

FUNDAMENTAL OCCUPATIONAL HEALTH

Perintis OSH Sdn Bhd



1-day



HRDC
Claimable



In-House / Public
Training



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Introduction:

Occupational health focuses on the prevention of work-related illnesses and the promotion of employee health and well-being. This course provides foundational knowledge on occupational health principles, legal requirements, and practical measures to protect employees in various workplace environments. Participants will learn to identify hazards, understand risk factors, and implement basic health and safety practices

Training Methodology:

Lecture with visual aids, case studies, role play, practical session on workplace health hazard assessment

Objectives:

- Explain the concept and importance of occupational health in the workplace
- Identify common occupational health hazards and risks
- Understand legal requirements and employer/employee responsibilities
- Apply basic occupational health measures to prevent illness and promote well-being

Benefits:

- Gain awareness of occupational health hazards and their effects on employees
- Learn how to monitor and reduce workplace health risks
- Understand occupational health programs and preventive measures
- Improve workplace health and safety culture



Course Outline

Legal Requirements & Compliance

- OSHA requirements, responsibilities, and compliance improvement

Workplace Health Hazards

- Physical, chemical, biological, and ergonomic hazards

Occupational Health Management

- Health programs, surveillance, promotion, and record keeping

Risk Assessment & Control Measures

- Health risk assessment, control measures, and effectiveness monitoring

Practical Exercises

- Workplace health hazard assessment and preventive action discussion

Contact Us :



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