



Markaz-al-Ihsaan  
The MAI Institute



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hosted by



San Fernando  
Jama Masjid

# Technical & Industrial Skills Training Program

## Module 1. Basic Domestic & Industrial Wiring



Combine theory and hands-on practice to gain essential skills in electrical safety, fundamental concepts, circuit design, and wiring techniques.

Learn about electrical systems, wiring types, and the national Wiring Code. Practical sessions will guide you through tool usage, material selection, and constructing circuits for lights, plugs, and air conditioning units.

This program is perfect for aspiring electricians and DIY enthusiasts, this course ensures you're ready to tackle any basic wiring challenge with confidence.

**6 weeks: Mondays Maghrib to Isha (approx. 6.00 pm – 7.30 p.m.)**

## Module 2. Basic Industrial Health & Safety



Gain vital knowledge and skills of **OSHA CFR 1910 General Industry Training** for safe work environment. Boost your CV while you learn about hazard identification, risk assessment, safety regulations, and emergency response.

This course includes personal protective equipment (PPE), safe work practices, materials handling and storage, industrial hygiene, fall protection and more.

Working or seeking jobs in industrial settings? Get equipped to promote health and safety standards and prevent workplace accidents.

**6 weeks: Wednesdays Maghrib to Isha (6.00 pm – 7.30 pm)**

**Starts: January 13th**

*Certificate on completion*

*Free to Attend*

Venue

Haji Shafik Islamic Centre,  
San Fernando Jama Masjid,  
Mucurapo Street,  
San Fernando

Contact

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Register



# Course Particulars

## Module 1: Basic Domestic & Industrial Electrical Wiring

Combine theory and hands-on practice to gain essential skills in electrical safety, fundamental concepts, circuit design, and wiring techniques. Learn about electrical systems, wiring types, and the national Wiring Code. Practical sessions will guide you through tool usage, material selection, and constructing circuits for lights, plugs, and air conditioning units. This program is perfect for aspiring electricians and DIY enthusiasts, this course ensures you're ready to tackle any basic wiring challenge with confidence.

### PART 1: THEORY

1. Electrical safety
2. Fundamentals of electricity, Terms and Definitions:
3. Series and parallel circuits: wiring diagrams
4. Electrical conductors/cables:
5. Domestic/Residential/Industrial electrical systems
6. Types of wiring: Surface wiring, full conduit, partial conduit, trunking.
7. Electrical Testing and Inspections.
8. Requirements of the Trinidad & Tobago Electrical Wiring Code.
9. The roles of T&TEC and the Trinidad and Tobago Electrical Inspectorate.

### PART 2: PRACTICAL

1. Tools required.
2. Material you need to purchase.
3. Some materials and fittings you will encounter.
4. Design and construct a domestic/industrial single light circuit.
5. Design and construct a domestic/industrial single plug circuit
6. Make a 10 feet long extension cord.
7. *Design and construct a plug circuit for 5 Ton Air Condition Unit.*

### FACILITATOR:

Hafeez Baksh: BSc. (Mech), MSc. (Prod'n Eng & Mgt), PMP, CMRP, FAPETT, MASME, MPMI, Registered Engineer. Mr. Baksh has 44 years of experience in all aspects of mechanical, electrical and other engineering disciplines. He is a licensed Wireman, and a licensed Boiler and Pressure Vessel Examiner

## Module 2: Basic Industrial Health & Safety Training

The OSHA CFR 1910 General Industry 10-hour training is a safety certification course designed to provide general industry workers with fundamental safety and health information to help recognize and prevent workplace hazards. The course is intended to adopt a safe and healthy work environment by increasing awareness of potential hazards and promoting safety practices.

### TOPICS INCLUDE:

1. Introduction to OSHA
2. Walking and Working Surfaces
3. Exit Routes, Emergency Action Plans, and Fire Prevention Plans
4. Electrical Safety
5. Hazard Communication
6. Personal Protective Equipment (PPE)
7. Materials Handling and Storage
8. Machine Guarding
9. Introduction to Industrial Hygiene
10. Bloodborne Pathogens
11. Ergonomics
12. Fall Protection

### FACILITATOR:

Shareez Mohammed (BSc OHSE; OHSAS 18001:2--7 CIQ/RABQSA, HSEQ Manager). Mr. Mohammed has over 30 years of experience in HSE in industry, manufacturing and construction sectors. He holds a degree in Occupational HSE, and numerous certifications in related disciplines across marine & land operations, in general practice and hazardous materials / work environments