



COURSE TITLE	: Basic Principles of Industrial Hygiene (Remote Learning)		
COURSE DURATION	: 4-day(s) / 26.75-hour(s)	COURSE CODE	: BPIH-RL
COURSE CATEGORY	: Non-Competency	COURSE LEVEL	: Basic
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM 864.00 (inclusive of 8% SST)		

1. OBJECTIVE(S):

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

- i. Provide a practical understanding of industrial hygiene for people who need to manage or advise on workplace health issues in their employment.
- ii. Provide a foundation for participants who wish to undertake more in-depth study in individual industrial hygiene subjects.
- iii. Inform and enthuse participants about the field of industrial hygiene.

2. TARGET GROUP(S):

- i. Health and safety professionals, occupational health specialists (including physicians and nurses), specialist in subjects such as acoustics, ergonomics, human factors, occupational psychology, work, organization, biosafety, acoustics engineering, or analytical chemistry who want a broader appreciation of how their role interfaces with other professions over health issues in the workplace.

3. ENTRY REQUIREMENT(S):

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

4. TOPIC(S):

- i. Introduction to Industrial Hygiene.
- ii. Human Physiology.
- iii. Fundamentals of Toxicology.
- iv. Examples of Hazardous Substances / Processes.
- v. Assessment of Health Risks.
- vi. Measurement of Airborne Contaminants.
- vii. Hygiene Standards and Occupational Exposure Limits.
- viii. Biological Monitoring and Health Surveillance.
- ix. General Approaches to the Control of Risk to Health.
- x. Ventilation.



- xi. Asbestos.
- xii. Biological Hazards.
- xiii. Noise.
- xiv. Vibration.
- xv. Thermal Environment.
- xvi. Lighting and Non-Ionizing Radiation.
- xvii. Ionizing Radiation.
- xviii. Introduction to Ergonomics.
- xix. Display Screen Equipment.
- xx. Human Factors.
- xxi. Stress Management.
- xxii. Careers in Industrial Hygiene.

5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.

6. LIST OF TEACHING AID(S):

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

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
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COURSE TITLE: BASIC PRINCIPLES OF INDUSTRIAL HYGIENE (REMOTE LEARNING)

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	Introduction to Industrial Hygiene	
1015 – 1030	0.25	BREAK	
1030 – 1200	1.50	Human Physiology	
1200 – 1300	1.00	Fundamentals of Toxicology	
1300 – 1400	1.00	LUNCH BREAK	
1400 – 1500	1.00	Examples of Hazardous Substances	
1500 – 1615	1.25	Assessment of Health Risks	
1615 – 1630	0.25	BREAK	
	5.75	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 1000	1.50	Measurement of Airborne Contaminants	
1000 – 1030	0.50	Hygiene Standards and Occupational Exposure Limits	
1030 – 1045	0.25	BREAK	
1045 – 1200	1.25	Continuation	
1200 - 1300	1.00	Biological Monitoring and Health Surveillance	
1300 – 1400	1.00	LUNCH BREAK	
1400 – 1445	0.75	General Approaches to The Control of Risk to Health	
1445 – 1600	1.25	Ventilation	
1600 – 1615	0.25	BREAK	
1615 – 1700	0.75	Asbestos	
	7.00	END OF DAY TWO	

DAY THREE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0930	1.00	Biological Hazards	
0930 - 1030	1.00	Noise	
1030 - 1045	0.25	BREAK	
1045 - 1115	0.50	Continuation	
1115 - 1215	1.00	Vibration	
1215 - 1315	1.00	Thermal Environment	
1315 - 1415	1.00	LUNCH BREAK	
1415 - 1515	1.00	Lighting and Non-Ionizing Radiation	
1515 - 1600	0.75	Ionizing Radiation	
1600 - 1615	0.25	BREAK	
1615 - 1700	0.75	Introduction to Ergonomics and Display Screen Equipment	
	7.00	END OF DAY THREE	

DAY FOUR

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0930	1.00	Human Factors	
0930 - 1030	1.00	Stress Management	
1030 - 1045	0.25	BREAK	
1045 - 1245	2.00	Careers in Industrial Hygiene	
1245 - 1345	1.00	LUNCH BREAK	
1345 - 1530	1.75	Practical Session 2 -Assessment and Sampling	
1530 - 1545	0.25	BREAK	
1545 - 1700	1.25	Continuation	
	7.00	END OF THE COURSE	