



Consulting and Training | Reach New Heights

**Course Name**

# Basic Principles of Occupational Hygiene

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**Sector Name**

Health, Safety and Environment

**Document Type**

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## Basic Principles of Occupational Hygiene

### Course Introduction

Maintaining a safe and healthy workplace is a critical responsibility for organisations operating in industrial and high-risk environments. The Basic Principles of Occupational Hygiene training program provides professionals with the essential knowledge needed to identify, evaluate, and control workplace health hazards that may affect employee wellbeing and operational performance.

This corporate training course is designed for health and safety professionals, supervisors, engineers, and operations managers who are responsible for implementing effective workplace health protection and risk prevention strategies. Participants will learn how to recognize common occupational hazards such as chemical exposure, airborne contaminants, noise, vibration, and biological risks, and apply appropriate control measures.

The course introduces the core concepts of occupational hygiene risk assessment, exposure monitoring, hazard identification, and workplace environmental control. By understanding these principles, organisations can implement preventive measures that reduce workplace illness, improve employee safety standards, and support compliance with international health and safety regulations.

Through practical guidance and industry best practices, this training enables companies to strengthen their occupational health management systems, enhance workplace safety culture, and

protect employees from long-term health risks associated with hazardous work environments

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## Basic Principles of Occupational Hygiene

### Target Audience

- ✓ Health and safety professionals.
- ✓ Operations and Facility Managers.
- ✓ Technical and Engineering Staff.
- ✓ Engineers and technicians.
- ✓ HR personnel are involved in workplace safety.
- ✓ Regulatory and Compliance Officers.
- ✓ Anyone responsible for workplace health and safety.

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## Basic Principles of Occupational Hygiene

### Learning Objectives

- ✓ Understand the fundamental concepts of occupational hygiene & its importance in workplace safety.
- ✓ Learn to recognize chemical, physical, biological, and ergonomic hazards in the workplace.
- ✓ Gain skills in hazard evaluation techniques, including exposure monitoring and risk assessment.
- ✓ Understand the hierarchy of controls and how to implement effective control measures.
- ✓ Develop the ability to apply occupational hygiene principles to improve workplace health and safety.
- ✓ Understand the broad principles of Occupational Hygiene
- ✓ Recognizing the basis for anticipation, recognition, evaluation, and control of hazards that can be encountered in the workplace
- ✓ Understand the history and background of the development of Occupational Hygiene
- ✓ Familiar with the importance of occupational hygiene today.
- ✓ Explaining the implemented tools for Hazard Recognition, Evaluation, and Control.

## Basic Principles of Occupational Hygiene

### Course Outline

#### ✓ DAY 01

##### **Introduction to Occupational Hygiene:**

- ✓ Overview of occupational hygiene: Definition, history, and importance.
- ✓ Occupational Hygiene Vs. Industrial Hygiene
- ✓ Key concepts: Hazards, exposure, and risk.
- ✓ History and background of the development of Occupational Hygiene
- ✓ The importance of occupational hygiene today
- ✓ The role of occupational hygiene in workplace safety and health.

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## Basic Principles of Occupational Hygiene

### Course Outline

#### ✓ Day 02

##### **Hazard Recognition:**

- ✓ Introduction to chemical hazards: Types, sources, and health effects.
- ✓ Reviewing Safety Data Sheets (SDS) and chemical labels.
- ✓ Physical hazards: Noise, vibration, radiation, and temperature extremes.
- ✓ Using a sound level meter to measure noise levels.
- ✓ Biological hazards: Bacteria, viruses, and fungi.
- ✓ Ergonomic hazards: Repetitive strain, poor posture, and manual handling.
- ✓ Practical exercise: Conducting a workplace inspection to identify hazards.

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## Basic Principles of Occupational Hygiene

### Course Outline

#### ✓ Day 03

##### **Hazard Evaluation:**

- ✓ Principles of exposure assessment: Air sampling, noise monitoring, and thermal stress evaluation.
- ✓ Conducting air sampling for dust or vapours.
- ✓ Risk assessment techniques: Qualitative and quantitative methods.
- ✓ Practical exercise: Using a risk assessment matrix to evaluate hazards.

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## Basic Principles of Occupational Hygiene

### Course Outline

#### ✓ Day 04

##### **Control of Hazards**

- ✓ Hierarchy of controls: Elimination, substitution, engineering controls, administrative controls, PPE.
- ✓ Practical exercise: Designing engineering controls (e.g., ventilation systems).
- ✓ Case studies: Implementing controls in real-world scenarios (e.g., reducing silica dust in construction).
- ✓ Group activity: Developing a control plan for a hypothetical workplace.

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## Basic Principles of Occupational Hygiene

### Course Outline

#### ✓ Day 05

##### **Implementation, Monitoring, and Improvement:**

- ✓ The physiology of the human body.
- ✓ Occupational exposure to chemical and physical agents.
- ✓ Developing and implementing workplace hygiene programs.
- ✓ Regulatory compliance: Overview of OSHA, NIOSH, and other standards.
- ✓ Review and update.
- ✓ Continuous improvement.

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## Basic Principles of Occupational Hygiene

### Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Aug. 3, 2026	Aug. 7, 2026	5 days	4250.00 \$	UAE , Abu Dhabi
April 13, 2026	April 17, 2026	5 days	4250.00 \$	UAE , Dubai
Oct. 19, 2026	Oct. 23, 2026	5 days	4950.00 \$	Netherlands , Amsterdam
Jan. 17, 2027	Jan. 21, 2027	5 days	4250.00 \$	KSA , Riyadh

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