MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

Phone: +601116373203 | **Email:** info@mawaevents.net

APPLIED OCCUPATIONAL HEALTH AND INDUSTRIAL HYGIENE

"Protecting Worker Health Through Hazard Recognition, Risk Assessment, and Preventive Control"

Schedule

Date	Venue	Fees (Face-to-Face)
25 – 29 May 2026	London, UK	USD 3495 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

Occupational health and industrial hygiene are essential disciplines for protecting the workforce from chemical, physical, biological, and ergonomic hazards. This intensive 5-day course equips safety, health, and environmental professionals with practical tools to identify hazards, assess exposure risks, and implement effective control measures.

Participants will learn globally recognized standards and frameworks, including those from OSHA, NIOSH, ACGIH, and ISO. The course covers workplace exposure limits, air and noise monitoring, PPE selection, and engineering controls—empowering participants to proactively reduce risks and promote a healthy work environment.

Objectives

By the end of this course, participants will be able to:

- Identify and classify health hazards in various industrial environments
- Conduct qualitative and quantitative exposure assessments
- Select appropriate air, noise, and physical hazard monitoring techniques
- Recommend and implement effective control measures based on the hierarchy of controls
- Ensure compliance with occupational health regulations and standards

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Why Attend

- Gain practical expertise in industrial hygiene monitoring and workplace health assessments
- Understand how to select and implement control strategies to protect workers
- Learn to interpret exposure data and comply with global health standards
- Reduce occupational illnesses and long-term health claims in your organization
- Prepare for audits and regulatory inspections with confidence

Target Audience

This program is designed for:

- Occupational health and safety officers
- Industrial hygienists and environmental health professionals
- HSE managers and consultants
- Facility and plant engineers
- Professionals responsible for workplace health and regulatory compliance

Individual Benefits

Key competencies that will be developed include:

- Hazard anticipation and recognition techniques
- Exposure measurement and risk evaluation
- Engineering and administrative control selection
- PPE assessment and implementation strategies
- Workplace health surveillance planning and documentation

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Improved hazard control and risk mitigation practices
- Compliance with international occupational health regulations
- Reduction in absenteeism and long-term occupational illnesses
- Enhanced health and safety audit readiness
- Support for sustainable and healthy work environments

Instructional Methodology

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

- Strategy Briefings – International standards and best practices in industrial hygiene
- Case Studies – Workplace exposure incidents and preventive measures
- Workshops – Hazard identification, monitoring data interpretation, control design
- Peer Exchange – Industry-specific challenges and solutions
- Tools – Exposure limit references, monitoring devices, risk assessment templates

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Course Outline

Training Hours: 7:30 AM – 3:30 PM Daily Format: 3–4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

Day 1: Fundamentals of Occupational Health and Industrial Hygiene

- Module 1: Introduction to Industrial Hygiene (07:30 – 09:30) • Scope, roles, key terminologies, and historical development
- Module 2: Regulatory Frameworks and Exposure Limits (09:45 – 11:15) • OSHA, NIOSH, ACGIH, ISO standards, TLVs, PELs
- Module 3: Types of Workplace Hazards (11:30 – 01:00) • Chemical, physical, biological, ergonomic
- Module 4: Workshop – Hazard Identification Exercise (02:00 – 03:30) • Case-based hazard recognition scenario

Day 2: Exposure Assessment and Monitoring Techniques

- Module 5: Qualitative Exposure Assessment Methods (07:30 – 09:30) • Task-based exposure analysis, risk matrices
- Module 6: Air Sampling and Monitoring (09:45 – 11:15) • Particulate, gas/vapor detection, equipment use
- Module 7: Noise, Vibration, and Thermal Stress Monitoring (11:30 – 01:00) • Decibel measurement, heat index, WBGT, HAV
- Module 8: Workshop – Conduct and Interpret Exposure Monitoring (02:00 – 03:30) • Hands-on use of monitoring instruments and data analysis

Day 3: Risk Evaluation and Health Effects

- Module 9: Toxicology and Dose-Response Relationships (07:30 – 09:30) • Absorption routes, thresholds, chronic vs. acute effects
- Module 10: Ergonomic and Physical Stressors (09:45 – 11:15) • Repetitive strain, lifting techniques, workstation design
- Module 11: Biological Agents and Infection Control (11:30 – 01:00) • Indoor air quality, pathogens, industrial hygiene in healthcare
- Module 12: Workshop – Health Risk Prioritization (02:00 – 03:30) • Rank exposure scenarios and recommend mitigations

Day 4: Control Measures and Hazard Mitigation

- Module 13: The Hierarchy of Controls (07:30 – 09:30) • Elimination, substitution, engineering, administrative, PPE
- Module 14: Engineering Control Strategies (09:45 – 11:15) • Ventilation systems, isolation, enclosure techniques
- Module 15: PPE Selection and Use (11:30 – 01:00) • Respiratory, hearing, and dermal protection
- Module 16: Workshop – Design a Hazard Control Plan (02:00 – 03:30) • Apply layered controls to real-world case examples

Day 5: Program Implementation and Surveillance

- Module 17: Health Surveillance Programs (07:30 – 09:30) • Pre-placement exams, periodic testing, recordkeeping
- Module 18: Training and Worker Communication (09:45 – 11:15) • Education strategies, safety culture reinforcement
- Module 19: Auditing and Continuous Improvement (11:30 – 01:00) • Gap analysis, performance tracking, corrective actions
- Module 20: Final Workshop – Build an Industrial Hygiene Program (02:00 – 03:30) • Design and present a practical occupational health strategy

Certification

Participants will receive a Certificate of Completion in Applied Occupational Health and Industrial Hygiene, validating their expertise in assessing workplace exposures and implementing control strategies that promote health, safety, and regulatory compliance.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

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