

HEALTH RISK ASSESSMENTS (HRA)

“Proactively Identifying and Managing Occupational Health Risks Across Industries”

Schedule

Date	Venue	Fees (Face-to-Face)
23 – 27 Mar 2026	London, UK	USD 3495 per delegate

Introduction

Health Risk Assessments (HRAs) are vital tools in protecting workers from occupational health hazards, supporting regulatory compliance, and promoting overall workforce wellbeing. In high-risk sectors such as oil & gas, manufacturing, construction, and logistics, proactive health risk identification and mitigation is essential for sustainable operations.

This comprehensive 5-day course equips health and safety professionals with the methodology, tools, and regulatory knowledge to perform effective HRAs. Participants will learn to identify health hazards, evaluate exposures, assess risks, and implement risk control measures based on best practice standards.

Objectives

- By the end of this course, participants will be able to:
- Define the purpose and scope of Health Risk Assessments in the workplace
 - Identify, evaluate, and prioritize health hazards (chemical, physical, biological, ergonomic, psychosocial)
 - Apply qualitative and quantitative risk assessment techniques
 - Recommend and implement control strategies aligned with the hierarchy of controls
 - Develop and communicate HRA reports to support compliance and decision-making

Why Attend

- Gain a structured approach to managing occupational health risks
- Improve compliance with ISO 45001, ILO guidelines, and local regulations
- Learn how to assess and mitigate risks that are often overlooked in traditional safety assessments
- Support a culture of proactive risk prevention and health surveillance
- Strengthen internal reporting and communication of health risks

Target Audience

This program is designed for:

- Occupational health & safety professionals
- HSE and risk managers
- Industrial hygienists and medical officers
- Facility managers and operations supervisors
- Compliance, audit, and regulatory affairs staff

Individual Benefits

Key competencies that will be developed include:

- Health hazard identification and exposure assessment
- HRA planning and execution
- Qualitative and quantitative risk analysis
- Application of control measures and hierarchy of control
- Documentation and reporting for regulatory compliance

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Enhanced protection of worker health and safety
- Reduced absenteeism and occupational illness costs
- Stronger alignment with occupational health regulations and standards
- Improved health risk communication across departments
- A more resilient and health-conscious workforce culture

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings – HRA frameworks, global standards, and legal context
- Case Studies – HRA implementation in oil & gas, mining, and industrial settings
- Workshops – Hazard identification, exposure assessment, and control planning
- Peer Exchange – Discussion of industry-specific challenges and mitigation strategies
- Tools – Risk matrices, exposure monitoring templates, and reporting formats

Course Outline

Training Hours: 07:30 AM - 03:30 PM Daily Format: 3-4 Learning Modules | Coffee Breaks: 09:30 & 11:15 | Lunch Break: 01:00 - 02:00

Day 1: Foundations of Health Risk Assessment

- Module 1: Introduction to HRA (07:30 - 09:30) • Definition, scope, and objectives of HRA • Differences between safety and health risk assessments • Overview of international standards and regulations
- Module 2: Health Hazards and Exposure Routes (09:45 - 11:15) • Chemical, physical, biological, ergonomic, and psychosocial hazards • Routes of entry and health effects • Industry-specific risk scenarios
- Module 3: Workshop - Hazard Identification (11:30 - 01:00) • Conducting a basic hazard identification exercise

Day 2: Exposure Assessment and Monitoring

- Module 4: Exposure Pathways and Quantification (07:30 - 09:30) • Measuring and estimating exposure • Air sampling, noise monitoring, ergonomic risk screening • Time-weighted average and threshold limit values
- Module 5: Data Sources and Risk Factors (09:45 - 11:15) • Medical surveillance, historical data, and trend analysis • Worker feedback and behavioral observations
- Module 6: Workshop - Exposure Assessment Plan (11:30 - 01:00) • Developing an exposure assessment strategy

Day 3: Risk Evaluation and Control

- Module 7: Risk Evaluation Techniques (07:30 - 09:30) • Qualitative vs. quantitative analysis • Risk ranking and prioritization • HRA matrices and risk scoring
- Module 8: Risk Control Strategies (09:45 - 11:15) • Elimination, substitution, engineering, admin controls, PPE • Practical examples across various sectors
- Module 9: Workshop - Risk Control Planning (11:30 - 01:00) • Proposing control measures for identified risks

Day 4: Implementation and Communication

- Module 10: Integrating HRA into HSE Systems (07:30 - 09:30) • Linking HRA with HSEMS, audits, and ISO 45001 • Role of leadership and worker participation
- Module 11: Communicating Health Risks (09:45 - 11:15) • Risk perception and communication techniques • Visual aids, dashboards, and team briefings
- Module 12: Workshop - Internal Risk Communication Simulation (11:30 - 01:00) • Delivering a health risk briefing to stakeholders

Day 5: Reporting, Review, and Strategy

- Module 13: HRA Documentation and Reporting (07:30 - 09:30) • Structuring effective HRA reports • Aligning with compliance and audit needs
- Module 14: Review and Continuous Improvement (09:45 - 11:15) • Monitoring, evaluation, and periodic reviews • Updating HRA plans and integrating feedback
- Module 15: Final Project - HRA Plan Presentation (11:30 - 01:00) • Group presentations of complete HRA action plans

Certification

Participants will receive a Certificate of Completion in Health Risk Assessments (HRA), validating their ability to plan, conduct, and implement effective health risk management strategies in compliance with occupational health and safety standards

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