

Together we can **Grow Safe**



Grow Safe (Private) Limited

Company Profile

**Pakistan's Leading
HSE & HR Trainings
And Consultancy
Company.**

Website: growsafehse.com

Phone: +92 333 3235554

Email: info@growsafehse.com

Location: 12-C, Suite 01,
Stadium Lane 4, DHA Phase
V, Dalton Commercial Area,
Khayaban-e-Shamsheer,
Karachi, 75500

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Introduction

Grow Safe (Pvt.) Ltd. has been established and duly registered under the Companies Ordinance, 1984, following the provisions set forth by the SECP (under Section 16 of the Companies Act 2017), operating under the name of “HSE Trainings and Consultancy Services”.

In today's industrial landscape, the Health, Safety, and Environment (HSE) along with Human Resources (HR) functions stand as crucial pillars. Grow Safe is committed to fortifying businesses by enhancing the Health & Safety Culture within organizations in an environmentally responsible manner. We aim to elevate hazard and risk awareness among employees, management, and leadership, thereby foreseeing and mitigating potential risks.

The repercussions of workplace injuries and fatalities are profound, with millions of skilled workers suffering permanent disabilities annually, leading to significant losses for organizations and the national economy. Such incidents impact business operations' continuity and escalate costs, both direct and indirect, burdening organizations with unforeseen financial strain and sometimes even leading to bankruptcy.

The synergy between Human Resources and HSE functions is paramount; At the same time, HR ensures the acquisition of skilled manpower, and HSE guarantees the productivity and safety of this workforce, ultimately contributing to the overall efficiency of business processes. A workforce that is content, healthy, and motivated serves as the most valuable asset for any organization.

Grow Safe (Pvt.) Ltd. endeavors to support organizations across diverse sectors in fulfilling their moral, legal, financial, and corporate social responsibilities pertaining to HSE, thereby fostering a safer and more sustainable working environment.



Corporate Details

Consultant / Service Provider	Grow Safe (Private) Limited (GSPL)
Contact Person / Designation	Saad Abdul Wahab / Director GSPL
GSPL NTN / STRN / PNTN / GST	4662393 / S4662393-2 / P4662393-2 / 3277876254888
Legal Status	GSPL is incorporated in SECP as a “Private Limited” company, registered under Section 16 of the Companies Act, 2017 (XIX of 2017).
KCCI Membership	Sr. # K 186183 Membership # 132516
Head Office (Mailing Address)	12-C, Suite # 01, 1st floor, Stadium Lane 04, DHA Phase 5, Dalton Market, Khayaban-e-Shamsheer, Karachi, 75500
Contact Details	Voice / WhatsApp: +92 321 3188605, Voice Only: +92 333 3235554
Website and Email	growsafehse.com info@growsafehse.com
Corporate Compliances & licenses	https://growsafehse.com/corporate-compliance/
Social Media Addresses	Linkedin Blogspot Facebook Twitter Youtube Facebook Groups Medium
Official Meezan Bank Account	Account Title: Grow Safe (Private) Limited. Bank: Meezan Bank Limited Branch: Dalton Market Branch, DHA, Account No: 0166 0106262393 IBAN: PK53 MEZN 0001 6601 0626 2393 Swift Code: MEZNPKKAXXX
Our Associates and Partners	Sumring (Fire & Security Devices) BEIAN Lock (LOTO Devices)

Our Accreditations and Approvals



Our Services

1. HSE Trainings

- Advanced Level Fire Safety Level II and above Courses
- First Aid, CPR, and Basic Life Support.
- Permit to Work System,
- Work at Height, (Hazards and Safety Controls).
- Ladder and Scaffolding Safeties.
- Confined Space Entry Hazards and Safeties,
- Construction Safety,
- Defensive Driving Course,
- Electrical Safety, NFPA 70E,
- EMS (ISO 14001:2015) Auditing Techniques,
- OHSMS (ISO 45001:2018) Auditing Techniques,
- General Workplace Safety,
- Hazards Identification and Risk Assessment,
- Food Safety and HACCP Principle,
- Chemicals Safety – Control of Substances Hazardous to Health.
- Emergency Preparedness & Response Plan,
- Emergency Evacuations and Fire Drills,
- Accidents and Incidents Investigation with Root Cause Analysis,
- Behavior Based Safety,
- Human Factors & Ergonomics,
- Manual Handling Safety,
- Occupational Health Issues like Silicosis Prevention Training,
- Mechanical and Non-Mechanical Hazards,
- Machine Guarding and Lockout-Tagout Safety Systems,
- Maintenance Hazards and Safeties.
- Power Tools and Hand Held Tools Hazards and Safeties.
- Workplace Housekeeping
- Identification and Implementation Phases of Applicable HSE Legal Requirements
- Hot Work Safety Systems
- Warehouse Operations Safety
- Forklift Operators Safety
- HSE KPIs Development (Proactive & Reactive Indicators for Performance Measurement).
- Significance and Effective Use of Personal Protective Equipment.
- Standard Methods to Conduct Safety Inspections.
- Safety Leadership Training. (Employees Engagement, Safety Ownership, Health & Safety Culture Development,
- IOSH Managing Safety Training
- NEBOSH IGC Training.
- Emergency Rescue Service



- Disaster Management (Natural and Manmade)
- Early Detection of Violence and Arson Controls.
- Hazop Study Implementation.
- Overhead, Gantry, Bridge Cranes, and Lifting Operations Safety.
- Silica Dust Hazards and Controls.
- Heat Stress, Heat Stroke, and Heat Exhaustion Safety.
- Spill Control Program Training.
- Mining Operations Hazards and Safeties.
- Any other customized HSE Training as per the organization's requirement.
- MHEs (FLT, RT, HPT, PPT) Safety Training.

2. HSE Surveys, Inspections, Monitoring, and Assessments.

- Lighting Level Survey (as per standard Lux Level Requirements)
- Noise Monitoring Survey
- Heights / Edges Protection Survey
- Floor Conditions Survey
- Civil Structures Safety Survey
- LOTO Requirements Survey (Hazardous Energy Isolation Points)
- Machine Guarding Survey
- PPEs (Mandatory Requirements) Survey
- Hygiene Conditions Survey
- Food Safety Survey
- Electrical Safety Survey
- Fire Hazards Survey
- Housekeeping Conditions Survey
- General Workplace Unsafe Conditions Survey
- Emergency Preparedness and Response Management Survey
- Chemicals Safety Survey
- COSHH Assessments
- Chemicals Compatibility Charts Development.
- HSE Legal Compliance Status Survey (As per given laws:
<https://growsafehse.com/downloads/>)
- Monitoring & Calibration Services (Load Testing, Racks Inspection, Calibration, Visual Inspections.)
- HSE Training Need Assessment (Section wise).
- Employees Satisfaction Survey
- MHEs and Lifting Equipment Safety Inspections
- Warehouse Racks Safety Inspections.

3. Management System Consultancy

- HSE Policy and Manual Development.
- ISO 45001:2018 (Physical Implementation and Internal Audit)
- ISO 14001:2015 (Physical Implementation and Internal Audit)



- Risk Register Development (Departments / Sections Wise)
- Legal Register Development.
- Environment Aspect Register Development.
- SOPs Development
- Emergency Preparedness & Response Plan Development.
- Annual HSE Training Plans Development.
- Complete HAZOP Study
- HSE Performance Measurement System Development
- Hazards Factor Analysis.

4. HSE Supplies and Systems Installation

a. LOTO Devices

GSPL is the authorized distributor of BEIAN LOCK TECHNOLOGIES in Pakistan. We offer a complete range of LOTO Devices including.

- Safety Padlocks
- Electrical Lockouts
- Gas Cylinder Lockouts
- Valve Lockouts
- Lockout Hasps
- Cable Lockouts
- Lockouts Management System
- Safety Tags



We offer metal, steel, nylon, anti-spark, non-conductive, aluminum, multi-purpose and universal devices. We have a range of 700 plus devices, meeting all your maintenance safety requirements related to LOTOTO procedures.

b. Complete Fire Alarm Systems

GSPL is the authorized Business Partner of Shenzhen SUMRING technology Co. Ltd., in Pakistan. We offer a complete range of.

- Fire alarm control panel,
- Smoke detector,
- Heat detector,
- Fire bell,
- Strobe siren,
- Manual call point,
- Gas detector,
- PIR detector



We provide whole fire alarm solution covering 5 categories 46 items; and fire alarm products are certified by EN54(LPCB), EN14604(LPCB, TUV), CE and ROHS

c. Personal Protecting Equipment

All types of local, China made and Branded (CE rated) wide range of PPEs related to Human Health & Safety, Product Safety are available.



5. Technical Equipment

a. Earth Moving Machinery, Generators, Compressors

We are the importer and stockiest of all kinds of Filters and Separators of all Earth Moving Machinery, Generators and Compressors. We deal in Filters like, Oil Separators, Engine Parts and Filters, Fuel Filters, Air Filters, Air Separators, and Air Line Filters in all grades of all compressors.

- Engine parts and filters for generators (Cummins, Caterpillar, Volvo Penta, Waukesha).
- Oil separators, oil filters, and air filters for compressors (Atlas Copco, CompAir, Ingersoll Rand, etc.).
- Engine parts, filters, and body parts for heavy vehicles (Hino, Nissan, Isuzu, etc.).
- Leaf springs for trucks (Landhi Leaf Spring).
- Spark plugs for generators.

- Electronic gauges, meters, sensors, and pneumatic equipment for generators and marine applications.



Brands for:

- Engine parts for generators (Genuine Parts and Replacement – FP Diesel, AFA)
- Filters (Mann, Fleetguard, Donaldson, Sakura, and Local Filters)
- Compressor filters (Mann, Sotras, Keltec)
- Heavy vehicles and trucks parts (NPR and Izumi)

We are the industry lead in HSE Trainings, Consultancy & Technical Supplies; provide you the most reliable solution & services you are looking for.

6. HSE / Technical / Skilled Manpower Supply Services

Grow Safe (Private) Limited offers a range of benefits to clients through our comprehensive manpower supply services. Our dedicated team of technical staffing professionals possesses extensive expertise and specialized knowledge in their respective fields, ensuring the delivery of top-tier service to our clients.

At GSPL, we provide a variety of staffing solutions tailored to meet the specific requirements of our clients. This includes the provision of qualified and experienced professionals such as Project Managers, Project Engineers, QA/QC Managers, Mechanical, E&I, Civil, HSE Engineers & Supervisors, and other relevant competent resources.

Our Manpower Supply Services enable clients to seamlessly recruit candidates for both temporary and long-term employment needs. Through a structured recruitment and interview process, we identify the perfect candidates for our clients, agreeing upon recruitment fees and monthly pay-rolling arrangements. Employment can commence immediately or after an initial probationary period as per the client's preference.

By partnering with GSPL, clients can focus on their core business activities while effectively managing operational costs. Our services provide increased access to qualified personnel, thereby reducing recruitment time and expenses, and ultimately enhancing overall efficiency and productivity.

Image Gallery



Dawlance URIL Factory (Hyderabad)
Bridge Cranes Safety Training



Novartis (Karachi Plant)
LOTO Survey & Training



Dawlance (DPL 2 Factory)
Crane Operators Assessment



Dawlance (DPL 2 Factory)
Bridge/Gantry Cranes Safety Training



First Aid and CPR Training – Crescent Syndicate (Maripur Site)





Crescent Syndicate
Crane Operators Safety Training



Novartis Plant Karachi
Electrical Safety Survey



Essity Pharma Karachi
PASS Training



Essity Pharma Karachi
First Aid, CPR and BLS Training



Dawlance Factory (DPL 1)
NFPA 70 (NEC) & NFPA 70E Training



UEP (Khaskheli Oil Field)
Fire Safety Training



UEP (Tando Adam Oil & Gas Field) | First Aid, CPR and BLS Training



Hilal Group (Hilal Foods, Shalimar Foods, Hilal Care and Dominos Pizza Pakistan) Fire Drills



Hilal Foods (Pvt.) Ltd. Machine Safety Training



Hilal Group Food Handlers Training on Food Safety



Royal Rodale Club OHSAS 18001:2007 Audit Training



IBA City Campus Karachi
Compensation & Benefits Management Training



Thatta Cement Co. Ltd. (Head Office)
HABC Level II – Fire Safety



Inspectorate of Mines & Minerals Department
Silicosis Prevention and Mines Worker Safety



Federal Civil Defence Karachi
Nuclear, Biological & Chemical Warfare Safety



National Institute of Labour Administration Training
Labour Department (Government of Sindh)
Social Accountability Standard Training



GSPL & Civil Defence Joint Celebrations
World Civil Defence Day





University of Karachi
Basic Fire Fighting Training



Federal Urdu University of Arts, Science & Technology
(FUUAST) Karachi
Environmental Challenges of Modern Industry



Small & Medium Enterprises Development Authority (SMEDA)
HABC Level II – Fire Safety Training



Karachi Shipyard & Engineering Works
IOSH Managing Safely Training



Pakistan Steel Mill
NEBOSH IGC Training for PSM Employees



NED University of Engineering & Technology
ILO OSH Standard, C-155, R-164



NILAT (Labour Department)
Health & Safety Audits Training



Sir Syed University of Engineering & Technology
(Civil Engineering Department)
Construction Safety Training



ISM (Head Office)
CPR & BLS Training



Thatta Cement Co. Ltd.
Advance First Aid & CPR Training



PHMA House (Textile Sector)
Fire Hazards in Textile Industry and Basic Fire Safety



Master Group of Industries
Fire Safety Gap Analysis and OHSAS Internal Audit



OMNI Group (Power Projects)
Electrical Safety Training



The Kidney Center
Hospitals Emergency Preparedness Training



Intiaz Super Market
Branch Managers Training



Plastech Autosafe (Pvt.) Ltd.
Floor Hazards Survey and Fire Safety Training



Federal Civil Defence Training School Karachi
Disaster Management Training





Novartis Pharma (Karachi Plant)
Confined Space Entry Safety Training



NEPRA Power Safety Code Training
Participants from IPPs



Dawlance URIL Plant (Hyderabad)
Overhead Bridge Cranes and Lifting Equipment Safety Training



Atco Laboratories
Basic Life Support Training





Two days Fire Safety & First Aid Training conducted at GSPL Head Office for DUET Energy & Environment Department



Advance Fire Safety Training conducted at GSPL for participants from ORIENT Energy Systems (Pvt.) Ltd.



NFPA 70E (Electrical Safety) Training at GSPL Head Office for participants from SAMI Pharma





Hazards Identification and Risk Assessment Training



Stahl Pakistan (Pvt.) Ltd.
Impotence of HSE
World Day for Safety & Health at Work



Arc Flash Study Training for participants from Shan Foods (Pvt) Ltd. and Pharmatec Pakistan (Pvt) Ltd.



Scaffolding Safety Training for Scaffolders and Inspectors
Shell Pakistan and CBRE Contractors
Hotel Faletti's Lahore



First Aid Training conducted at Fauji Oil Terminals (Port Qasim)



CPR & BLS Session at FOTCO



Rescue Training at British Deputy High Commission



First Aid, CPR and BLS Training at British Deputy High Commission (Karachi)



Authorized Gas Tester Training at MARI Petroleum Co. Ltd. (Daharki Gas Field)



Confined Space Entry Safety and AGT Training at Shell Pakistan (Keamari Terminal A)



Advance Fire Safety Management System Training for Top Management of Artistic Milliners (Pvt.) Ltd.



Confined Space Entry Safety Training at Mari Petroleum Gas and Condensate Field (Kalabagh Mianwali)



AGT Level 1, 2, 3 Training at MPCL (Halini Oil Field)

AGT & CSE Training at MPCL (Dharian Oil Field)



First Aid, CPR, BLS and AED Training

Conducted at **Fine Daily (Private) Limited.**, Dated: 17th February 2023 (Friday)
Training conducted by **Grow Safe (Private) Limited.**
+92 321 3188605 | info@growsafehse.com | www.growsafehse.com





Oil & Gas Field Zoning based on Flammable & Toxic Atmosphere
Mari Petroleum Company Limited – Gujar Khan (Dharian) Crude Oil Field.



First Aid, CPR, AED & BLS Training
Karachi Grammar School (Boat Basin Campus)



Authorized Gas Tester Training
7th Batch - March 22, 2023, Sunday, 11:00 AM to 06:00 PM, DHA Phase V, Khayaban-e-Shamshan, Karachi

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MPCL (Bolan) – CSE Training



MPCL (Bolan) – AGT Training Group Photo





Self Contained Breathing Apparatus (SCBA) Training at Pharmatec Pakistan (Private) Limited.



Forklift Operators Training on Safe FLT Operations at Attock Cement Pakistan Limited (ACPL).



Defensive Driving Course (DDC) for LTV Drivers of Attock Cement Pakistan Limited (ACPL).



MPCL (Zarghun) – Confined Space Entry Safety Training Group Photo



Mari Petroleum (Zarghun Gas Field) – Authorized Gas Testing Training



Authorized Gas Testing and Confined Space Entry Training at SGS Pakistan for Shell Pakistan and CBRE

LU **GROW SAFE PRIVATE LIMITED**

Advance First Aid, CPR, BLS and AED Training
conducted at **Continental Biscuits Limited**, by **Grow Safe (Private) Limited**.
(Dated: March 17, 2023, Friday, 09:00 AM – 06:00 PM)
+92 321 3188605 | +92 333 3235554 | info@growsafehse.com | training@growsafehse.com | www.growsafehse.com

FMC **GROW SAFE PRIVATE LIMITED**

NFPA 70E - Standard for Electrical Safety in the Workplace
Training Session conducted at **FMC United (Private) Limited** - Lahore Plant
Full Day session conducted by **Grow Safe (Private) Limited (GSPL)**
Voice Call: +92 333 3235554 | WhatsApp: 0321 3188605
info@growsafehse.com | training@growsafehse.com | www.growsafehse.com





Artistic Milliners
GENIUS COMPANY OF THE FUTURE

GROW SAFE
PRIVATE LIMITED

One Day Training Session on
Fire Safety Management System and Fire Load Calculation
conducted by **Grow Safe (Private) Limited** at **Artistic Milliners** (dated: April 04, 2023)
+92 321 3188605 | +92 333 3235554 | info@growsafehse.com | training@growsafehse.com | www.growsafehse.com

NFPA



sepcoil

FM 200, MX 200 & Fire Safety Training & Gap Analysis
Conducted at **SEPCO III – 1230 MW Haveli Bahadur Shah Power Plant – Jhang**
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GROW SAFE
PRIVATE LIMITED





Hazards Identification & Risk Assessment (HIRA) Training

Full Day Training Session conducted by **Grow Safe (Private) Limited**.
Saturday, 18th August 2023 | **Young's Private Limited**.
info@growsafehse.com | training@growsafehse.com | www.growsafehse.com



Scouts Training at Federal Civil Defence
Conducted by Grow Safe (Private) Limited. 12th August 2023



Scouts Training at Federal Civil Defence
Conducted by Grow Safe (Private) Limited. 12th August 2023



First Aid, CPR, BLS, AED, Casualty Handling, PFT & Medics

Full Day Training Session conducted by **Grow Safe (Private) Limited**.
Wednesday, 16th August 2023 | **PharmEvo Private Limited**.
info@growsafehse.com | training@growsafehse.com | www.growsafehse.com





Advanced First Aid, CPR, BLS, AED Training conducted at Gaditek.



3rd Batch - MHEs (FLT, RT, HPT, PPT) Safety Training

Conducted by Grow Safe (Private) Limited at Unilever Pakistan (Rahim Yar Khan)
GSPL Offers HSE Training , Consultancy, Assessments, Inspections & Certifications
Call: +92 333 3235554 | WhatsApp: 0321 3188605 | Landline: +92 21 33413460
info@growsafehse.com | training@growsafehse.com | consultant@growsafehse.com



3rd Batch - MHEs (FLT, RT, HPT, PPT) Safety Training

Conducted by Grow Safe (Private) Limited at Unilever Pakistan (Rahim Yar Khan)
GSPL Offers HSE Training , Consultancy, Assessments, Inspections & Certifications
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info@growsafehse.com | training@growsafehse.com | consultant@growsafehse.com



MHEs Safety Training at Unilever Pakistan (Rahim Yar Khan Factory)



Hazards Identification & Risk Assessment Training

Conducted by Grow Safe (Private) Limited at Alkaram Textile Mills Limited (Unit 01)

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Call: +92 333 3235554 | WhatsApp: 0321 3188605 | Landline: +92 21 33413460
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Our Clients

