

# H S E

HEALTH

SAFETY

ENVIRONMENT



Contact us

**Website:** <https://btsconsultant.com/>

**Email:** [info@btsconsultant.com](mailto:info@btsconsultant.com)

**UAE office Tel:** +971 26446633

**Egypt Office Tel:** +2 0502308081

## **Industrial Occupational Health Monitoring & Management**

---

**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.

### **Who Should Attend?**

---

This seminar will be of interest to Occupational Health Professionals including Occupational Health Doctors and chief Medical Officer, Occupational health nurse 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.

### **Seminar Benefits:**

This seminar will provide an excellent skills and knowledge base in Occupational Health and Risk Management. It will enable existing medical and para-medical personnel working in industrial settings to integrate more fully in Risk Management and Loss Control, moving away from the ageing medical model (reactive) to a proactive approach to health provision.

Non-medical personnel will benefit by gaining a thorough understanding of the working of the Occupational Health Support and the importance of providing a working environment, which is unlikely to harm the most important asset "the worker".

Cost is always an issue in any industry but this seminar goes a long way to prove that by looking after the most important asset, productivity, staff satisfaction, quality and profit can be increased.

### **Course Objectives:**

---

**By the end of this course delegates will be able to:**

**- 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"

**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

**Course Outline:**

---

**Module 1**

- Introduction to Occupational Health and Hygiene
- Introduction to the basic principles of occupational health and hygiene
- The effects of work on health

- Review of roles and functions of occupational health and safety professionals
- Occupational Safety and Health management
- The fundamental principles of establishing a safe system of work
- Introduction to health risk assessment
- Health screening and surveillance -Basic principles
- Biological monitoring
- Identification of occupational hygiene control strategies

## **Module 2**

- Chemical Agents
- Chemical hazards at work
- Introduction to toxicology
- Control of substances hazardous to health
- Assessment and monitoring of hazardous substances
- Occupational exposure limits
- Controlling hazardous substances
- Introduction to local exhaust ventilation design
- Personal protective equipment

## **Module 3**

- Physical Agents
- Noise - Its measurement, evaluation and control
- Effects of noise on human health
- Establishing a hearing conservation program
- Principles of undertaking a noise survey
- Vibration - its measurement, evaluation and control
- Effects of hand arm and whole body vibration on human health
- Assessing human vibration exposures
- Controlling vibration
- Heat Stress and Strain
- Effects of heat
- Evaluating heat stress

- Controlling the risks from heat
- Introduction to thermal comfort

#### **Module 4**

- Radiation, Biological Agents and Ergonomics
- Hazards from radiation covering both ionizing and non-ionizing sources
- Controlling radiation hazards
- Biological hazards in the workplace
- Managing the risk of legionnaires' disease
- A review of the basic principles of food safety and food hygiene
- Introduction to occupational ergonomics
- Manual handling and musculoskeletal risks
- Assessment and control of risks during manual handling operations
- Display screen equipment

#### **Module 5**

- Review - Managing occupational health risks
- Promoting occupational health programs
- Development of action plans
- Extended exercise - case study
- Course review