



**GROW SAFE PRIVATE LIMITED**  
PAKISTAN'S LEADING TRAINING, CONSULTANCY  
AND COMPLIANCE SOLUTIONS PROVIDER

# COMPANY PORTFOLIO

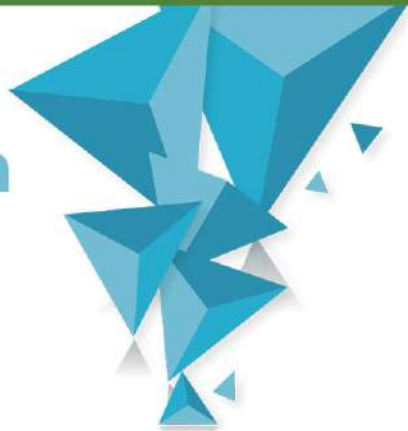
**SOLUTION TO ALL YOUR HSE AND HR ESSENTIALS**







# Our Vision & Mission



## VISION

GSPL's vision is to foster a safe, healthy, and environmentally friendly culture across all industries, regardless of scope or location. By integrating safety and sustainability into routine operations, GSPL aims to create synergy and promote long-term business success.



## MISSION

GSPL raises HSE awareness by emphasizing the moral, legal, and financial responsibilities of all stakeholders. It reduces accident-related costs, supports business continuity, and enhances productivity. Through training and advanced tools, GSPL helps professionals identify hazards and integrates HSE into business planning to protect lives, assets, and ensure long-term success.



# OUR CLIENTS

## TEXTILES, POLYMER, LEATHER



ADAMJEE TEXTILE MILLS (PVT) LTD



## MULTINATIONAL



## GOVERNMENT ORGANIZATION



# OUR CLIENTS

## UNIVERSITIES



## NATIONAL ORGANIZATION



Together We Can Grow Safe

Grow Safe Private Limited

growsafehse.com/all-clients-clients

Explore Now

# TESTIMONIAL

## Feedback from Industry Experts



We enlisted GSPL for Fire Safety Management training for our Senior Management and on International Firefighters Day. Their expertise and tailored approach made the training highly effective. We highly recommend Grow Safe Pvt Ltd to textile companies.  
**DGM (Fire & Safety)**  
**Artistic Milliner's Pvt. Ltd.**



I commend you for the outstanding NFPA 70E training. Your commitment to electrical safety and high-quality instruction is truly valued. Wishing you continued success.  
**Sr. Manager EHS,**  
**Pharmatec**



Explore Now

[growsafehse.com/testimonials/](https://growsafehse.com/testimonials/)

Unilever Pakistan engaged Grow Safe Pvt Ltd for MHE validation and inspection services. Their team's expertise, professionalism, and hands-on experience were exceptional. We are highly satisfied with GSPL's services in validation, inspections, and training, and look forward to a long-term partnership.

**Regional Logistics Safety Lead**  
**Unilever South (Karachi)**



Grow Safe Pvt Ltd's "Hazard Identification and Risk Assessment" training for Al-Karam Textile Mills was a success, focusing on ISO 45001:2018 and helping participants effectively identify hazards and assess risks.

**Group HSE Manager**  
**Al- Karam Textile Mills (Pvt) Limited**



It was a great learning session and the way Grow Safe conducted this, is highly commendable. Great Job indeed!

**Manager EHS**  
**FMC Corporation (USA)**



## TESTIMONIAL

### Feedback from Industry Experts



Grow Safe Pvt Ltd delivered tailored HSE training on Process Safety Management (PSM), with expert consultants simplifying complex concepts through real-world examples and interactive discussions. Positive employee feedback underscores the training's effectiveness.

**Division Head**  
HSE, G&T Group of Companies



We are pleased with the training, impressed by the trainers expertise and interactive content. We look forward to future collaboration.

**Human Resource Department**  
Attock Cement Pakistan Limited



Explore Now

“

The material handling training by Grow Safe's experienced and professional trainers was highly effective. Our lab and warehousing staff learned essential safety techniques for their daily tasks. We are satisfied with the training and look forward to future collaborations.

**DM HR, Admin & SHE**  
Stahl Pakistan (Pvt.) Ltd.



We used Grow Safe Pvt Ltd for First Aid, CPR, BLS, AED, and Emergency Rescue training. The excellent delivery, demonstrations, and equipment received positive feedback. We highly recommend Grow Safe for HSE services.

**Junior Manager HSE**  
Continental Biscuits Limited



It was a great learning session and the way Grow Safe conducted this, is highly commendable. Great Job indeed!

**Manager EHS**  
FMC Corporation (USA)



# OUR SERVICES

*Building Safe Pathways to Growth*



**HSE CONSULTING  
HSE TRAININGS**



**HSE SUPPLIES  
HSE PROJECTS**





# OUR SERVICES

*Building Safe Pathways to Growth*



HR & OD CONSULTING  
HR TRAININGS



MANPOWER SUPPLY

Together We Can Grow Safe

Grow Safe Private Limited

# HSE CONSULTING & TRAININGS



# HSE CONSULTING

Together We Can Grow Safe



## HSE Management & Compliance

- ∞ HSE Gap Analysis
- ⚡ HSE Audits & Inspections
- HSE Legal Advisory
- 📄 Hazards Identification
- ⚠ Risk Assessment
- ⏪ HSE Annual Training Plan
- ∞ HSE Performance Measurement
- ⚡ 3rd Party Accident Investigations
- Organization's HSE Assessment & Strategic Planning
- ∞ HSE Cost - Benefit Analysis
- ⚡ HSE Legal Register
- HSE Policy & Procedures Development



Explore Now

<https://growsafehse.com/hse-trainings-services/>

# HSE CONSULTING

Together We Can Grow Safe



## Quality & Technical Consulting

- ⌘ Food Safety Training & Consultancy
- ⚡ Quality Management Training
- ⦿ Auditing Techniques
- 📄 Gap Assessment
- 📈 Leading Healthcare Quality & Safety Course
- ⏪ Continuous Improvement Tools & Techniques
- ⌘ ISO Management System & Documentation
- ⚡ HSE Technical & Legal Testing
- ⦿ Monitoring & Calibration Services
- ⌘ Energy Conservation Survey & Audit
- ⚡ Fire Hydrant System Installation & Inspection
- ⌘ Fire Alarm System Installation & Inspection
- ⚡ Fire Hydrant & Fire Alarm System Annual Maintenance



Explore Now

<https://growsafehse.com/hse-trainings-services/>

# HSE TRAININGS

Together We Can Grow Safe



## Safety & Risk Management

IOSH Managing Safely

Permit - to - Work System

Hazards Identification & Risk Assessment

Control of Hazardous Energy - Lockout Tagout

Accidents Investigation & Root Cause Analysis

Human Factors & Ergonomics

Process Safety Management

Internal Auditing



Explore Now

<https://growsafehse.com/hse-trainings-services/>

# HSE TRAININGS



Together We Can Grow Safe



MHE Operators Safety Training  
Conducted by Grow Safe (P) Ltd.  
Offers MHEs Interactive



## Specialized & Technical Training

Advance Fire Safety—NFPA 01

Cranes and Lifting Operations Safety

NFPA 70E — Electrical Safety Standard

First Aid & Emergency Response

Confined Space  
(29 CFR 1910.146)

Food Safety & HACCP

Work at Height Safety

GHS — COSHH — Chemicals Safety

Scaffolding Safety  
(29 CFR 1910.28 and 29 CFR 1926.452)

MHE Safety Training  
Forklift Safety Training



Explore Now

<https://growsafehse.com/hse-trainings-services/>

"An investment in knowledge pays the best interest."  
**Benjamin Franklin**

Together We Can Grow Safe

**HIRA**



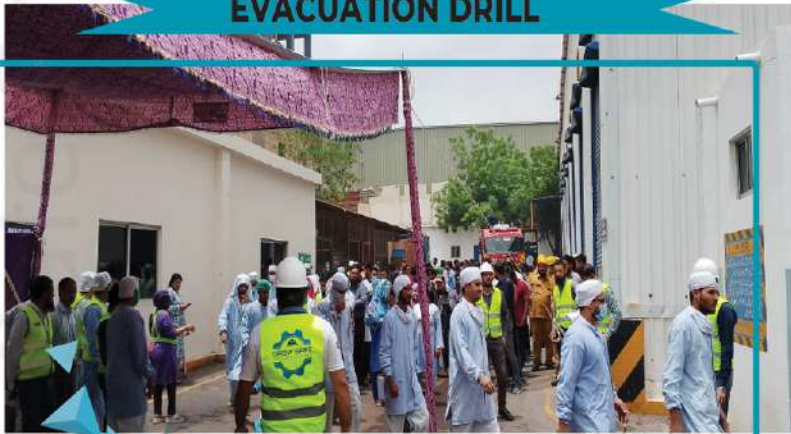
**WORKPLACE HAZARD**



**FIRST AID TRAINING**



**EVACUATION DRILL**



**PROCESS SAFETY**



**MHE OPERATOR**



Explore Now

<https://growsafehse.com/hse-trainings-services/>

# HSE PROJECTS





# HSE PROJECTS



Together We Can Grow Safe



## Technical Surveys & Assessments

Clamp Meter & Thermography

Fire Load Calculation

Megger Testing

Legal Register Development

Electrical Safety Survey (NFPA 70E)

Fire Safety Survey (BCP FSP 2016)

Smoke Detectors Inspection

Arc Flash Study

MHEs Inspection & Validation

Risk Register Development

Lifts Inspection & Load Testing

Warehouse Racking Systems Inspection



Explore Now

<https://growsafehse.com/hse-trainings-services/>



# HSE PROJECTS

Together We Can Grow Safe



## Environmental, Safety & Health Risk

Energy  
Conservation  
Survey

Noise Level  
Survey

Lux Level  
Survey

Occupational  
Health Assessment

COSHH  
Assessment

Chemicals  
Compatibility  
Charts Development

Workplace  
Ergonomic Survey

General Premises  
HSE Gap Analysis

Occupational  
Hazards Factor  
Analysis

HAZOP  
Study

LOTOTO  
Assessment

Hydrants & Fire  
Suppression  
Systems Inspection



Explore Now

<https://growsafehse.com/hse-trainings-services/>



"Projects are only impossible if you don't take the first step."

**Chris Sacca**

Together We Can Grow Safe

**LIFT INSPECTION**



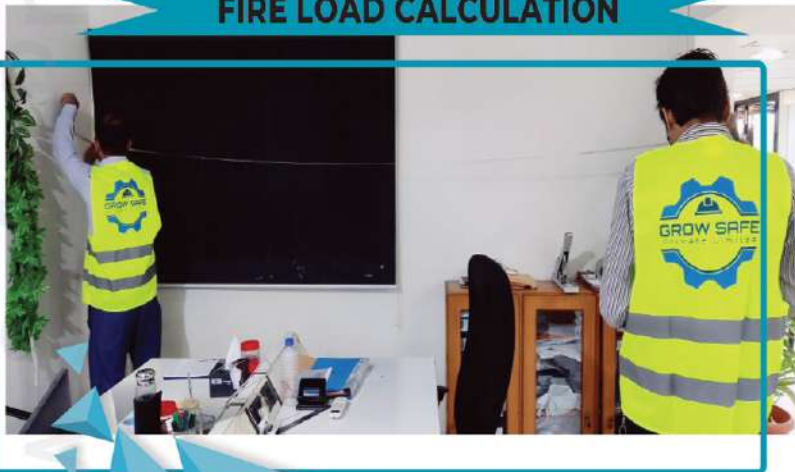
**SD INSPECTION**



**NOISE LEVEL SURVEY**



**FIRE LOAD CALCULATION**



**NFPA 70E**



**LOAD TESTING**



**Explore Now**

<https://growsafehse.com/hse-trainings-services/>

# HSE SUPPLIES



# HSE SUPPLIES

Together We Can Grow Safe

Grow Safe Private Limited

## PERSONAL PROTECTIVE EQUIPMENT (PPEs)

- 1 Hard Hats and Chin Straps
- 2 Face Masks
- 3 Full Body Harness & Lanyard
- 4 Respirators and Filter Cartridges
- 5 Safety Shoes and Long Shoes
- 6 Ear Mufflers & Ear Plugs
- 7 Flash Protection Suites & Arc rated PPEs
- 8 Full Body Coveralls
- 9 Sterile Area PPEs (Food & Pharma Grade)
- 10 All types of Hand Protection PPEs
- 11 Goggles and Face Shields.
- 12 All types of Breathing Apparatus and Respirators
- 13 Ear Mufflers & Ear Plugs of suitable attenuation values



## FIRE SAFETY EQUIPMENT

- Fire Extinguishers & Fire Trolleys
- ♻️ Manual Call Points
- 📦 Fire Exit Key Box with a hammer
- ✂️ Fire Blankets
- ♻️ Fire Sprinklers
- 🔗 Fire (Smoke & Heat) Detectors
- 📋 Fire Suppression Systems (FM 200 & Novec 1230)
- ♻️ Mobile Firefighting Units (Customized Designs)
- 📦 Fire Ball with wall mounting stand
- ✂️ Fire Alarm Panels
- ♻️ Fire knock - off systems
- ♻️ Fire Extinguishers Refilling
- 🔗 Fire Extinguishers Hydrostatic Testing
- 📋 Annual Maintenance & Inspection Contract



# HSE SUPPLIES

## FIRST AID EQUIPMENT











- First Aid Box
- ♻️ Emergency Blankets (Electric Shocks Treatment)
- 📄 Roller Gauze
- ✂️ 4 x 4 Gauze Pads
- ♻️ CPR Kit
- 🐍 Snake Bite Kits
- 👤 CPR Manikin & AED
- ♻️ Spine Boards
- 🏠 Folding / Collapsible Stretchers
- ✂️ Complete range of First Aid Items
- ♻️ Oxygen Cylinders with Flow Meters
- ♻️ Finger Pulse Oximeter
- 🌀 Digital B.P Apparatus
- 👤 Fracture & Dislocation Braces & Splints



# HSE SUPPLIES

Together We Can Grow Safe

Grow Safe Private Limited  
**MONITORING EQUIPMENT**

-  Noise/Decibel Meters
-  LEL Meters (Lower Explosive Limit)
-  Level Sensors/Meters
-  Gas Detectors
-  Hygrometers
-  IR/LASER Temperature Guns
-  Particulate Counters
-  TDS Meter
-  Conductometer / Potentiometer
-  Clamp Meter and Multimeters





# HSE SUPPLIES

Together We Can Grow Safe

Grow Safe Private Limited  
**MONITORING EQUIPMENT**

- Lockout/Tagout Devices (LOTO)
- Thermal Imaging Devices
- Eye Wash Station
- Spill Kits
- Megger Device
- Car Safety Kits
- Home Safety Kits
- Full Body Safety Shower
- Correct Spelling (Megger Device)
- Emergency Beam Lights
- Safety Signages



**HR  
&  
ORGANIZATIONAL  
DEVELOPMENT  
CONSULTING**



# HR & OD CONSULTING

 <b>Talent Acquisition &amp; Staffing</b>	 <b>Compensation &amp; Benefits</b>	 <b>Employee Engagement &amp; Retention</b>	 <b>Performance Management</b>	 <b>Employee Relations &amp; Conflict Management</b>
 <b>Learning &amp; Development (L&amp;D)</b>	 <b>HR Compliance &amp; Legal Support</b>	 <b>HR Outsourcing (HRO)</b>	 <b>HR Audits</b>	 <b>Strategic HR &amp; Organizational Effectiveness</b>
 <b>Organizational Design &amp; Restructuring</b>	 <b>Team Effectiveness &amp; Collaboration</b>	 <b>Change Management</b>	 <b>Workforce Optimization &amp; Agility</b>	 <b>Diversity, Equity, &amp; Inclusion (DEI)</b>

Together We Can Grow Safe



# MANPOWER SUPPLY





## Manpower Supply

**Skilled, Semi Skilled, Unskilled and Labour**

Grow Safe (Pvt.) Ltd. offers comprehensive Manpower Services, leveraging our expertise in occupational safety, health training, consultancy, and supplies. We provide skilled and reliable workforce solutions to meet the diverse needs of our clients, ensuring high standards of safety and productivity. Our services support safe, efficient, and sustainable work environments across various sectors, helping you achieve operational goals with confidence and peace of mind.

# WHY GROW SAFE ?

Together We Can Grow Safe



## PROVEN EXPERTISE

Our training programs are lauded for their comprehensive, hands-on approach, delivered by seasoned professionals.



## STATE-OF-THE-ART TRAINING

We use advanced equipment and realistic simulations to create practical and immersive learning environments.



## MEASURABLE IMPACT

Our training enhances staff competency and safety awareness, benefiting clients like Unilever Pakistan Limited and Attock Cement Pakistan Limited.



## COMMITMENT TO EXCELLENCE

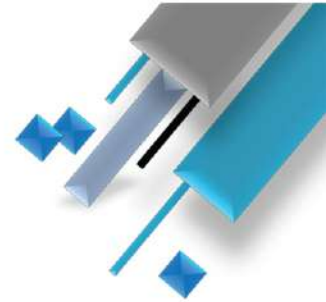
Our dedication to high-quality instruction and safety awareness ensures we remain at the forefront of HSE standards.



Choose GSPL for your health, safety, and environment training needs, HR consulting services, and skilled and unskilled manpower solutions. Benefit from our proven track record and cutting-edge methods.

Contact Our Team

# Speak With Us



+92 21 3524 GSPL (4775)  
+92 321 318 86 05



[www.growsafehse.com](http://www.growsafehse.com)



Head Office:  
12-C, 1st Floor, Suite # 01, Stadium Lane  
4 Dalton Commercial Area, Khayaban -  
e-Shamsheer ,  
DHA Phase 5 Karachi, 75500  
Sindh, Pakistan



[info@growsafehse.com](mailto:info@growsafehse.com)

Together We Can Grow Safe





# GROW SAFE PRIVATE LIMITED

PAKISTAN'S LEADING TRAINING, CONSULTANCY  
AND COMPLIANCE SOLUTIONS PROVIDER

