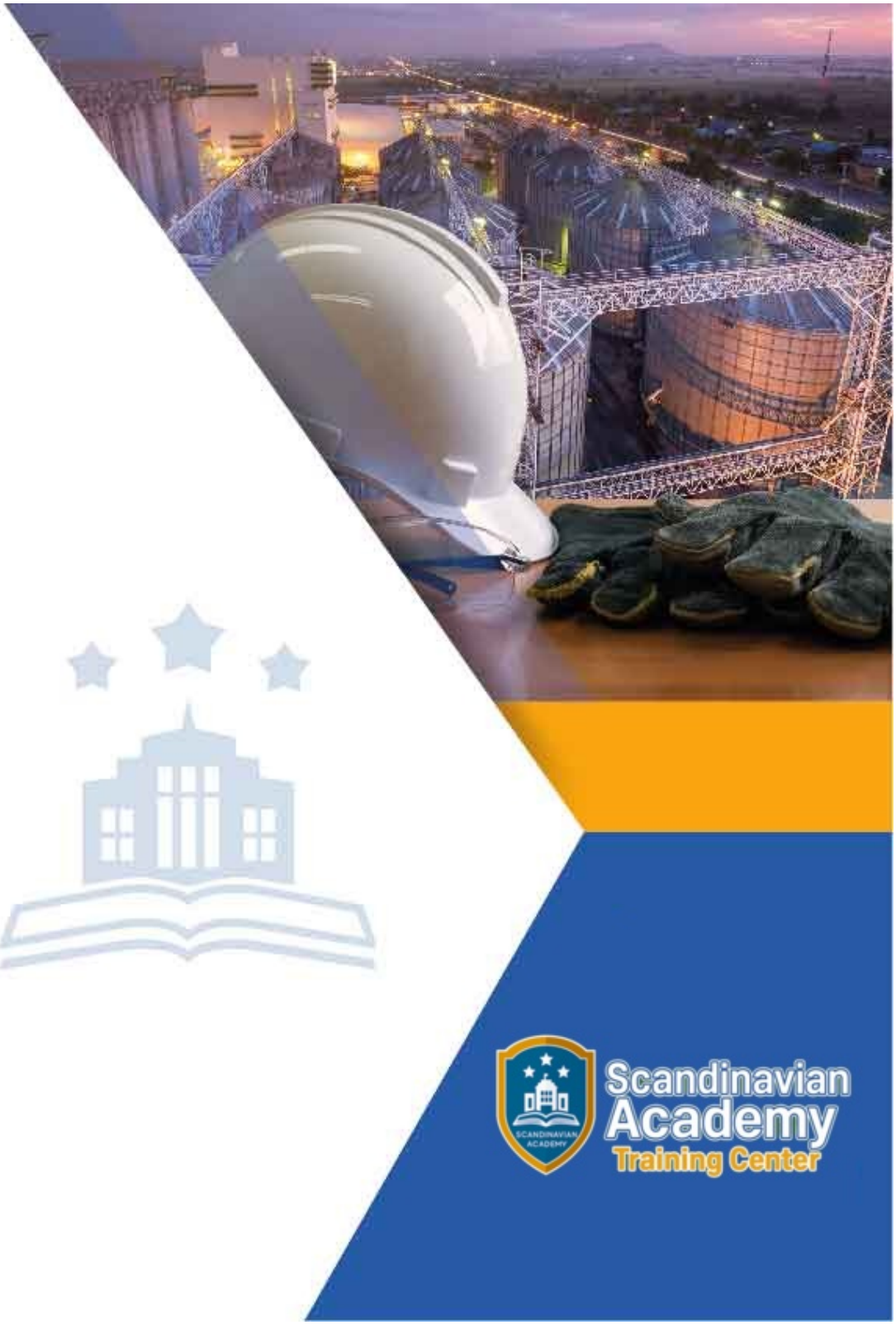

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Course: Industrial Hygiene & Occupational Health

Code	City	hotel	Start	End	price	Language - Hours
491	Al Khobar	Hotel Meeting	2026-10-11	2026-10-15	12950 SR	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 it's 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 it’s 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 Center adopts the latest scientific and professional methodologies in training and human resource development, aiming to enhance the efficiency of individuals and organizations. Training programs are delivered through a comprehensive approach that includes:

- Theoretical lectures supported by PowerPoint presentations and visual materials (videos and short films).
- Scientific evaluation of participants before and after the program to measure progress and knowledge acquisition.
- Brainstorming sessions and practical role-playing to simulate real-life scenarios.
- Case studies tailored to align with the training content and participants work nature.
- Assessment tests conducted at the end of the program to evaluate the achievement of training objectives.

Each participant receives the training material (both theoretical and practical) in printed form and saved on a CD or flash drive. Detailed reports, including attendance records, final results, and overall program evaluations, are also provided.

Training materials are prepared professionally by a team of experts and specialists in various fields. At the end of the program, participants are awarded a professional attendance certificate, signed and accredited by the Scandinavian Academy for Training Center.

Program Timings: 9:00 AM to 2:00 PM

The program includes:

- A daily buffet provided during the sessions to ensure participants comfort.
- A closing ceremony on the final day to distribute certificates and celebrate participants achievements.
- **Note: All prices are exclusive of 15% Value Added Tax (VAT).**