



COURSE TITLE	: Occupational Health Nurse (Remote Learning)		
COURSE DURATION	: 10-day(s) / 68.50-hour(s)	COURSE CODE	: OHN-RL
COURSE CATEGORY	: Competency	COURSE LEVEL	: Basic
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM 1,944.00 (inclusive of 8% SST)	EXAMINATION FEE	: RM400.00

1. OBJECTIVE(S):

At the end of the course, the participant will be able to:

- i. Recognised occupational hazards and manage occupational health issues at the workplaces;
- ii. Plan the health surveillance programme;
- iii. Perform audiometric and spirometry testing competently; and
- iv. Manage occupational health clinic at the workplaces.

2. TARGET GROUP(S):

- i. Registered Nurses.
- ii. Medical Assistants.

3. ENTRY REQUIREMENT(S):

- i. Registered with the Nursing Board of Malaysia or Medical Assistant Board or equivalent.
- ii. Must have device (Computer, Laptop or Tablet) to participate in e-learning platform. The use of mobile phones is NOT PERMITTED; **AND**
- iii. Must have good internet connection; **AND**
- iv. Zoom and Open Learning account registered with personal email.

4. TOPIC(S):

Module 1

- i. Intro to OSH.
- ii. FMA and Health Regulations.
- iii. OSHA.
- iv. USECHH.
- v. NADOPOD.
- vi. Intro to OHN.
- vii. Structure & OHN Unit.
- viii. Occupational Health Nursing process.
- ix. Role and Responsibilities of OHN.
- x. Needlestick Injuries Management.



- xi. Chemical Hazards.
- xii. Ergonomics Hazards.
- xiii. Biological Hazards.
- xiv. Psychosocial Hazards.
- xv. Physical Hazards.
- xvi. IHL Investigation.
- xvii. Intro to Occupational Diseases.
- xviii. Musculoskeletal Disorders.
- xix. Occupational Lung Diseases.
- xx. Occupational Skin Disorders.
- xxi. Occupational Reproductive Disorders.
- xxii. Liver & Kidney Disorders.
- xxiii. Neurological Disorders.
- xxiv. SOCSO.
- xxv. Occupational Epidemiology.
- xxvi. Occupational Toxicology.
- xxvii. Industrial Hygiene.

Module 2

- i. OSHMS.
- ii. Intro to HIRARC.
- iii. Risk Management.
- iv. Principles of Control: Prevention, Mitigation & Recovery.
- v. Emergency Response Plan and Preparedness.
- vi. Chemical Health Risk Assessment.
- vii. Medical Surveillance.
- viii. Fitness for Work.
- ix. Disability Assessment.
- x. Return to Work.
- xi. Preparation for Medical Board.
- xii. Health promotion and Wellness Programme.
- xiii. Drug and Alcohol-Free Workplace Programme.
- xiv. Management of Common Blood Borne Pathogens.
- xv. Travel Health.
- xvi. Counselling.
- xvii. Code of Professional Conduct for Nurses.
- xviii. Radiation Hazard.
- xix. Audiometric Test.
- xx. Lung Function Test.



5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Occupational & Environmental Medicine.
- iii. Core Curriculum for Occupational & Environmental Health Nursing.

6. LIST OF TEACHING AID(S):

- i. Computer/ Laptop.
- ii. Learning accessories.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Group discussion.
- iii. Practical.

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
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COURSE TITLE: OCCUPATIONAL HEALTH NURSE (REMOTE LEARNING)

MODULE 1

DAY ONE - MONDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0815 – 0845	0.50	Course Registration	NIOSH
0845 – 0915	0.50	Intro to the Course and Exam Briefing	NIOSH
0915 – 1015	1.00	Intro to OSH	
1015 – 1030	0.25	BREAK	
1030 – 1100	0.50	Continuation	
1100 – 1200	1.00	FMA and Health Related Regulations	
1200 – 1300	1.00	Occupational Safety and Health Act 1994	
1300 – 1400	1.00	LUNCH BREAK	
1400 – 1530	1.50	USECHH Regulations	
1530 – 1545	0.25	BREAK	
1545 – 1715	1.50	NADOPOD Regulations	
	6.50	END OF DAY ONE	

DAY TWO - TUESDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 0930	1.00	Intro to Occupational Health Nursing	
0930 – 1030	1.00	Structure and Occupational Health Nursing Unit	
1030 – 1045	0.25	BREAK	
1045 – 1245	2.00	OHN Nursing Process	
1245 – 1345	1.00	LUNCH BREAK	
1345 – 1545	2.00	Role and Responsibilities of OHN	
1545 – 1600	0.25	BREAK	
1600 – 1700	1.00	Needlestick Injuries and Management	
	7.00	END OF DAY TWO	

DAY THREE - WEDNESDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 1030	2.00	Chemical Hazards	
1030 – 1045	0.25	BREAK	
1045 – 1145	1.00	Ergonomic Hazards	
1145 – 1245	1.00	Biological Hazards	
1245 – 1345	1.00	LUNCH BREAK	
1345 – 1445	1.00	Psychosocial Hazards	
1445 – 1500	0.25	BREAK	
1500 – 1700	2.00	Physical Hazard	
	7.00	END OF DAY THREE	

DAY FOUR - THURSDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0845 – 1000	1.25	IIHL Investigation	
1000 – 1015	0.25	BREAK	
1015 – 1100	0.75	Introduction to Occupational Diseases	
1100 – 1200	1.00	MSD	
1200 – 1300	1.00	Occupational Lung Diseases	
1300 – 1400	1.00	LUNCH BREAK	
1400 – 1500	1.00	Occupational Skin Disorders	
1500 – 1600	1.00	Occupational Reproductive Disorders	
1600 – 1615	0.25	BREAK	
1615 – 1715	1.00	Occupational Liver and Kidney Disorders	
	7.00	END OF DAY FOUR	

DAY FIVE - FRIDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 0930	1.00	Occupational Neurological Disorders	
0930 – 1030	1.00	SOCSO	
1030 – 1045	0.25	BREAK	
1045 – 1145	1.00	SOCSO (Continuation	
1145 – 1245	1.00	Occupational Epidemiology	
1245 – 1445	2.00	LUNCH BREAK (FRIDAY PRAYER)	
1445 – 1545	1.00	Occupational Toxicology	
1545 – 1600	0.25	BREAK	
1600 – 1700	1.00	Occupational Hygiene and Exposure	
1700 – 1800	1.00	Revision	
	7.00	END OF THE COURSE	

MODULE 2

DAY ONE - MONDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 0930	1.00	OSH Management System	
0930 – 1030	1.00	Introduction to HIRARC	
1030 – 1045	0.25	BREAK	
1045 – 1215	1.50	Risk Management	
1215 – 1300	0.75	Principles of Prevention and Control	
1300 – 1400	1.00	LUNCH BREAK	
1400 – 1445	0.75	Continuation	
1445 – 1545	1.00	Emergency Response Plan and Preparedness	
1545 – 1600	0.25	BREAK	
1600 – 1700	1.00	Continuation	
	7.00	END OF DAY ONE	

DAY TWO - TUESDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 – 1000	1.00	Chemical Health Risk Assessment	
1000 – 1015	0.25	BREAK	
1015 – 1215	2.00	Medical Surveillance	
1215 – 1315	1.00	Fitness for work	
1315 – 1415	1.00	LUNCH BREAK	
1415 – 1515	1.00	Disability Assessment	
1515 – 1530	0.25	BREAK	
1530 – 1630	1.00	Return to Work	
1630 – 1730	1.00	Preparation for Medical Board	
	7.00	END OF DAY TWO	

DAY THREE - WEDNESDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 1000	1.50	Health Promotion & Wellness Program	
1000 – 1015	0.25	BREAK	
1015 – 1115	1.00	Drug Free Workplace Programme	
1115 – 1215	1.00	Management of Common Blood Borne Pathogens in the workplace	
1215 – 1315	1.00	Travel Health	
1315 – 1415	1.00	LUNCH BREAK	
1415 – 1515	1.00	Counselling	
1515 – 1545	0.50	Ethics and Good Practices	
1545 – 1600	0.25	BREAK	
1600 – 1700	1.00	Radiation	
	7.00	END OF DAY THREE	

DAY FOUR - THURSDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0800 – 0830	0.50	BREAKFAST	
0830 – 0900	0.50	Briefing on Site Visit	NIOSH / Facilitator
0900 – 1300	4.00	Site Visit	
1300 – 1400	1.00	LUNCH BREAK	
1400 – 1500	1.00	Preparation or Presentation	
1500 – 1515	0.25	BREAK	
1515 – 1645	1.50	Presentation	
	7.00	END OF DAY FOUR	

DAY FIVE - FRIDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 0930	1.00	Noise Induced Hearing Loss	
0930 – 1030	1.00	Audiometric Test and Interpretation	
1030 – 1045	0.25	BREAK	
1045 – 1145	1.00	Continuation	
1145 -1245	1.00	Lung Function Test and Interpretation	
1245 – 1445	2.00	LUNCH (FRIDAY PRAYER)	
1445 – 1600	1.25	Continuation	
1600 – 1615	0.25	BREAK	
1615 – 1700	0.75	Continuation	
	6.00	END OF THE COURSE	