

H S E

HEALTH

SAFETY

ENVIRONMENT



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Industrial Hygiene & Occupational Health

Duration: 5 Days



Introduction:

Occupational Risk Management is a modern fast moving subject. It covers all aspects of risk associated with the worker, the work environment and its effects on health. There are many interfaces with other health and safety

Professionals in today's modern industries. The Occupational Health Professional and Risk Managers must be aware of the expertise available to reduce risk within the workplace to an acceptable level; this includes appreciating the environment and the placement of the most suitable person to the job.

Today's Occupational Health and Safety Professionals take the pro-active approach by trying to prevent ill- health and accidents before they happen.

Key Topics:

- Occupational Health
- Quality Based Risk Management
- Health Screening
- Noise
- Practical Exercises
- Personal Protective Equipment
- Occupational Asthma
- Accidents, Hazard & Risk

- Radiation
- Health Promotion & Health Education
- Control of Hazardous Substances
- Problems in the Office
- Common Occupational Diseases / Conditions

Methodology

This interactive Training will be highly interactive, with opportunities to advance your opinions and ideas and will include;

- Lectures
- Workshop & Work Presentation
- Case Studies and Practical Exercise
- Videos and General Discussions

Certificate

BTS attendance certificate will be issued to all attendees completing minimum of 80% of the total course duration.

Who Should Attend?

This seminar will be of interest to Occupational Health Professionals including Occupational Health Doctors and Nurses, including Industrial First Aiders. It would also be of interest to any other medical / Para-medical personnel working in an industrial environment i.e. Oil / Gas industry medics.

Other Professionals operating in Occupational Risk Management would benefit from this seminar such as Health & Safety Managers / Operatives, Loss Control Officers, Safety Representatives, Personnel and General Management.

Course Objectives:

The Main Aim of Occupational Health is the promotion and maintenance of the physical, mental and social wellbeing of the workforce, this is achieved by:

- The prevention of departures from health due to working conditions.
- The protection from risks resulting from factors adverse to health.
- This can be summed up by the expression "The adaptation of work to man, and of each man to his job."

Course Outline:

DAY 1

Introduction to Occupational Health

- Brief background and way forward

Manual Handling

- Lifting techniques, Manual handling risk assessments

Health Screening

- When, Why and What to look for Screening procedures

Basic Occupational Hygiene

DAY 2

Control of Hazardous Substances

- Sources of information, Risk assessment, Health Surveillance

Noise

- Calculating noise, Work place noise assessments, Controlling noise, Hearing protection, Noise induced hearing loss, Screening for hearing loss

DAY 3

Practical Exercises

- Carrying out a noise survey in the work place, Carrying out a manual handling risk assessment, Carrying out a COSHH assessment, Followed by feedback from groups

Food Hygiene

- Good practice, Food handlers and Health surveillance, What to look for when carrying out a hygiene inspection, Practical hygiene inspection

DAY 4

Occupational Asthma

- Causative agents, Fitness for work

Radiation

- What is radiation?, Treatment and management of radiological patients

Health Promotion & Health Education

- Workplace programs, World Health Organization, Diet and ill Health

First Aid Services & Treatments

- First Aid requirements, To treat or not to treat

Accidents, Hazards and Risk

DAY 5

Problems in the Office

- Computer display screens, Work related upper limb disorders

Common Occupational Diseases / Conditions

- Dermatitis, Cardiovascular disease, Lead, Lung conditions, Vibration white finger

Personal Protective Equipment

- Types, Standards

Ergonomics