



*Training Course:  
Strategies for Assessing Occupational Exposures*

*15 - 19 November 2026  
Manama (Bahrain)*

## Training Course: Strategies for Assessing Occupational Exposures

Training Course code: HE235880 From: 15 - 19 November 2026 Venue: Manama (Bahrain) - Training Course Fees: 5150  
€ Euro

### Introduction

Occupational exposure to chemical, physical, and biological hazards remains a critical concern in workplace safety and health. Effective assessment strategies are essential for protecting workers, ensuring compliance with regulations, and enhancing overall organizational performance. This training program, designed by Global Horizon Training Center, equips professionals with the knowledge and skills to identify, evaluate, and manage occupational exposures using systematic and evidence-based approaches.

Through real-world case studies, interactive discussions, and practical applications, participants will learn to implement strategies for monitoring, controlling, and mitigating occupational hazards across various industrial and operational settings. This course is tailored for safety managers, industrial hygienists, occupational health professionals, and others responsible for workplace safety and health assessments.

### Objectives

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

- Understand the principles and importance of occupational exposure assessment.
- Identify various types of occupational hazards and associated exposure pathways.
- Apply qualitative and quantitative methods to assess occupational exposures.
- Utilize risk assessment models and tools to prioritize workplace interventions.
- Interpret occupational exposure limits and standards in different regulatory contexts.
- Design and implement effective exposure monitoring and control strategies.
- Communicate exposure risks and control measures effectively to stakeholders.

### Target Audience

This training program is ideal for:

- Occupational Health and Safety OHS professionals
- Industrial Hygienists
- Environmental Health and Safety EHS Managers

- Safety Engineers and Supervisors
- Regulatory and Compliance Officers
- Human Resource Managers involved in safety policy
- Medical professionals working in occupational health

## Outlines

### Day 1: Fundamentals of Occupational Exposure Assessment

- Introduction to Occupational Health and Exposure Science
- Key Concepts: Exposure Pathways, Routes, and Dose-Response
- Types of Hazards: Chemical, Physical, Biological
- Regulatory Frameworks OSHA, ACGIH, NIOSH, EU-OSHA
- Overview of Exposure Limits PEL, TLV, REL, STEL, etc.

### Day 2: Qualitative and Quantitative Assessment Techniques

- Exposure Scenario Development
- Basic Risk Assessment Models
- Air Sampling Methods and Equipment
- Surface Sampling and Biological Monitoring
- Data Collection, Logging, and Documentation

### Day 3: Evaluation of Exposure Data and Risk Analysis

- Exposure Profiling and Statistical Analysis
- Comparing Data with Exposure Limits
- Use of Decision Logic and Control Banding
- Uncertainty Analysis and Assumptions in Assessments

### Day 4: Control Measures and Monitoring Strategies

- Hierarchy of Controls: Elimination to PPE

- Engineering Controls: Ventilation, Isolation
- Administrative Controls and Work Practice Modifications
- Personal Protective Equipment PPE Selection and Use
- Exposure Monitoring Plans and Continuous Assessment

#### Day 5: Reporting, Communication, and Program Integration

- Risk Communication Principles and Strategies
- Creating Exposure Assessment Reports
- Integrating Exposure Assessments into OHS Programs
- Training and Engaging Workers in Exposure Control
- Final Case Study: Multihazard Exposure Assessment and Action Planning

## Registration form on the Training Course: Strategies for Assessing Occupational Exposures

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

### Delegate Information

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

### Company Information

Company Name: .....  
 Address: .....  
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### Person Responsible for Training and Development

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