



**Health, Safety  
Security & Environment**



**SCANDINAVIAN ACADEMY**  
Training and Development



# Course: Industrial Hygiene

Code	City	hotel	Start	End	price	Hours
194	Muscat (Oman)	Hotel Meeting Room	2024-05-12	2024-05-16	3450 €	25

## Overview:

This programme covers all the key concepts of industrial hygiene, including anticipating, recognising, evaluating, communicating, and control of workplace conditions that have the potential to cause occupational disease and illness. The programme is aimed at individuals and managers who wish to learn more about, or enhance their knowledge, industrial (occupational) hygiene.

### the key elements covered include:

- Occupational hygiene programme principles
- Health hazards (biological, chemical, etc)
- Essential sciences (human anatomy, biology and chemical effects)
- Occupational diseases
- Health, sampling, measurement and evaluation techniques

## The Goals

- Obtain an in-depth knowledge of the industrial hygiene range of topics
- Learn about the different types of occupational diseases and illness conditions
- Understand how to anticipate, recognise, evaluate, communicate, and control workplace conditions
- Participate in case study exercises and group discussions regarding industrial hygiene management

## The Process

Delegates will learn by active participation through interactive presentation tools, supported by videos, delegate exercises and case studies, in which delegates will learn the key elements of industrial hygiene, as related to the business activities of their particular organisation.

## Programme Summary



The purpose of this Industrial Hygiene training session is to provide delegates with the key principles and essential knowledge and skills to manage and monitor the professional practice of industrial hygiene, including anticipating, recognising, evaluating, communicating health risks and, the control of workplace conditions that have the potential to cause occupational disease and illness.

## The Programme Content

### Introduction to Industrial Hygiene

- What is industrial hygiene?
- Industrial hygiene management systems
- Occupational exposure standards
- Overview of the types of health risks
- Occupational diseases and illness conditions
- Case study review
- Delegate exercise: outline the primary health risks

### Understanding Health Risks

- The human system (skeleton, muscles, nerves, circulation, respiratory, skin, sense organs, etc)
- Methods of identifying health risks
- Biological risks
- Chemical risks
- Physical risks
- Radiation risks (ionising and non-ionising)
- Delegate exercise: list primary health risks of your organisation

### Industrial Toxicology

- Exposure routes of hazardous substances
- Health effects and classification of hazardous substances
  - Toxic, Irritant, Asphyxiant and Anesthetic
  - Hepatotoxic agents
  - Nephrotoxic agents
  - Neurotoxic agents



- Blood damaging agents
- Lung damaging agents
- Delegate exercise: produce exposure routes of entry into body diagram

## **Measuring and Evaluating Health Risks**

- Recognition of potential health risks
- Sampling of gases, vapours and particulates
- Walk-through surveys
- Health surveillance programmes
- Health risk assessment reviews
- Methods of controlling health risks
- Determining health risk control methods
- Case study review
- Delegate exercise: list the use of anticipate, recognise, manage and control of health risks

## **Monitoring & Recording Health Risk Controls**

- Biological monitoring and medical surveillance
- Hearing conservation programmes
- Occupational diseases and illness condition prevention programmes
- Learning from incidents of ill health
- Step-by-step guide for managing health risks
- Video: list health risk monitoring and, the records to be kept in your organisation
- Key point summary of programme topics



**The Scandinavian Academy 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 buffet sessions for light meals during lectures.