



*Training Course:
Developing Industrial Hygiene Sampling Plan*

21 - 25 September 2025

Cairo (Egypt)

Holiday Inn & Suites Cairo Maadi, an IHG Hotel

Training Course: Developing Industrial Hygiene Sampling Plan

Training Course code: HE235879 From: 21 - 25 September 2025 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 3875 € Euro

Introduction:

This comprehensive 5-day training program titled "Developing Industrial Hygiene Sampling Plan", is proudly designed and offered by Global Horizon Training Center. The program is intended to equip professionals with the necessary skills and knowledge to design, implement, and evaluate industrial hygiene sampling plans effectively. Given the rising awareness around occupational health and regulatory compliance, having a structured and effective sampling plan is essential for identifying potential hazards, protecting employee health, and ensuring compliance with occupational safety standards.

This training will combine theoretical knowledge, regulatory frameworks, and hands-on techniques in developing a robust industrial hygiene sampling plan tailored to various industrial environments.

Objectives:

By the end of this training, participants will be able to:

- Understand the principles and importance of industrial hygiene sampling.
- Identify physical, chemical, and biological hazards in the workplace.
- Develop a strategic and compliant sampling plan based on workplace risk assessments.
- Select appropriate sampling methods, equipment, and analytical techniques.
- Analyze and interpret sampling results to support risk control decisions.
- Prepare reports and documentation aligned with regulatory and industry standards.

Organizational Impact:

Implementing the knowledge gained from this training can have significant positive impacts on the organization, including:

- Enhanced workplace health and safety culture.
- Improved compliance with local and international occupational health regulations e.g., OSHA, ACGIH, NIOSH.
- Reduction in occupational illnesses and related costs.
- Accurate risk assessment data to guide mitigation and control measures.

- Strengthened credibility and corporate responsibility in occupational health practices.

Target Audience:

This course is ideal for:

- Industrial Hygienists and Occupational Health Specialists
- HSE Health, Safety, and Environment Professionals
- Safety Officers and Safety Engineers
- Environmental Health Officers
- Plant Managers and Site Supervisors
- Quality Assurance and Compliance Personnel
- Anyone involved in workplace health hazard identification and control

Outlines:

Day 1: Fundamentals of Industrial Hygiene and Sampling Planning

- Introduction to Industrial Hygiene and its role in workplace safety
- Key components of a successful industrial hygiene program
- Regulatory framework overview OSHA, NIOSH, ACGIH, ISO standards
- Hazard recognition: chemical, physical, biological, ergonomic
- Introduction to sampling plans and objectives

Day 2: Risk Assessment and Sampling Strategy Development

- Conducting risk assessments to guide sampling
- Prioritizing areas and processes for sampling
- Exposure pathways and routes of entry
- Hierarchy of control and integration with sampling plans
- Developing sampling objectives and scope
- Defining the sampling strategy area vs. personal, active vs. passive

Day 3: Sampling Methods, Equipment, and Calibration

- Overview of sampling instruments and their selection
- Air sampling techniques particulate, gas, vapor
- Surface sampling and biological sampling methods
- Calibration procedures and quality assurance
- Sample handling, preservation, and transportation
- Workshop: Hands-on with common sampling equipment

Day 4: Data Interpretation, Analysis, and Documentation

- Interpreting sampling results and comparing to exposure limits
- Understanding TLVs, PELs, RELs, and BEIs
- Statistical considerations in sample analysis
- Identifying data gaps and corrective actions
- Documenting findings and preparing hygiene reports
- Case study: Interpreting real-life sampling data

Day 5: Practical Application and Compliance Integration

- Integrating the sampling plan into organizational HSE systems
- Communicating findings to stakeholders and workers
- Monitoring plan effectiveness and continuous improvement
- Audit preparation and regulatory compliance
- Group activity: Developing a customized sampling plan for a facility
- Final assessment and feedback session

Registration form on the Training Course: Developing Industrial Hygiene Sampling Plan

Training Course code: HE235879 **From:** 21 - 25 September 2025 **Venue:** Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel **Training Course Fees:** 3875 € Euro

Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

Delegate Information

Full Name (Mr / Ms / Dr / Eng):
Position:
Telephone / Mobile:
Personal E-Mail:
Official E-Mail:

Company Information

Company Name:
Address:
City / Country:

Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng):
Position:
Telephone / Mobile:
Personal E-Mail:
Official E-Mail:

Payment Method

- ☐ Please find enclosed a cheque made payable to Global Horizon
- ☐ Please invoice me
- ☐ Please invoice my company

Easy Ways To Register

Telephone:
+201095004484 to
provisionally reserve your
place.

Fax your completed
registration
form to: +20233379764

E-mail to us :
info@gh4t.com
or training@gh4t.com

Complete & return the
booking form with cheque
to: Global Horizon
3 Oudai street, Aldouki,
Giza, Giza Governorate,
Egypt.