



Grow Safe (Private) Limited

Pakistan's Leading Training, Consultancy and Compliance Solutions provider
growsafehse.com



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Press Release

Grow Safe Conducts Daylong HSE Workshop at FUUAST 'Grow Safe': FUUAST Students Receive Hands-on HSE Training

Karachi, [05/03/2025] – Grow Safe (Pvt) Ltd., Pakistan's leading health, safety and environment (HSE) company recently conducted a daylong workshop at the Federal Urdu University of Arts, Science and Technology (FUUAST), Gulshan campus.

Director & CEO Grow Safe, Saad Abdul Wahab Khan and HoD Corporate Sales, Talha Shahid apprised the students about the need for health, safety, environment and the impact of H&S incidents in the country every year.

The workshop revolved around the idea of Safe Work Program by International Labour Organization (ILO) and the legal and social expectations related to HSE.

In his session, Mr. Saad highlighted the significant global impact of health and safety accidents, which account for 4% of global GDP annually. He pointed out that worldwide, there are 340 million accidents, 160 million work-related diseases, and 2.3 million fatalities each year—equating to 6,300 deaths per day.

Additionally, he revealed that health and safety accidents in Pakistan result in an estimated loss of 4.32 billion man-hours per year. These incidents also contribute to a notable loss of experience due to years of life lost. With life expectancy in Pakistan being six years lower than the global average, the country's labor force is also 9% smaller than the global workforce.

At the conclusion of the program, Mr. Saad was presented with a commemorative shield by the Registrar FUUAST, Dr. Sadia Khalil who also received a shield from the Grow Safe CEO.

Dean Faculty of Science, Professor Dr. M. Zahid, Student Advisor Mr. Murshid, Lead Event Organizer Mr. Zeeshan Ahmed, Head of Environment Department, Dr. Haq Nawaz Abbasi, Asst. Prof. Dr. Waqar Ahmad, Head of Chemistry Department, Dr. Aneela Wahab, Asst. Prof. Dr. Atya Hassan of the Chemistry Department and a large number of students attended the event.

Grow Safe provides comprehensive training, consultancy and compliance solutions, fulfilling the country's needs in the HSE domain.

Thanks & Regards,


Hassaan Siddiqui
Corporate Media Manager



Grow Safe (Private) Limited
Together, we can grow safe



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