



*Training Course:  
Certified Industrial Hygienist (CIH) – Training  
Program*

*19 - 23 July 2026  
Dubai (UAE)*

## Training Course: Certified Industrial Hygienist (CIH) □ Training Program

Training Course code: HE236428 From: 19 - 23 July 2026 Venue: Dubai (UAE) - Training Course Fees: 5390 □ Euro

### Introduction

The Certified Industrial Hygienist CIH - Training Program is a comprehensive professional development course designed by Global Horizon Training Center to equip occupational health and safety professionals with advanced industrial hygiene knowledge, practical assessment techniques, and risk control methodologies aligned with international best practices.

This program is structured to provide participants with in-depth understanding of workplace health hazards, exposure assessment strategies, environmental monitoring techniques, and control implementation frameworks across industrial sectors including oil & gas, manufacturing, construction, utilities, and healthcare.

It is important to clarify that this program is strictly a professional training course and does not grant CIH certification. It is designed to strengthen competencies, enhance technical capabilities, and prepare professionals for advanced roles in industrial hygiene and occupational health management.

### Program Objectives

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

1. Understand the core principles and scope of industrial hygiene.
2. Identify, evaluate, and control workplace health hazards.
3. Conduct exposure assessments for chemical, physical, biological, and ergonomic risks.
4. Apply monitoring techniques for air quality, noise, radiation, and ventilation.
5. Develop and implement effective hazard control strategies.
6. Interpret occupational exposure limits OELs and regulatory requirements.
7. Integrate industrial hygiene practices into organizational HSE systems.

### Course Methodology

This program follows a structured and practical learning approach including:

- Interactive lectures and technical discussions
- Case study analysis from industrial environments
- Exposure assessment simulations

- Group workshops on hazard identification
- Practical calculation exercises OEL, TWA, STEL
- Review of real industrial hygiene reports
- Risk assessment and control planning exercises

## Organizational Impact

Organizations sending participants to this training will benefit from:

- Improved workplace health risk management
- Reduction in occupational illness and exposure incidents
- Stronger compliance with international HSE standards
- Enhanced monitoring and reporting capabilities
- Improved corporate safety culture
- More effective implementation of hierarchy of controls

## Target Audience

This program is designed for:

- HSE Managers and Officers
- Occupational Health Professionals
- Safety Engineers
- Environmental Engineers
- Risk & Compliance Officers
- Industrial Supervisors
- Facility & Plant Managers
- Technical Consultants in Occupational Health

## Course Outline

Day 1 - Fundamentals of Industrial Hygiene & Regulatory Framework

- Definition and scope of Industrial Hygiene
- Role of the Industrial Hygienist
- Industrial hygiene principles: Anticipation, Recognition, Evaluation, Control
- International standards and guidelines OSHA, ACGIH, WHO
- Occupational Exposure Limits OEL, TLV, PEL, STEL
- Toxicology fundamentals and routes of exposure
- Dose-response relationships
- Introduction to exposure assessment strategies

#### Day 2 - Chemical & Airborne Hazards Assessment

- Classification of chemical hazards
- Gases, vapors, dust, fumes, mists, fibers
- Industrial ventilation principles
- Air sampling techniques personal & area monitoring
- Sampling equipment and calibration basics
- Time-Weighted Average TWA calculations
- Biological monitoring concepts
- Interpretation of monitoring data
- Case studies in chemical exposure management

#### Day 3 - Physical Hazards & Environmental Monitoring

- Noise exposure and hearing conservation
- Noise measurement techniques and dosimetry
- Heat stress and thermal stress assessment
- WBGT index application
- Vibration Hand-Arm & Whole Body
- Ionizing and non-ionizing radiation

- Illumination and indoor environmental quality
- Control measures for physical hazards

#### Day 4 - Biological & Ergonomic Hazards

- Biological agents in workplace environments
- Exposure control plans
- Infection prevention and containment
- Ergonomic risk factors
- Musculoskeletal disorder MSD assessment
- Workplace ergonomic evaluation tools
- Office vs. industrial ergonomic controls
- Risk prioritization techniques
- Practical ergonomic assessment workshop

#### Day 5 - Hazard Control, Risk Management & Industrial Hygiene Program Development

- Hierarchy of controls Elimination to PPE
- Engineering controls and ventilation design basics
- Administrative controls & work practices
- Personal Protective Equipment PPE selection
- Respiratory protection programs
- Industrial hygiene reporting & documentation
- Incident investigation from exposure perspective
- Developing an Industrial Hygiene Management Plan
- Integration with ISO 45001 systems
- Final workshop: Designing a Workplace IH Program

## Registration form on the Training Course: Certified Industrial Hygienist (CIH) □ Training Program

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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: .....  
 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  
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Giza, Giza Governorate,  
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