



**Grow Safe (Private) Limited**  
Pakistan's Leading Training, Consultancy and  
Compliance Solutions provider  
[growsafehse.com](http://growsafehse.com)



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### Press Release

#### **Grow Safe Conducts HSE Audits, Trainings at OULA**

In a significant move to elevate workplace safety standards, Grow Safe (Private) Limited – a leading provider of Health, Safety, and Environmental (HSE) solutions – conducted a series of specialized HSE surveys and training sessions at the head office and regional offices of OULA (Private) Limited in Karachi, Lahore, and Islamabad.

OULA is a globally affiliated marketing and business research consulting firm, led by Mr. Syed Noaman Asar. Under his leadership, the organization continues to push the boundaries of data-driven decision-making. It's also the exclusive collaborator of Kantar in Pakistan, authorized to offer its internationally recognized tools and research products.

The scope of the engagement included a wide array of HSE assessments such as ergonomic survey, fire load calculation, lux level monitoring, noise level survey, housekeeping audit, and electrical safety survey.

In parallel, Grow Safe facilitated several hands-on HSE training programs to enhance employee preparedness and awareness at the organization. These included advanced fire safety training, first aid, CPR, BLS, and AED Training, emergency evacuation drill, and live demonstration of PASS procedure, where participants actively engaged in extinguishing fires using fire extinguishers.

The collaboration between Grow Safe and OULA underscores both organizations' shared vision to not only safeguard their workforce but also to promote a robust safety culture in Pakistan and beyond.

Grow Safe is a premier HSE consulting firm offering risk assessment, compliance auditing, and specialized training programs. With a mission to create safer workplaces, it partners with organizations across industries to implement international safety standards and best practices.

Thankfully,

  
**Hassan Siddiqui**  
Manager, Corporate Media



**Grow Safe (Private) Limited**

*Together, we can grow safe*