



SCANDINAVIAN ACADEMY
For Training and Development

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Course: Industrial Hygiene & Occupational Health

Code	City	Hotel	Start	End	Price	Language - Hours
491	Muscat (Oman)	Hotel Meeting Room	2025-10-12	2025-10-16	3950 €	En - 25

Why Choose this Course?

The purpose of this course is to provide delegates with the knowledge and understanding of industrial hygiene and occupational health issues and their solutions.

Industrial hygiene and occupational health is about the effect on the health and well-being of employees and contractors who carry out process tasks and/or who are exposed to industrial processes. Industrial hygiene and occupational health programs play a vital role in helping an organisation care for and understand the occupational health risks to their employees, enabling them to protect them and, to subsequently reduce sickness absence levels and optimise employee performance.

Industrial hygiene and occupational health is a vital component of an organisation's health and safety management system for the effective management of operational risks. Other areas in which industrial hygiene and occupational health programs can assist organisations include health surveillance intervention programmes and the management of existing work-related health problems.

What are the Goals?

Delegates will learn how to:

- Understand the aspects of industrial hygiene and occupational health
- Understand an industrial hygiene and occupational health program
- Implement occupational health management and surveillance procedures
- Identify occupational health issues and, the relevant risk reduction solutions



Who is this Course for?

This course is suitable to a wide range of professionals but will greatly benefit:

- Industrial (Occupational) Hygienists who develop and manage health programmes
- All managers, supervisors and those who are involved with occupational health
- Production, maintenance, engineers and health and safety personnel
- All personnel involved in purchasing and managing hazardous substances

How will this be Presented?

Delegates will learn by active participation through inspiring presentation tools and interactive techniques presented in a lively, enthusiastic and interesting style. Delegates will take part in practical case studies and open discussion, as related to their own organisation's operational activities.

The Course Content

Day One

Introduction to Industrial Hygiene and Occupational Health

- What is industrial hygiene and occupational health?
- Identifying health risks to employees and contractors
- Understanding health risk effects on the human body and its organs
- Global strategies and trends
- Work organisation and work-related stress
- Case Study and Video

Day Two



Organ Structure and Function

- Structure and function of lungs
- Organ structure of skin
- Effects of inhaled materials
- Effects of physical agents on major organs
- Biological agents and their effects
- Case Study and Video

Day Three

Occupational Health Risks

- Occupational health elements and their health risk effects
- Occupational diseases and infections
- Occupational toxicology (chemicals, gases, vapours and fibres)
- Musculoskeletal disorders and prevention solutions
- Health effects of light, heat, noise, vibration, pressure and radiation
- Case Study and Video

Day Four

Principles of Industrial Hygiene

- Principles of health risk assessment
- Design of exposure measurement surveys and analysis
- Retrospective exposure assessment
- Biological monitoring
- Sampling methods for gases, vapours and aerosols
- Dermal exposure assessment

Day Five



Occupational Health Management

- Occupational health monitoring and surveillance programs
- Noise, vibration, thermal and lighting management
- Personal protective equipment and its limitations in protecting health
- Understanding Global, Regional and Local Environmental Issues
- Implement an occupational health management program
- Summary of Course Key Points



The Scandinavian Academy for Training and Development employs modern methods in training and skills development, enhancing the efficiency of human resource development. We follow these practices:

• **Theoretical Lectures:**

- We deliver knowledge through advanced presentations such as PowerPoint and visual materials, including videos and short films.

• **Scientific Assessment:**

- We evaluate trainees skills before and after the course to ensure their progress.

• **Brainstorming and Interaction:**

- We encourage active participation through brainstorming sessions and applying concepts through role play.

• **Practical Cases:**

- We provide practical cases that align with the scientific content and the participants specific needs.

• **Examinations:**

- Tests are conducted at the end of the program to assess knowledge retention.

• **Educational Materials:**

- We provide both printed and digital scientific and practical materials to participants.

• **Attendance and Final Result Reports:**

- We prepare detailed attendance reports for participants and offer a comprehensive program evaluation.

• **Professionals and Experts:**

- The programs scientific content is prepared by the best professors and trainers in various fields.

• **Professional Completion Certificate:**

- Participants receive a professional completion certificate issued by the Scandinavian Academy for Training and Development in the Kingdom of Sweden, with the option for international authentication.

• **Program Timings:**

- Training programs are held from 10:00 AM to 2:00 PM and include coffee break sessions during lectures.