Whether at home, on the road, or within our communities, many common accidents such as fires, electric shocks, gas leaks, slips, and traffic incidents can be prevented through simple precautions and responsible behavior.



FIRE PREVENTION AT HOME

Electrical sockets should never be overloaded with multiple appliances, as this can lead to overheating and fire hazards. Faulty wiring, damaged plugs, and loose connections must be repaired without delay. Likewise, electrical appliances should always be switched off when not in use.



KITCHEN SAFETY

While using gas stoves and LPG cylinders, always ensure that the gas knob is turned off after cooking, and never leave food unattended on the stove. LPG cylinders must be placed outside the kitchen.

In case of gas leakage, do not switch on lights and other electrical appliances, instead open windows and door. Matches, lighters, and other flammable materials should be kept safely out of the reach of children.



ROAD SAFETY

Wearing seat belts, observing speed limits, avoiding mobile phone use while driving, and following traffic rules can significantly reduce the risk of accidents. Pedestrians should use designated crossings and remain alert while walking near roads.

An important aspect in terms of Children protection is to make them sit in the rear seats of the vehicle with child lock engaged.



SIMPLE HOUSEHOLD MEASURES

Simple household measures such as keeping floors dry to prevent slips, storing medicines and cleaning chemicals safely, and keeping emergency contact numbers readily available can further enhance family safety.



EDUCATE OUR CHILDREN

Most importantly, we must educate our children about these safety precautions from an early age. Teaching them about fire hazards, electrical safety, road awareness, and emergency response helps develop responsible habits that stay with them throughout life. A child who learns safety today becomes a responsible citizen tomorrow.



BUILDING A SAFER SOCIETY

By instilling these values in the younger generation, we take a meaningful step toward building a safer, more aware, and more responsible society.

“

Safety starts with awareness, grows through practice, and becomes a culture when shared within families and communities.

”



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PSC CORPORATE SAFETY MEMBERSHIP

PARTNERING FOR SAFETY. PERFORMING FOR EXCELLENCE.

The PSC Corporate Safety Membership is a prestigious platform for organizations that are committed to building a strong safety culture, ensuring compliance, and protecting people, assets and the environment. It provides recognition, resources, and networking opportunities to help your organization lead with safety and achieve excellence.

KEY BENEFITS

TRAINING DISCOUNTS Special discounts on PSC training programs, workshops, conferences and seminars.	AWARD NOMINATION DISCOUNT Discounted nominations for PSC HSE Excellence Awards and other national recognitions.
CERTIFICATION DISCOUNTS Reduced fees on national & international safety certifications offered by PSC.	NETWORKING OPPORTUNITIES Connect with industry leaders, professionals and organizations through PSC events.
AUDITS & INSPECTIONS Access to discounted HSE audits, inspections and risk assessments by qualified PSC professionals.	RESOURCE ACCESS Access to HSE guidelines, standards, publications and best practice resources.
CONSULTANCY SUPPORT Preferential access to expert HSE consultancy and advisory services.	SAFETY CULTURE DEVELOPMENT Support in developing and promoting a sustainable safety culture across your organization.

“ When organizations invest in safety, people and performance grow together. ”



RECOGNITION

Gain national recognition as a responsible and safety-conscious organization through PSC's prestigious platform.



CREDIBILITY

Strengthen your organization's image and credibility with clients, partners, investors, regulators and the community.



VISIBILITY

Showcase your commitment to safety through PSC publications, events, website, and social media channels.

WHY JOIN PSC CORPORATE SAFETY MEMBERSHIP?

- ✓ Demonstrate your organization's commitment to Health, Safety & Environment.
- ✓ Meet regulatory and international standards more effectively.
- ✓ Improve operational efficiency through risk reduction and safer workplaces.
- ✓ Enhance employee morale, productivity and retention.
- ✓ Build trust and confidence with stakeholders.
- ✓ Be part of Pakistan's leading safety network working for a safer future.

OUR MEMBERSHIP CATEGORIES

BRONZE MEMBER For organizations starting their safety journey.	SILVER MEMBER For organizations with established safety systems.	GOLD MEMBER For organizations committed to continuous improvement.	PLATINUM MEMBER For organizations demonstrating leadership in safety.	DIAMOND MEMBER For organizations setting benchmarks in safety excellence.
<ul style="list-style-type: none"> • Basic Benefits • Training Discounts • Event Invites • E-Resources Access 	<ul style="list-style-type: none"> • All Bronze Benefits • Certification Discounts • Audit & Inspection Discounts • Publications Access 	<ul style="list-style-type: none"> • All Silver Benefits • Award Nomination Discounts • Consultancy Support • Networking Opportunities 	<ul style="list-style-type: none"> • All Gold Benefits • Priority Recognition • Branding on PSC Platforms • Exclusive Events Access 	<ul style="list-style-type: none"> • All Platinum Benefits • Premium Recognition • Strategic Partnership • Customized Support



Join PSC Corporate Safety Membership today and be recognized as a leader in building a safer, healthier and sustainable Pakistan.

500+
Corporate Members

20,000+
Professionals Trained

30+
International Partners

15+
Years of Excellence



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SAFETY AWARENESS POSTERS

ہیٹ اسٹروک

حفاظتی اقدامات

- بیرونی سرگرمیاں محدود کریں یا سر کو ڈھانپ کر باہر نکلیں۔
- ہلکے اور نرم کپڑے پہنیں۔
- زیادہ کھانے سے پرہیز کریں۔
- پانی کا زیادہ سے زیادہ استعمال کریں۔
- پارک کی گئی گاڑیوں میں بیٹھنے سے اجتناب کریں۔

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Occupational Safety & Health Organization

“سر”

انسانی جسم کا نازک ترین حصہ ہے
اسکی حفاظت کریں!

UAN / WhatsApp | 0310 007 7713 | Website
www.psc.org.pk



بلندی پر کام کرتے وقت منظور شدہ
سیفٹی بارنس لازمی استعمال کریں



آپ کی حفاظت
آپ کے ہاتھ میں ہے



سیفٹی

ایک عادت ہے • ایک ذمہ داری ہے • ایک محفوظ مستقبل ہے
سیفٹی اصولوں پر عمل کریں | اپنے پیاروں کا خیال رکھیں | اپنے گھر کو محفوظ بنائیں



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STRATEGIC PARTNER FEATURE



KAF Safety Training Company

A Pride for Pakistani Community in the Gulf

KAF Safety Training Company (KAF), derived from "Knowledge Always First," is a leading professional training and consultancy provider based in Eastern Province of Saudi Arabia. With a strong commitment to quality, innovation, and sustainability, KAF delivers comprehensive Health, Safety, and Environmental (HSE) training solutions tailored to meet the evolving needs of industries across the region.

INTERNATIONALLY ACCREDITED & RECOGNIZED



TVTC
Approved



ISO 21001:2018
Certified



OSHA
Programs



Highfield
(UK)



CPD
Accredited
Courses

Accredited by Saudi Technical & Vocational Training Corporation (TVTC) and internationally recognized bodies, KAF is also ISO 21001:2018 certified company, reflecting its excellence in educational management systems. The company offers a wide range of globally recognized programs, including OSHA, ISO, Highfield (UK), and CPD-accredited courses, enabling professionals to achieve continuous development and international certifications.

WHY CHOOSE KAF?



Experienced & highly qualified instructors with industry expertise



Modern training facilities with practical, hands-on learning approach



Multilingual training delivery
Arabic, English, Urdu, Hindi,
Punjabi and Bengali



Customized in-company programs
as per client requirements



24/7 consultancy support
and training solutions



QHSE documentation, training
material development & competency
building solutions

OUR TRAINING PROGRAMS



Occupational
Health & Safety



Construction
Safety



Fire
Safety



First
Aid



Environmental
Management



Road
Safety



Food
Safety



Lifting
Operations



Leadership
Development

KAF specializes in diverse training areas such as construction safety, lifting operations, fire safety, first aid, environmental management, road safety, food safety, and occupational health & safety leadership programs. With a team of highly qualified instructors and a modern training facility, KAF ensures a practical, hands-on learning approach that bridges the gap between theory and real-world application.



Understanding the dynamic needs of global clients, KAF provides flexible, multilingual training (Arabic, English, Urdu, Hindi, Punjabi and Bengali), along with customized in-company programs and 24/7 consultancy support. Their services extend beyond training to include QHSE documentation, training material development, and competency-building solutions.



Driven by a vision to be a preferred global training provider, KAF is dedicated to empowering individuals and organizations to achieve excellence, enhance safety culture, and contribute to a sustainable future.



EXCLUSIVE BENEFITS FOR PSC PROFESSIONAL MEMBERS & STUDENTS
through the Strategic Partnership between Pakistan Safety Council (PSC) and KAF Safety Training Company.



Website
www.kafraining.com



STRATEGIC PARTNER OF
PAKISTAN SAFETY COUNCIL (PSC)



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PSC NATIONAL UNIFIED SAFETY PROGRAMS (USP)

PROFESSIONAL ROAD MAP FOR SAFETY & HEALTH PROFESSIONALS

Step-by-Step • Skill-by-Skill • Career-for-Life



**BUILD YOUR CAREER.
ENHANCE YOUR SKILLS.
PROTECT LIVES.
CREATE A SAFER FUTURE.**

LEVEL 1		BOSH[®] Basic Occupational Safety & Health
LEVEL 2		GOSH[®] General Occupational Safety & Health
LEVEL 3		COSH[®] Certificate of Occupational Safety & Health
LEVEL 4		POSH[®] Professional Occupational Safety & Health
LEVEL 5		EOSH[®] Executive Occupational Safety & Health



MODE
ONLINE TRAINING
100% Online – Learn from Anywhere, Anytime



TIMING
FLEXIBLE
Learn at your own pace with a flexible schedule that suits you



RECOGNITION
Officially Registered with PSC under National Unified Safety Program (USP) & Globally Accepted

OUR COMMITMENT

- Develop competent safety & health professionals for a safer Pakistan.
- Promote a strong safety culture across all industries.
- Support national development through skills, knowledge & awareness.

Each level builds your knowledge, strengthens your competence and prepares you for national & international recognition.



PSC National Unified Safety Programs (USP) are designed in alignment with international standards and Pakistan's national development goals to create a skilled, competent and safety-conscious workforce.



**TOGETHER FOR SAFETY
TOGETHER FOR PAKISTAN**



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FEATURE ARTICLE

Raising Heroes: How “Super Habits” Are Transforming the Way Kids Learn Health & Safety



CONTRIBUTED BY

Muddasir Hussain, EMPSC

PSC Lifetime Member
Director Training & Development
Pakistan Safety Council (PSC)



Every parent knows the struggle: You spend five minutes explaining why handwashing matters, only to watch your child skip the sink entirely after using the bathroom. Traditional safety messaging “Wash your hands or you’ll get sick” relies on fear and rule-following. It’s exhausting, and frankly, it doesn’t stick.

But what if we flipped the script entirely? What if, instead of telling children what not to do, we invited them to become the heroes of their own stories?

That’s the premise behind Super Habits, an innovative framework that reframes everyday health and safety practices as acts of courage, power, and identity. Instead of saying, “Don’t forget to brush your teeth,” it says, “You’re the kind of hero who protects his smile.”



FROM FEAR TO AGENCY

Conventional approaches to child safety often lean on fear-based messaging: “Stranger danger,” “Germs are bad,” “You could get hurt.” While well-intentioned, research in developmental psychology suggests this approach has limits. Fear can trigger avoidance, anxiety, or simple defiance especially in young children whose brains aren’t wired for long-term consequence reasoning.

Super Habits take a radically different approach: identity-based motivation. This psychological framework, backed by decades of research, shows that children are far more likely to adopt behaviors when those behaviors align with the kind of person they believe themselves to be. If a child thinks of themselves as a “Health Hero,” washing their hands isn’t a chore—it’s what heroes do.

Each hero, it was said, has a superpower—that’s the obligation. The language is deliberate: children internalize that brushing their teeth is “activating their shield” against cavities, not “avoiding a dentist visit.”



THE FIVE SUPER HABITS



1. Handwashing
“The Force Field”
(protecting yourself and others)



2. Healthy Eating
“Fuel for Power”
(food as energy, not punishment)



3. Emotional Awareness
“The Heart Radar”
(recognizing feelings and managing emotions)



4. Quality Sleep
“The Recharge Station”
(rest as strength and recovery)



5. Safety Awareness
“The Danger Detector”
(staying alert with confidence)

WHY IT WORKS: THE PSYCHOLOGY BEHIND THE CAPE



BUILDS CONFIDENCE

Children thrive when they feel capable. Super Habits help them build a self-narrative of competence that extends far beyond daily routines.



STRENGTHENS FAMILY LEARNING

Parents become sidekicks and coaches. Shared routines and hero challenges create stronger bonds and teamwork.



CREATES LIFELONG HEALTHY HABITS

Identity-driven motivation turns everyday actions into proud choices that children carry into adulthood.



“The best safety lesson is not born from fear—it is built through confidence, positive habits, and the belief that every child can become a Health & Safety Hero.”



RAISING HEROES
FOR A SAFER
TOMORROW



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PSC INITIATIVE

PSC NRSP

PSC[®] NATIONAL REGISTER OF SAFETY PROFESSIONALS

RECOGNIZING • STANDARDIZING • ELEVATING SAFETY PROFESSIONALS

A distinguished professional registration framework by Pakistan Safety Council (PSC[®]) to recognize competence, experience and commitment in the field of Occupational Safety, Health and Environment.



PROFESSIONAL REGISTRATION CATEGORIES



RSP[®]

REGISTERED SAFETY PROFESSIONAL

For safety professionals, officers, engineers and practitioners.



RSA[®]

REGISTERED SAFETY AUDITOR

For professionals competent in conducting safety, compliance and management system audits.



RSC[®]

REGISTERED SAFETY CONSULTANT

For experienced professionals providing safety consultancy and advisory services.



RST[®]

REGISTERED SAFETY TRAINER

For professionals engaged in safety training, education and competency development.



RSI[®]

REGISTERED SAFETY INSPECTOR

For professionals conducting workplace inspections, site safety assessments and compliance verification.



RSM[®]

REGISTERED SAFETY MANAGER

For senior professionals leading safety management systems and organizational safety performance.



FSP[®] FELLOW SAFETY PROFESSIONAL

The highest honorary recognition awarded to distinguished safety leaders and experts for their outstanding contributions to the advancement of safety culture and profession.

- ✓ Competency Based Registration
- ✓ Experience & Qualification Criteria
- ✓ Continuing Professional Development (CPD)
- ✓ Code of Ethics & Professional Conduct
- ✓ National Recognition | Professional Excellence

WHY NRSP MATTERS



Recognizes professional competence and experience at national level.



Promotes excellence and continuous professional development.



Strengthens safety culture and organizational performance.



Ensures credibility and professional recognition globally.



Supports Pakistan's journey towards a safer and sustainable future.



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GOOD SAFETY PRACTICES

NATIONAL HIGHWAY TAKES A MAJOR STEP TOWARDS SAFER ROADS

FIRE EXTINGUISHER IS NOW MANDATORY IN EVERY VEHICLE

In a landmark decision for road safety, the National Highway has made it compulsory for all passenger and commercial vehicles to carry a fire extinguisher. This progressive step reflects a strong commitment to protect lives and property, and to prevent minor incidents from turning into major tragedies.



WHY THIS DECISION MATTERS

- ✓ Fire incidents in vehicles can escalate within seconds.
- ✓ A fire extinguisher can control or extinguish the fire in the early stages.
- ✓ It reduces the risk of loss of life, injuries and property damage.
- ✓ It empowers drivers and passengers to take immediate action in an emergency.

KEY BENEFITS



SAVES LIVES

Quick response can prevent fatal accidents.



MINIMIZES DAMAGE

Stops small fires from spreading and causing major loss.



PROMOTES SAFETY CULTURE

A vital step towards building a responsible and safety-conscious society.



SUPPORTS REGULATION

Aligns with global best practices and road safety standards.

WHAT EVERY VEHICLE OWNER SHOULD DO

- Keep a fire extinguisher in your vehicle at all times.
- Ensure it is in good working condition and properly maintained.
- Learn how to use it. In an emergency, a few seconds can make all the difference.
- Regularly check expiry date and replace when needed.

WHERE TO PLACE A FIRE EXTINGUISHER?

Keep the fire extinguisher in an easily accessible location inside the vehicle, such as under the seat or near the driver, so it can be reached quickly in case of an emergency.



This initiative by National Highway Authority deserves appreciation and support from all of us. Let's cooperate, follow the rules and play our part in building a safer Pakistan.

**A SMALL STEP TODAY,
A SAFE TOMORROW**



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UPCOMING EVENTS

STAY ENGAGED. STAY SAFE. STAY AHEAD.

Pakistan Safety Council (PSC) is committed to promoting a culture of safety, health, and sustainability. Join our upcoming events and be a part of our mission to build a Safer Pakistan.

1. ROAD SAFETY WORKSHOP



July 2026 | Across Pakistan

Promoting safe driving practices, traffic awareness and road discipline to reduce accidents and save lives.



2. FIRE SAFETY AWARENESS SESSION



July 2026 | Organizations & Communities

Creating awareness on fire hazards, prevention measures and emergency response for a safer environment.



3. NUSP TRAINING COURSES

NUSP

NATIONAL UNIFIED SAFETY PROGRAM

Starting from July 2026 | Online & In-person

PSC National Unified Safety Program (NUSP) training courses to build competent and certified safety professionals.



4. FIRST AID & CPR AWARENESS SESSION WITH HOSPITALS & COMMUNITIES



July - August 2026 | Hospitals & Communities

Empowering individuals with life-saving first aid and CPR skills to respond effectively in emergencies.



5. PSC 9TH HS&E EXCELLENCE ANNUAL CONFERENCE & AWARD 2026



October 2026

Recognizing excellence, innovation and leadership in Health, Safety & Environment across industries.



6. ENVIRONMENT & SUSTAINABILITY AWARENESS PROGRAM



August 2026 | Organizations & Educational Institutes

Promoting environmental protection, resource conservation and sustainable practices for a greener tomorrow.



7. SAFETY AUDIT & INSPECTION BEST PRACTICES WORKSHOP



August 2026 | Industries & Organizations

Building capacity on effective safety audits, inspections and compliance with national and international standards.



8. HSE PROFESSIONAL DEVELOPMENT & NETWORKING FORUM



September 2026 | Online & In-person

Connecting HSE professionals, sharing knowledge, and building a strong safety community.



9. INDUSTRIAL SAFETY & RISK MANAGEMENT WORKSHOP



September 2026 | Industries

Effective risk identification, assessment and control strategies to ensure a safe and productive workplace.




BE PART OF THE SAFETY MOVEMENT

Your participation can make a difference. Together for Safety, Together for Pakistan.



LEARN
Gain knowledge & skills



NETWORK
Connect with professionals



COLLABORATE
Work together for safer communities



LEAD
Be a leader in safety excellence



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PSC[®]

PROFESSIONAL SAFETY MEMBERSHIP



Recognizing Professionals • Building Careers • Leading Safety Excellence

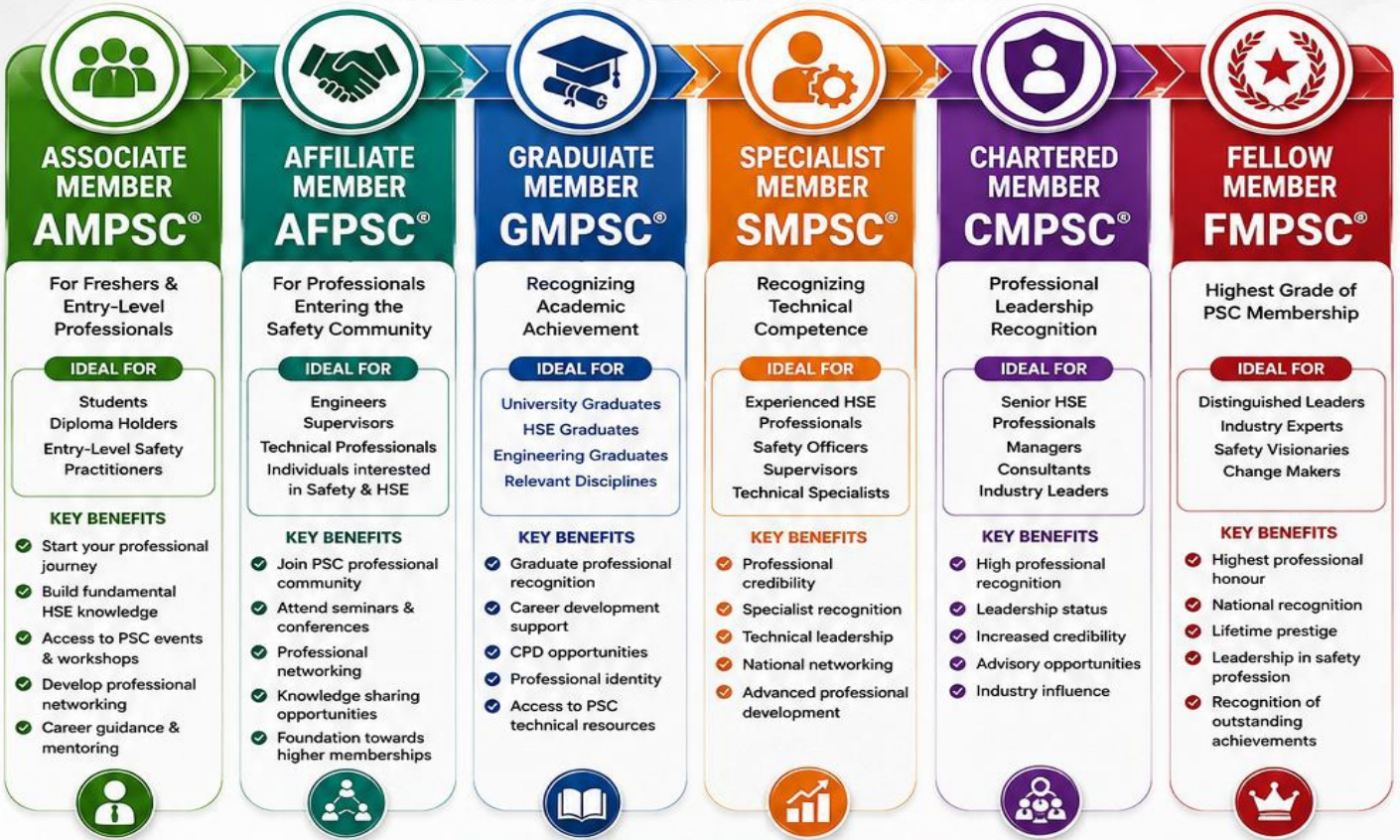
A PROFESSIONAL MEMBERSHIP PATHWAY FOR EVERY STAGE OF YOUR CAREER

Pakistan Safety Council (PSC[®]) Professional Safety Membership is a nationally recognized membership framework designed to support safety professionals from the beginning of their careers to the highest level of professional excellence.

Join a community committed to advancing safety, protecting lives and building a safer Pakistan.



PROFESSIONAL MEMBERSHIP PATHWAY



MEMBERSHIP BENEFITS



BECOME A RECOGNIZED SAFETY PROFESSIONAL TODAY!
JOIN PAKISTAN'S LEADING PROFESSIONAL SAFETY NETWORK

BUILDING PROFESSIONALS • CREATING LEADERS • PROMOTING SAFETY EXCELLENCE



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FEATURED ARTICLE

Relocating Industries

A Pathway to Sustainable Development & Economic Growth

Contributed by Yasir Mehmood, EMPSC | Executive Member – Pakistan Safety Council (PSC)



“Building industries today with sustainability in mind, for a safer, greener and prosperous tomorrow.”



WHY INDUSTRIAL RELOCATION?

The concentration of industries in and around large cities has led to severe environmental degradation, urban congestion, and public health challenges. Relocating industries to remote and well-planned areas is a strategic solution to balance economic growth with environmental protection and social wellbeing. It opens doors for regional development, creates employment opportunities and supports a resilient green economy for current and future generations.



REDUCE URBAN POLLUTION

Lower emissions and waste reduce pollution and improve air, water and soil quality in urban centres.



SUPPORT GREEN DEVELOPMENT

Protect natural resources, conserve ecosystems and promote sustainable use of resources.



GENERATE EMPLOYMENT

Create new job opportunities and boost local economies in remote and underserved areas.



PROMOTE SUSTAINABLE INDUSTRY

Encourage renewable energy, circular economy solutions and efficient resource utilization.



KEY BENEFITS



Cleaner Air & Healthier Cities

Improves public health and quality of life.



Reduced Climate Risks

Minimizes greenhouse gas emissions and climate-related impacts.



Stronger Regional Economies

Promotes industrial growth and local entrepreneurship.



Renewable Energy Adoption

Encourages clean energy and waste-to-energy solutions.



Biodiversity Conservation

Protects ecosystems and preserves natural habitats.



Better Infrastructure

Improves education, healthcare and social infrastructure.



Increased Investment

Attracts public and private investment in new industrial zones.



Sustainable Economic Growth

Ensures long-term growth with environmental and social responsibility.



POLICY RECOMMENDATIONS FOR SUSTAINABLE IMPACT



STRONG ESG FRAMEWORKS

Establish robust environmental, social and governance regulations.



CARBON CREDIT & TAXATION MECHANISMS

Introduce carbon credit trading and taxation policies to encourage green practices.



PUBLIC-PRIVATE INVESTMENT

Encourage investment from governments, financial institutions and the private sector.



STAKEHOLDER ENGAGEMENT

Promote public awareness and active participation of local communities.



SUSTAINABILITY MONITORING

Implement clear codes of practice and monitoring frameworks.



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SAFETY IN ACTION

FIRE SAFETY AWARENESS SESSIONS

CONDUCTED WITH THE SUPPORT OF RESCUE 1122



Pakistan Safety Council (PSC) in collaboration with Rescue 1122 successfully conducted a series of **Fire Safety Awareness Sessions** across different organizations, institutions and communities. These sessions aimed to build awareness, strengthen preparedness and equip participants with essential knowledge and practical skills to prevent fire incidents and respond effectively during emergencies.

OBJECTIVES OF THE SESSIONS

-  Raise awareness about fire hazards and risks.
-  Demonstrate the proper use of fire extinguishers.
-  Educate on safe evacuation procedures.
-  Promote a culture of safety and emergency preparedness.

KEY HIGHLIGHTS

- ✓ Practical demonstration of fire extinguisher use.
- ✓ Live fire drills and hands-on training.
- ✓ Guidance on emergency response and evacuation.
- ✓ Awareness on early detection and prevention of fire hazards.
- ✓ Active participation from staff, students and communities.



IMPACT OF THE SESSIONS



Improved knowledge about fire safety and emergency procedures.



Increased confidence in handling fire emergencies.



Practical skills in using firefighting equipment.



Better preparedness and reduced risk of fire incidents.



Commitment towards a safer and more resilient environment.



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MEGA EVENT OF THE YEAR

PSC 9TH HS&E EXCELLENCE 2026



ANNUAL CONFERENCE & AWARD

Pakistan Safety Council (PSC) proudly announces its **9th HS&E Excellence Annual Conference & Award 2026**, the country's most prestigious platform dedicated to advancing Health, Safety & Environment (HS&E) standards and recognizing outstanding contributions in the field.

EVENT DATE October 2026	VENUE Karachi, Pakistan	PARTICIPANTS Leaders, Experts, Professionals & Organizations
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THEME 2026
BUILDING RESILIENT WORKPLACES
FOR A SAFER, HEALTHIER & SUSTAINABLE PAKISTAN

CONFERENCE HIGHLIGHTS

EXPERT SESSIONS Insights from national & international HS&E experts	PANEL DISCUSSIONS On emerging HS&E challenges & innovations	BEST PRACTICES Sharing successful strategies & case studies	NETWORKING OPPORTUNITIES Connect with industry leaders & professionals	HS&E EXCELLENCE AWARD 2026 Recognizing outstanding organizations & individuals	EXHIBITION & SHOWCASE Display of latest HS&E solutions, products & services
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HS&E EXCELLENCE AWARD 2026 CATEGORIES

- Best HS&E Organization Award
- Best Sustainability Initiative Award
- Best Safety Culture Award
- Best Emergency Response Initiative
- Best Individual HS&E Professional Award
- Lifetime Achievement Award



WHO SHOULD ATTEND?

- HSE Professionals & Practitioners
- Government Officials & Regulators
- Industry Leaders & Managers
- Consultants & Trainers
- Academia & Researchers
- Students & Young Professionals
- Organizations Committed to Safety Excellence



BE PART OF PAKISTAN'S BIGGEST HS&E EVENT

JOIN US IN CELEBRATING EXCELLENCE, INNOVATION & LEADERSHIP IN HS&E. TOGETHER FOR SAFETY, TOGETHER FOR PAKISTAN.

NOMINATIONS OPEN SOON!
Stay tuned for details.



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SAFETY IN ACTION

FIRE AID & CPR TRAINING SESSIONS

CONDUCTED WITH THE SUPPORT OF RESCUE 1122



Pakistan Safety Council (PSC) in collaboration with Rescue 1122 successfully conducted First Aid & CPR Training Sessions at various locations including schools, colleges, universities, offices, industries and community organizations. The sessions were designed to equip participants with life-saving skills and the confidence to respond effectively in medical emergencies.



OBJECTIVES OF THE TRAINING

- Provide essential knowledge of First Aid and CPR.
- Build skills to respond to medical emergencies.
- Promote quick and effective emergency response.
- Enhance safety awareness and preparedness.
- Create a safer environment at workplaces and communities.

TRAINING HIGHLIGHTS

- Hands-on CPR practice on manikins.
- First Aid for cuts, burns, bleeding and fractures.
- Management of choking and breathing emergencies.
- Use of AED (Automated External Defibrillator).
- Emergency response demonstrations by Rescue 1122 experts.
- Interactive sessions and participant engagement.



WHERE WE CONDUCTED THE SESSIONS

SCHOOLS	COLLEGES	UNIVERSITIES	OFFICES	INDUSTRIES	COMMUNITY	ORGANIZATIONS
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IMPACT OF THE TRAININGS

Increased confidence in handling emergencies.	Life-saving skills for everyday situations.	Improved safety culture in institutions and workplaces.	Prepared and responsible citizens.	Stronger community resilience and readiness.
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HSE WORLD WATCH

INTERNATIONAL HSE UPDATES

GLOBAL DEVELOPMENTS, STRONGER PRACTICES, SAFER FUTURE

Health, Safety and Environment (HSE) excellence continues to evolve worldwide. Countries, industries and organizations are adopting innovative strategies, digital technologies and sustainable practices to create safer workplaces, protect the environment and build resilient communities.



GROWTH IN RENEWABLE ENERGY PROJECTS

Countries are accelerating investment in renewable energy to reduce carbon emissions and achieve climate goals. Large-scale solar, wind and hydropower projects are being developed with strong HSE standards to ensure safe construction and long-term environmental protection.



DIGITAL TRANSFORMATION IN HSE MANAGEMENT

Digital tools such as AI, IoT and data analytics are helping organizations predict risks, monitor operations in real-time and make smarter decisions. Technology-driven HSE systems are enhancing safety performance and operational efficiency.



FOCUS ON CLIMATE RESILIENCE

Organizations are strengthening climate resilience by identifying environmental risks, reducing emissions and adopting nature-positive solutions to protect ecosystems and communities for future generations.



MENTAL HEALTH & WELLBEING AT WORK

Workplace mental health is now a global priority. Organizations are introducing wellbeing programs, stress management initiatives and support systems to promote a healthy and productive workforce.



STRONGER HSE REGULATIONS WORLDWIDE

Governments are updating HSE laws and enforcement mechanisms to ensure compliance, protect workers and promote sustainable business practices across all sectors.



CIRCULAR ECONOMY INITIATIVES

Industries are moving towards circular economy models by reducing waste, reusing materials and conserving resources to build a more sustainable future.

EMERGING TRENDS IN HSE



Sustainable Construction

Green building practices and safe construction standards are becoming the global norm.



Process Safety Excellence

Industries are strengthening process safety management to prevent major incidents and protect people.



Workforce Training & Competency

Continuous learning and skill development are empowering a safer and more capable workforce.



Biodiversity Conservation

Protecting biodiversity and natural habitats is essential for a balanced and healthy planet.



Global Collaboration for Safety

Nations and organizations are joining hands to share knowledge and promote safety worldwide.



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CONNECT WITH

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Stay informed. Stay Connected. Stay Safe. Follow Pakistan Safety Council - PSC on our official social media platforms and be a part of our mission to promote a safer, healthier and sustainable Pakistan.



SEARCH

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	LINKEDIN Connect with us		linkedin.com/company/pakistan-safety-council-psc
	INSTAGRAM Follow our journey		instagram.com/pakistansafetycouncil
	TWITTER (X) Join the conversation		x.com/PSC_official
	TIKTOK Watch. Learn. Stay safe.		tiktok.com/@pakistansafetycouncil
	YOUTUBE Subscribe for updates		youtube.com/@PakistanSafetyCouncil
	WEBSITE Explore more		www.psc.org.pk



ONE CLICK TO SAFETY.

STAY CONNECTED. STAY INFORMED.

TOGETHER FOR SAFETY, TOGETHER FOR PAKISTAN.



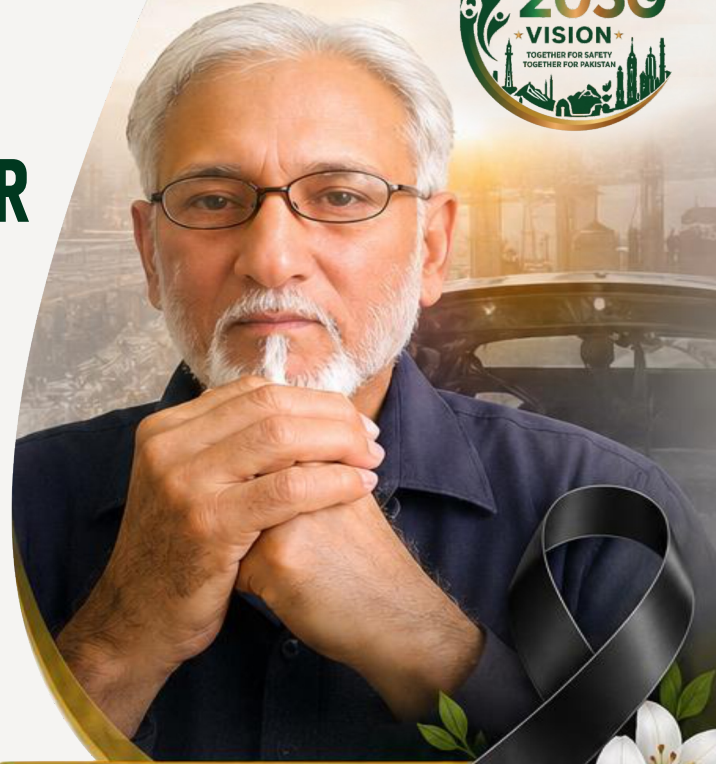


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IN LOVING MEMORY

A Tribute to A VISIONARY LEADER



SYED SHAH MUHAMMAD QORAISH SB

**FOUNDER MEMBER & SENIOR VICE CHAIRMAN
PAKISTAN SAFETY COUNCIL (PSC)**

With profound sorrow and heartfelt respect, Pakistan Safety Council (PSC) pays tribute to our beloved **Senior Vice Chairman, Founder Member** and **Senior Safety Professional, Syed Shah Muhammad Qoraish**, whose lifelong dedication to Occupational Health, Safety and Environmental excellence has left an everlasting legacy.



As one of the founding members of Pakistan Safety Council, he devoted his knowledge, leadership and valuable time to strengthening the culture of safety across Pakistan.



His commitment, integrity and professional guidance inspired countless safety professionals and played a significant role in the growth and recognition of PSC as Pakistan's leading Occupational Safety and Health organization.



His wisdom, humility and unwavering passion for protecting lives will always remain an inspiration for future generations.



Although he is no longer with us, his remarkable contributions to the safety profession will continue to illuminate the path for everyone working toward a safer Pakistan.



His place within the Pakistan Safety Council family can never truly be replaced, and his memories will forever remain in our hearts.

A LIFE DEDICATED TO SAFETY

- ✓ A Senior Safety Professional with deep expertise in Occupational Health, Safety & Environment.
- ✓ A respected leader who mentored and guided numerous safety professionals.
- ✓ A strong advocate for workplace safety, training and capacity building.
- ✓ A visionary leader whose contributions helped shape the future of HSE in Pakistan.
- ✓ A humble personality with a kind heart and a strong commitment to humanity.

DUA

May Allah (Azwajal) shower His infinite mercy upon Syed Shah Muhammad Qoraishi, forgive all his shortcomings, elevate his ranks among the righteous, and grant him the highest place in Jannat-ul-Firdous.

May Allah bless his family with patience, strength and peace.

Ameen Ya Rabb-ul-Alameen.

اللَّهُمَّ إِنَّا الْبَيْتُ جَعُونَ

“

A true leader may leave this world,
but his vision, values and service continue to guide generations.

”



PSC 2030 VISION

— A UNITED VISION FOR A SAFER PAKISTAN & A STRONGER FUTURE —



1 MILLION
PROFESSIONAL MEMBERS



1 MILLION
TRAINED PROFESSIONALS



1 MILLION
REGISTERED PROFESSIONALS

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GRADUATE MEMBERSHIP PAKISTAN SAFETY COUNCIL (GMPSC®)

FROM PAKISTAN TO SAUDI ARABIA:

MY JOURNEY AS A YOUNG SAFETY PROFESSIONAL



Muhammad Usman (GMPSC®)

HSE Supervisor | Saudi Arabia

“ My name is Muhammad Usman, and I am a young safety professional currently working as an HSE Supervisor in Saudi Arabia. I began my journey in Pakistan with a strong interest in health, safety and environment, but I never imagined that one day I would be working in one of the most challenging and dynamic environments in the world. ”

THE CHALLENGE: STARTING OVER IN A NEW COUNTRY

Moving to Saudi Arabia was not easy. A new country, new culture, new work environment and a completely different set of rules and standards. Initially, language barriers, work pressure and homesickness were real challenges. Adapting to Saudi workplace safety culture and regulations required time, patience and continuous learning.

THE TRANSFORMATION: WHAT CHANGED

With determination, practical experience and the right mindset, everything started to change. I focused on understanding international standards, local regulations and best practices. I worked closely with my teams, participated in safety trainings, risk assessments and site inspections, and always tried to find solutions instead of excuses.

Gradually, I built confidence, improved communication and technical skills, and earned the trust of my colleagues and management.

KEY LESSONS LEARNED

Hard work, honesty and consistency always pay off. Every challenge teaches you something valuable. Never stop learning and always stay updated with HSE trends, and technologies.

ACHIEVEMENTS AND MILESTONES

Over the years, I have been involved in various projects, successful audits, incident investigations and safety improvements. Seeing a safer workplace and knowing that my efforts help protect lives is the biggest reward for me.

A MESSAGE TO YOUNG PAKISTANI SAFETY PROFESSIONALS

Believe in yourself and your abilities. Our country has immense talent, and we can compete globally with knowledge, skills and professionalism. Be passionate about safety, be responsible and never compromise on standards.

“ Knowledge may open the first door, but integrity, competence and continuous learning build a successful safety career. ”

- From Pakistan
- Working in Saudi Arabia
- 5+ Years of HSE Experience
- Graduate Member Pakistan Safety Council (GMPSC®)
- Committed to Safety Excellence Every Day

LESSONS FOR YOUNG HSE PROFESSIONALS

- ✓ Stay committed to your goals.
- ✓ Keep learning every day.
- ✓ Respect cultural differences and adapt.
- ✓ Follow rules, standards and lead by example.
- ✓ Focus on solutions, not on problems.
- ✓ Your attitude defines your success.

ABOUT THE AUTHOR

Muhammad Usman is an HSE Supervisor based in Saudi Arabia with more than 5 years of progressive experience in occupational health, safety environment and risk management. He is a proud Graduate Member of Pakistan Safety Council (GMPSC®) and remains dedicated to promoting safety excellence in the workplace and contributing towards a safer and healthier future.



Pakistan Safety Council (PSC) proudly highlights the achievements of its professional members who are contributing to occupational health, safety and environmental excellence across the world. Together, we build a safer, stronger and sustainable Pakistan.



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PSC ANNUAL HS&E MAGAZINE 2026

EDITORIAL TEAM



A dedicated team of professionals working behind the pages to bring knowledge, insights and excellence to the safety community.

OUR ROLE. OUR COMMITMENT.

The Pakistan Safety Council (PSC) Editorial Team is committed to delivering accurate, informative and high-quality content that promotes occupational health, safety and environmental excellence. Every edition reflects our mission to inspire professionals, share best practices, recognize achievements and contribute towards building a safer Pakistan through knowledge, innovation and collaboration.



PATRON-IN-CHIEF

ALI RAZA MEMON

*Founder & Chief Executive Officer
Pakistan Safety Council (PSC)*

Providing strategic leadership and guiding PSC's vision towards advancing occupational health, safety and environmental excellence across Pakistan.



**CHIEF EDITOR
MUHAMMAD UMER**

Responsible for the overall editorial direction, content quality and publication standards of the PSC Annual HS&E Magazine.



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FAISAL SHOAIB**

Coordinating editorial planning, publication management and ensuring timely execution of the magazine.



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WASEEM BHATTI**

Managing technical review, editorial consistency and professional quality assurance throughout the publication.



**ASSOCIATE EDITOR
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Supporting content development, article review and coordination with contributors and industry experts.



**EDITORIAL COORDINATOR
DUA FATIMA**

Managing editorial communications, publication scheduling and coordination between authors, designers and the team.



**ASSISTANT EDITOR
SANA SALEEM**

Providing editorial assistance, proofreading, formatting support and publication documentation.

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- ◆ DUA FATIMA
- ◆ SANA SALEEM

“
Together, we publish knowledge, inspire leadership and promote a culture of safety.
”

ACKNOWLEDGEMENT



The Editorial Team extends its sincere appreciation to all PSC members, contributors, authors, reviewers, volunteers and partner organizations whose valuable support, expertise and commitment have contributed to the successful publication of the PSC Annual HS&E Magazine 2026.

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ANNUAL HS&E MAGAZINE 2026



KNOWLEDGE
Sharing Insights



LEADERSHIP
Leading Change



SAFETY
Protecting Lives



EXCELLENCE
Achieving Together



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PROMOTING SAFETY • PROTECTING PEOPLE • BUILDING NATION

LEADING THE WAY TO A SAFER, HEALTHIER & STRONGER PAKISTAN

PSC 2030 VISION

★ BY 2030, TOGETHER WE WILL ACHIEVE ★

OUR TARGET

1 MILLION

PROFESSIONALS | TRAINED | REGISTERED

Creating a sustainable ecosystem for Occupational Safety,
Health & Environment excellence in Pakistan.

THE THREE PILLARS OF PSC 2030 VISION

1 **1 MILLION PROFESSIONAL MEMBERS**

PSC® PROFESSIONAL MEMBERSHIP
Across all 5 tiers

AMPSC® • GMPSC® • SMPSC® • CMPSC® • FMPSC®

2 **1 MILLION TRAINED PROFESSIONALS**

NATIONAL UNIFIED SAFETY PROGRAMS (USP®)
Across all 5 levels

BOSH® • GOSH® • COSH® • POSH® • EOSH®

3 **1 MILLION REGISTERED PROFESSIONALS**

NATIONAL REGISTER OF SAFETY PROFESSIONALS (NRSP®)
Across all 6 categories

RSP® • RSA® • RSC® • RST® • RSI® • RSM® • FSP®

OUR PRIORITIES



SAFETY
is our Priority



PEOPLE
are our Strength



ENVIRONMENT
is our Responsibility



EXCELLENCE
is our Commitment



PARTNERSHIP
is our Way Forward

A UNITED VISION
A SAFER PAKISTAN
A STRONGER FUTURE



OUR MISSION

- ✓ Develop Competent Safety Professionals
- ✓ Promote National Safety Standards
- ✓ Provide Quality Education & Training
- ✓ Recognize Professional Excellence
- ✓ Build a Culture of Safety in Pakistan



OUR COMMITMENT

We are dedicated to creating safer workplaces, stronger organizations and a better future for Pakistan.



INDUSTRY
Empowered



WORKPLACES
Safer



PROFESSIONALS
Stronger



PAKISTAN
Prosperous



TOGETHER FOR SAFETY • TOGETHER FOR PAKISTAN



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Pakistan's Leading Occupational Safety & Health Organization



“ To build a culture of safety, health and environmental excellence through collaboration, innovation and leadership, for a **Safer, Stronger and Prosperous Pakistan.** ”

SAFETY | HEALTH | ENVIRONMENT | EXCELLENCE | COLLABORATION

Together, we are building a safer Pakistan
and securing a **better tomorrow** for future generations.



Islamabad, Lahore, Karachi,
Peshawar & Quetta.



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