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 & INDUSTRIAL HYGIENE

"Safeguard your workforce with practical skills in occupational health and industrial hygiene."

Schedule

Venue (InHouse)	Fees
At Your Organization Premises	Ask For The Quotation

► **Available delivery methods:** In-House Training

Introduction

This intensive training program is designed to equip safety, health, and environmental professionals with practical knowledge and tools for identifying, assessing, and controlling occupational health hazards. The course emphasizes real-world applications of industrial hygiene principles, including workplace monitoring, exposure risk assessments, and hazard mitigation strategies aligned with global standards.

Objectives

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

- Identify chemical, physical, biological, and ergonomic hazards in various workplace settings
- Conduct qualitative and quantitative exposure assessments
- Recommend control strategies using the hierarchy of controls
- Apply best practices in monitoring and sampling for airborne contaminants
- Interpret occupational health regulations and guidelines (OSHA, ACGIH, NIOSH, ISO, etc.)

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Why Attend

- Learn how to recognize and mitigate occupational exposure risks
- Improve workplace health and safety outcomes
- Ensure regulatory compliance and reduce liabilities

Target Audience

- Occupational Health & Safety Officers
- Industrial Hygienists and Safety Engineers
- Plant Supervisors and HSE Managers
- Facilities and Operations Professionals
- Environmental & Compliance Professionals

Individual Benefits

- Enhanced ability to conduct workplace health risk assessments
- Expanded technical competency in exposure control and monitoring
- Better preparation for national and international certifications in OHS/Hygiene

Organizational Benefits

- Reduced incidence of work-related illnesses and absenteeism
- Stronger compliance with occupational health regulations
- Improved employee trust, performance, and morale

Instructional Methodology

- Case-based learning and real-world industry scenarios
- Practical demonstrations of sampling instruments
- Interactive group discussions and risk mapping exercises
- Instructor-led lectures supported by global OHS standards

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Course Outline

DETAILED 5-DAY COURSE OUTLINE (CUSTOMIZABLE) 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: Foundations of Industrial Hygiene & Occupational Health

- Module 1: Introduction to Occupational Health and IH (07:30 – 09:30)
- Module 2: Occupational Diseases and Exposure Pathways (09:45 – 11:15)
- Module 3: Legal & Regulatory Frameworks (11:30 – 01:00)
- Module 4: Workplace Health Hazard Identification (02:00 – 03:30)

Day 2: Hazard Recognition & Exposure Assessment

- Module 1: Chemical Hazards and Airborne Contaminants (07:30 – 09:30)
- Module 2: Physical Hazards (Noise, Radiation, Heat, Vibration) (09:45 – 11:15)
- Module 3: Biological & Ergonomic Hazards (11:30 – 01:00)
- Module 4: Workplace Walkthrough and Risk Mapping Exercise (02:00 – 03:30)

Day 3: Sampling & Monitoring Techniques

- Module 1: Air Sampling Methods and Instrumentation (07:30 – 09:30)
- Module 2: Noise & Radiation Measurement Tools (09:45 – 11:15)
- Module 3: Surface Sampling and Ventilation Assessment (11:30 – 01:00)
- Module 4: Practical Demonstration – Use of Monitoring Equipment (02:00 – 03:30)

Day 4: Control Strategies & Health Program Management

- Module 1: Engineering, Administrative, and PPE Controls (07:30 – 09:30)
- Module 2: Design of Occupational Health Surveillance Programs (09:45 – 11:15)
- Module 3: Industrial Hygiene Program Implementation (11:30 – 01:00)
- Module 4: Case Study – Developing Exposure Control Plans (02:00 – 03:30)

Day 5: Risk Communication, Auditing & Course Wrap-Up

- Module 1: Communicating Health Risks to Stakeholders (07:30 – 09:30)
- Module 2: IH and OH Audit Checklists and Compliance Tools (09:45 – 11:15)
- Module 3: Final Group Presentation – IH Risk Assessment Report (11:30 – 01:00)
- Module 4: Review, Q&A, Certification & Course Close (02:00 – 03:30)

Certification

Participants who complete the course will receive a Certificate in Applied Occupational Health & Industrial Hygiene, aligned with best practices in industrial health and safety, and may be used to support CPD requirements for professional designations.

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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In-House / Customized Training Interested in running this course for your team? Please contact us:	TEL: **+601116373203**	EMAIL: **info@mawaevents.net**

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