

GLOBAL EXPERTS INSTITUTE FOR TRAINING.  
ISO 9001-2008 TRAINING PROVISION CERTIFIED

## **Occupational Health Officer Workplace Health, Safety & Hygiene**

### **Schedule Dates:**

Start Date	End Date	Place
24-Aug-2025	28-Aug-2025	Spain - Barcelona

### **Program Introduction:**

In today's industrial and corporate environments, ensuring employee health, safety, and hygiene is both a legal responsibility and a critical factor in organizational performance. The "Occupational Health Officer: Workplace Health, Safety & Hygiene" course is designed to equip professionals with the knowledge and skills necessary to identify, evaluate, and control health risks in the workplace. This comprehensive program covers global standards, risk assessment techniques, hygiene control measures, and incident prevention strategies that help foster a safe and healthy work environment.

### **Program Objectives:**

- ✓ Understand the fundamental principles of occupational health and workplace hygiene.
- ✓ Identify and assess health risks associated with industrial and office environments.
- ✓ Learn how to implement effective workplace safety and hygiene programs.
- ✓ Ensure compliance with occupational health laws and international standards (e.g., OSHA, ILO, WHO).
- ✓ Develop skills in conducting health risk assessments and audits.
- ✓ Promote employee well-being, reduce absenteeism, and improve workplace productivity.
- ✓ Handle incidents, emergencies, and health-related investigations effectively.

### **Who should attend?**

- Occupational health and safety officers
- HSE professionals and coordinators
- HR professionals involved in employee wellness programs
- Facility and operations managers
- Site supervisors and team leaders
- Industrial hygienists

## **Program Outlines**

### ***Day One***

- Introduction to Occupational Health and Hygiene
- Roles and Responsibilities of an Occupational Health Officer
- Global Standards and Regulations (OSHA, ILO, ISO 45001, WHO)
- Workplace Health Hazards: Physical, Chemical, Biological, and Ergonomic
- Risk Assessment and Hazard Identification Techniques

### ***Day Two***

- Developing and Implementing Health and Safety Policies
- Personal Protective Equipment (PPE): Selection and Usage
- Indoor Air Quality and Ventilation Standards
- Noise, Vibration, and Lighting Control in the Workplace
- Workplace Ergonomics and Musculoskeletal Risk Prevention

### ***Day Three***

- Occupational Diseases and Their Prevention
- Monitoring and Control of Hazardous Substances
- Industrial Hygiene Surveys and Sampling Techniques
- Medical Surveillance and Health Monitoring Programs
- Mental Health and Stress Management at Work

### Day Four

- Hygiene in Shared and High-Risk Areas (e.g., kitchens, restrooms, labs)
- Workplace Sanitation, Disinfection, and Pest Control
- First Aid and Emergency Health Response
- Incident Investigation and Root Cause Analysis
- Health and Hygiene Training Programs for Employees

### Day Five




- Record Keeping and Documentation for Health Compliance
- Communication and Promotion of Health Awareness
- Health Risk Communication and Stakeholder Engagement
- Auditing and Continual Improvement of Health Programs
- Case Studies: Best Practices in Occupational Health Management

### Training Methodology:

- Slide presentations
- Interactive discussion
- Simulations and Gamification
- Online Video material

## **Cost Quotation in Kuwaiti Dinars**

### **The total cost includes:**

-  Instructor(s) expenses
-  Training materials
-  Certification

**Total Cost: 1800 KD per Participant**  
( One Thousand Eight Hundred Kuwaiti Dinar )