



<b>COURSE TITLE</b>	: Occupational Health Doctor	<b>COURSE CODE</b>	: OHD
<b>COURSE DURATION</b>	: 9-day(s) / 69.00-hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Competency		
<b>HRD CORP SCHEME</b>	: Claimable		
<b>COURSE FEE</b>	: RM4,212.00 (inclusive of 8% SST)	<b>EXAMINATION FEE</b>	: RM350.00

#### 1. OBJECTIVE(S):

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

- i. Recognised occupational hazards, diagnose occupational diseases and manage occupational health issues at the workplaces.
- ii. Conduct medical surveillance program as stipulated under USECHH Regulations, 2000.
- iii. Perform and analyse spirometry and audiometric testing competently.
- iv. Be a competent OHD (upon passing the OHD examination and registration with DOSH).

#### 2. TARGET GROUP(S):

Medical practitioners who are registered with Malaysian Medical Council and wish to register with:

- i. DOSH as Occupational Health Doctors, **AND**
- ii. SOCSO as SOCSO's panel doctors.

#### 3. ENTRY REQUIREMENT(S):

- i. Malaysian citizen; **AND**
- ii. Fully registered medical practitioner with Malaysian Medical Council.

**Note:** This entry requirement(s) is applicable for **training** purpose only. Please refer to the Guidelines for the Registration of Assessors, Hygiene Technician and Occupational Health Doctor by the Department of Occupational Safety and Health, Ministry of Human Resources Malaysia 2000 if you would like to be a registered competent person (Occupational Health Doctor). Effective 1<sup>st</sup> January 2024, participant is required to sit for the first examination within one (1) year from the date of completion of the course.

#### 4. TOPIC(S):

##### Module 1

- i. Overview of Occupational Health and Safety.
- ii. Roles of SOCSO Panel Doctors.
- iii. SOCSO Act and Benefits.
- iv. Principles of Industrial Hygiene, Ergonomics and Impairment Assessment.
- v. Occupational Toxicology and Occupational Epidemiology.



- vi. OSH Management System.
- vii. Risk Assessment.
- viii. Medical Surveillance.
- ix. Walk-Through Survey.
- x. Occupational Diseases.
- xi. Fitness to Work.
- xii. Sickness Absence.
- xiii. Back to Work Programme.
- xiv. Overview of SOHELP.

### **Module 2**

- i. Organic Solvent and Heavy Metal.
- ii. Radiation, Noise and Vibration.
- iii. Airborne Hazardous Material.
- iv. Occupational Lung Disorders, Lung Function Test and Chest X-Ray.
- v. Pressure Related Disorders.
- vi. Indoor Air Quality and Sick Building Syndrome.
- vii. Heat Stress.
- viii. PPE Management.
- ix. Occupational Reproductive Disorders, Occupational Neurological Disorders, Occupational Liver and Kidneys Disorders, Occupational Skin Disorder and Occupational Musculoskeletal Disorders.
- x. Audiometric Testing & Analysis.

### **Module 3**

- i. Site Visit.
- ii. Occupational Exposure Standards.
- iii. Chemical Safety.
- iv. USECHH Regulations 2000.
- v. Chemical Health Risk Assessment.
- vi. Workplace Exposure Monitoring.
- vii. Principles of Biological Monitoring.
- viii. Pesticides & Biological Hazard
- ix. Migrant Workers.
- x. Occupational Health Services.
- xi. Health Promotion.
- xii. Risk Communication & Travel Health.
- xiii. Drug Free Workplace Programme.
- xiv. Occupational Cancer.
- xv. Emergency Response Plan and First Aid.



**5. LIST OF REFERENCE BOOK(S):**

- i. Occupational Safety and Health Act 1994.
- ii. Occupational & Environmental Medicine.
- iii. Guidelines on Medical Surveillance.
- iv. Guidelines for the Registration of Assessors, Hygiene Technician and Occupational Health Doctor.

**6. LIST OF TEACHING AID(S):**

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Discussion.
- iii. Practical.

**Note:** Participant is required to bring along Personal Protective Equipment (e.g. Safety Helmet and Safety Boot) during site visit session (Module 3).

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	<b>COURSE SCHEDULE</b>		
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**COURSE TITLE: OCCUPATIONAL HEALTH DOCTOR (MODULE 1)**

**DAY ONE**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 - 0900	0.50	Registration	NIOSH
0900 - 0915	0.25	Introduction to the Course	NIOSH
0915 - 1015	1.00	Overview of Occupational Health	
1015 - 1030	0.25	MORNING TEA BREAK	
1030 - 1130	1.00	Overview of Occupational Safety	
1130 - 1215	0.75	Occupational Toxicology	
1215 - 1415	2.00	LUNCH (FRIDAY PRAYER)	
1415 - 1500	0.75	Principles of Epidemiology	
1500 - 1545	0.75	Principle of Industrial Hygiene	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1730	1.50	SOCSO Act and Benefits	
1730 - 1830	1.00	Return to Work Program	
	<b>6.75</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 - 0930	1.00	Hazard Identification and Risk Assessment	
0930 - 1030	1.00	Typical Health Hazards in Selected Industries	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Walk-through Survey	
1145 - 1230	0.75	Principles and Prevention of Risk	
1230 - 1300	0.50	Personal Protective Equipment	
1300 - 1400	1.00	LUNCH	
1400 - 1430	0.50	Continuation	
1430 - 1530	1.00	OSH Legislations	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1645	1.00	Occupational Diseases	
1645 - 1745	1.00	Medical Surveillance	
	<b>7.75</b>	<b>END OF DAY TWO</b>	

**DAY THREE**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 - 0930	1.00	OSH Management Systems	
0930 - 1030	1.00	Fitness to Work	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Principle of Impairment Assessment	
1145 - 1230	0.75	Roles of SOCSO Panel Doctors	
1230 - 1330	1.00	LUNCH	
1330 - 1430	1.00	Sickness Absence	
1430 - 1530	1.00	Ethics	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1645	1.00	Overview of SOHELP	
1645 - 1715	0.50	Short Assessment	
1715 - 1730	0.25	Closing	NIOSH
	<b>7.25</b>	<b>END OF THE COURSE</b>	

**COURSE TITLE: OCCUPATIONAL HEALTH DOCTOR (MODULE 2)**

**DAY ONE**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0815 – 0845	0.50	Registration	NIOSH
0845 – 0900	0.25	Introduction	NIOSH
0900 – 1030	1.50	Heavy Metal	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1145	1.00	Airborne Hazardous Material	
1145 – 1245	1.00	IAQ & Sick Building Syndrome	
1245 – 1430	1.75	LUNCH (FRIDAY PRAYER)	
1430 – 1530	1.00	Organic Solvent	
1530 – 1630	1.00	Radiation	
1630 – 1645	0.25	AFTERNOON TEA BREAK	
1645 – 1745	1.00	Vibration	
1745 – 1845	1.00	PPE Management (+ Practical)	
	<b>7.50</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 – 1030	2.00	Occupational Lung Disorders & Lung Function Test	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1145	1.00	Continuation	
1145 – 1245	1.00	Chest X-ray: ILO Classification on Pneumoconiosis	
1245 – 1345	1.00	LUNCH	
1345 – 1515	1.50	OSH (Noise Exposure) Regulations 2019	
1515 – 1615	1.00	Occupational Noise Related Hearing Disorders	
1615 – 1630	0.25	AFTERNOON TEA BREAK	
1630 - 1830	2.00	Audiometric Test & Analysis	
	<b>8.50</b>	<b>END OF DAY TWO</b>	

**DAY THREE**

<b>TIME</b>	<b> HOUR</b>	<b> TOPIC</b>	<b> TRAINER/ FACILITATOR</b>
0830 – 0930	1.00	Pressure Related Disorder	
0930 – 1030	1.00	Heat Stress	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1145	1.00	Occupational Ergonomics & MSD'S	
1145 – 1245	1.00	Occupational Skin Disorder	
1245 – 1345	1.00	LUNCH	
1345 – 1445	1.00	Occupational Reproductive Disorders	
1445 – 1545	1.00	Occupational Neurological Disorders	
1545 – 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.00	Occupational Liver & Kidney Disorders	
1700 - 1715	0.25	Closing	NIOSH
	<b>7.00</b>	<b>END OF THE COURSE</b>	

**COURSE TITLE: OCCUPATIONAL HEALTH DOCTOR (MODULE 3)**

**DAY ONE**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0800 – 0830	0.50	Registration	NIOSH
0830 – 1230	4.00	Briefing & Site Visit	
1230 – 1430	2.00	LUNCH (FRIDAY PRAYER)	
1430 – 1530	1.00	Discussion on Site Visit	
1530 – 1630	1.00	Emergency Response Plan & First Aid	
1630 - 1645	0.25	AFTERNOON TEA BREAK	
1645 – 1745	1.00	Fire Safety	
1745 – 1815	0.50	Exam Briefing	ECD
	<b>7.00</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0815 – 0845	0.50	USECHH Regulations	
0845 – 0915	0.50	CLASS Regulations	
0915 - 1015	1.00	Notification of Accident, Dangerous Occurrence, Occupational Poisoning and Occupational Disease	
1015 – 1030	0.25	MORNING TEA BREAK	
1030 – 1130	1.00	Occupational Exposure Standards	
1130 – 1230	1.00	Chemical Safety	
1230 – 1300	0.50	Chemical Health Risk Assessment (CHRA)	
1300 – 1400	1.00	LUNCH	
1400 – 1445	0.75	Continuation	
1445 – 1545	1.00	Workplace Exposure Monitoring	
1545 – 1600	0.25	AFTERNOON TEA BREAK	
1600 – 1700	1.00	Principles of Biological Monitoring	
1700 – 1800	1.00	Pesticides	
1800 – 1900	1.00	Biological Hazards (HIV, Hep B etc.)	
	<b>9.25</b>	<b>END OF DAY TWO</b>	



**DAY THREE**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 – 0930	1.00	Migrant Workers	
0930 – 1030	1.00	Health Promotion and Education	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1145	1.00	Risk Perception & Risk Communication	
1145 – 1245	1.00	Occupational Cancer	
1245 – 1345	1.00	LUNCH	
1345 – 1445	1.00	Occupational Stress	
1445 – 1545	1.00	Occupational Health Services	
1545 – 1600	0.25	AFTERNOON TEA BREAK	
1600 – 1700	1.00	Drug & Alcohol-Free Workplace Program	
1700 – 1800	1.00	Travel Health	
1800 – 1815	0.25	Closing	NIOSH
	<b>8.00</b>	<b>END OF THE COURSE</b>	