



*Training Course:
Industrial Hygiene & Occupational Health*

21 - 25 December 2025

Cairo (Egypt)

Holiday Inn & Suites Cairo Maadi, an IHG Hotel

Training Course: Industrial Hygiene & Occupational Health

Training Course code: HE32546 From: 21 - 25 December 2025 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 3875 € Euro

Introduction

This course emphasizes the importance of workforce health for organizational performance, focusing on industrial hygiene and occupational health. It teaches how to identify workplace health risks, implement control measures, and reduce sickness absence to optimize employee performance. Delegates will learn to integrate health into safety management systems and organizational culture. The course includes risk assessments, practical solutions, and syndicate sessions to apply lessons to various industries. It aims to enhance understanding of how work activities impact health and promote proactive health management.

Objectives

- Understand the aspects of industrial hygiene and occupational health
- Appreciate the difference between Health and Safety
- Understand how work can make workers ill and what you can do to change this
- Implement occupational health management and surveillance procedures
- Identify occupational health issues and the relevant risk reduction solutions

Target Audience

- Industrial Occupational Hygienists who develop and manage health programs
- All managers, supervisors and those who are involved with occupational health
- Production, maintenance, engineers and health, and safety personnel
- All personnel involved in purchasing and managing hazardous substances

Outlines

Day One: Introduction to Industrial Hygiene and Occupational Health

- What are industrial hygiene and occupational health?
- The Health aspect of Health and Safety
- Identifying health risks to employees and contractors

- Understanding health risk effects on the human body and its organs
- Global strategies and trends
- Syndicate Session: Asbestos and other problems
- Work organization, work-related stress, and well-being
- Thinking about the Culture of the organization

Day Two: Organ Structure and Function

- Every breath you take: The lungs and respiratory ill-health
- Syndicate Session: Respiratory ill health and silica
- Effects of inhaled materials
- Skin deep: Dermatitis and other issues
- Effects of physical agents on major organs
- Biological agents and their effects
- Occupational Health and Corporate Culture - do you care?

Day Three: Occupational Health Risks

- Occupational health elements and their health risk effects
- Occupational diseases and infections
- Occupational toxicology chemicals, gases, vapors, and fibers
- Consideration of COSHH
- Syndicate exercise: Reviewing Controls and staying up to date e.g. Welding
- Musculoskeletal disorders and prevention solutions
- Health effects of light, heat, noise, vibration, pressure, and radiation
- Syndicate Session

Day Four: Principles of Industrial Hygiene

- Principles of Health Risk Assessment
- Syndicate exercise

- Design of exposure measurement surveys and analysis
- Retrospective exposure assessment
- Biological monitoring
- Sampling methods for gases, vapors, and aerosols
- Dermal exposure assessment

Day Five: Occupational Health Management

- Occupational health monitoring and surveillance programs
- Noise, vibration, thermal and lighting management
- Personal protective equipment and its limitations in protecting the health
- Understanding Global, Regional and Local Environmental Issues
- Implement an occupational health management program
- Occupational Health and Corporate Culture
- Summary of Course Key Points

Registration form on the Training Course: Industrial Hygiene & Occupational Health

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