

OHTA Accredited
Occupational Hygiene
Training Modules
2024



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Course Dates for 2024

Course Code	Course Name	Date
OHTA 201	Basic Principles in Occupational Hygiene	24 - 28 June
OHTA 201	Basic Principles in Occupational Hygiene	22 - 26 July
OHTA 201	Basic Principles in Occupational Hygiene	12 – 16 August
OHTA 507	Effects of Hazardous Substances	30 Sept – 4 October
OHTA 501	Measurement of Hazardous Substances	11 – 15 November

Fees 2024

For course fees, please contact training@iohsolutions.com

Prerequisites:

There are no formal educational requirements for people wishing to study any of the OHTA courses. However, the OHTA courses (Intermediate and Specialist levels) do require some knowledge of chemistry and mathematics. Students without a strong educational background in these areas may find the courses difficult.

Before any student is allowed to log into the training site, proof of payment must be mailed to training@iohsolutions.com

OHTA201 – Basic Principles in Occupational Hygiene

Foundation

The course is the essential training for the Foundation Level qualification. It is designed to be delivered as a 5-day taught programme, including student assessment. The student manual can be used as a free-standing reference for those wishing to study independently.

Course Overview

Aims

- To provide a practical understanding of occupational hygiene for people who need to manage or advise on workplace health issues
- To provide a foundation from which to undertake more in-depth study in individual occupational hygiene subjects
- To inform and enthuse students about the contribution of occupational hygiene to worker health

You will learn to

- Value occupational hygiene in improving worker health and understand the role of the occupational hygienist.
- Understand health hazards encountered in the workplace and identification techniques (foundation level).
- Identify sources and potential routes of occupational exposure (foundation level).
- Understand the basics of exposure assessment, measurement processes, and control methods we use (foundation level).
- Manage occupational hygiene programmes in your work environment.

Suitable for

- Health and safety professionals.
- Occupational health specialists (including physicians and nurses).
- Other specialists wish to interface on workplace health issues (e.g. acoustics, ergonomics, human factors, occupational psychology, work, organisation, biosafety, acoustics, engineering, or analytical chemistry).

OHTA501 – Measurement of Hazardous Substances

Intermediate

The course is a core module for the International Certificate in Occupational Hygiene (ICertOHTA). It is designed to be delivered as a 5-day taught programme, including student assessment. The student manual can be used as a free-standing reference for those wishing to study independently.

Course Overview

Aims

- Understand the techniques for assessing exposure to hazardous substances in the workplace.
- Understand how exposure information can be used to assess risk.

You will learn to

- Describe the general approach to health risk assessment, including the role of atmospheric monitoring.
- Select appropriate equipment to measure specific airborne contaminants and devise a suitable sampling strategy.
- Present the results for health risk assessment purposes to comply with relevant legislation.

OHTA502 – Thermal Environment

Intermediate

The course is an optional module for the International Certificate in Occupational Hygiene (ICertOHTA). It is designed to be delivered as a 5-day taught programme, including student assessment. The student manual can be used as a free-standing reference for those wishing to study independently.

Materials available for download include the syllabus, student manual, tutor guide, PowerPoint slides, overnight and practical exercises.

Course Overview

Aims

- Understand the effects of the thermal environment on people.
- Learn to assess and control the risks associated with thermal stress.

You will learn to

- Identify sources of thermal stress within the working environment.
- Understand the nature of thermal strain on the body.
- Assess the thermal environment through measurement and other methods.
- Evaluate risk from exposure to thermal stress.
- Suggest appropriate control methods for the thermal environment.

OHTA503 – Noise Measurement and its Effects

Intermediate

The course is a core module for the International Certificate in Occupational Hygiene (ICertOHTA). It is designed to be delivered as a 5-day taught programme, including student assessment. The student manual can be used as a free-standing reference for those wishing to study independently.

Course Overview

Aims

- Understand the nature of noise hazards in the workplace and the effects of noise on people.
- Learn how to assess noise in the workplace and the general environment.
- Assess the significance of measurement data against compliance standards.

You will learn to

- Describe the consequences to health and well-being of excessive exposure to noise.
- Understand the measurement (including dosimetry) of noise against current standards.
- Conduct surveys in the workplace to assess risks from noise.
- Advise on the need for and means of control, including PPE.
- Appreciate and advise on environmental noise assessment.
- Understand current standards and good practice in these fields.

OHTA504 – Asbestos and Other Fibres

Intermediate

The course is an optional module for the International Certificate in Occupational Hygiene (ICertOHTA). It is designed to be delivered as a 5-day taught programme, including student assessment. The student manual can be used as a free-standing reference for those wishing to study independently.

Course Overview

Aims

- Extend knowledge of occupational exposure to fibrous dust used in industry (asbestos, machine-made mineral fibres, aramids, carbon, etc.).
- Understand the health risks of asbestos and other fibres as well as the means of evaluation and control.
- Apply these principles to asbestos consultants as well as OH professionals.

You will learn to

- Extend knowledge of occupational exposure to fibrous dust used in industry (asbestos, machine-made mineral fibres, aramids, carbon, etc.).
- Understand the health risks of asbestos and other fibres as well as the means of evaluation and control.
- Apply these principles to asbestos consultants as well as OH professionals.
- Conduct asbestos surveys: sampling, identifying bulk asbestos types by microscopic techniques and relevant safety requirements.
- Adopt and recognise current good practices in the construction and use of enclosures for asbestos remediation and the use of decontamination units.
- Understand all the principles of clearance testing, the requirements for measurement and appropriate techniques for post-remediation evaluation.
- Conduct air sampling to determine airborne concentrations of asbestos and other fibres following recognised procedures, including microscopic counting techniques.
- Advise on all techniques for safe management of asbestos in buildings following good practice.

OHTA505 – Control of Hazardous Substances

Intermediate

The course is a core module for the International Certificate in Occupational Hygiene (ICertOHTA). It is designed to be delivered as a 5-day taught programme, including student assessment. The student manual can be used as a free-standing reference for those wishing to study independently.

Course Overview

Aims

- Describe how exposure to hazardous substances arises in the workplace.
- Build on knowledge of the methodologies and technologies available to control exposures and reduce risks to health.

You will learn to

- Select control strategies and optimise control solutions for airborne contaminants.
- Recognise the range of approaches to risk reduction embodied in the hierarchy of control and select appropriate strategies for implementation.
- Describe the meaning of “adequate control”, particularly for personal exposures; weigh design considerations in the workplace, process, and plant as a means of reducing occupational exposures.
- Describe the elements of a local exhaust ventilation system, recognise typical installations, and know how to carry out the measurements to assess the effectiveness and whether operating to the design specification.
- Recognise the limitations of local exhaust hoods and enclosures and the means to optimise their effectiveness.

OHTA506 – Ergonomics Essentials

Intermediate

The course is an optional module for the International Certificate in Occupational Hygiene (ICertOHTA). It is designed to be delivered as a 5-day taught programme, including student assessment. The student manual can be used as a free-standing reference for those wishing to study independently.

Course Overview

Aims

- Introduce ergonomics (muscular-skeletal disorders, manual handling, etc.).
- Learn to apply ergonomics in the design of work, equipment and the workplace, including social and legal concerns.

You will learn to

- Optimise the efficiency and effectiveness of activities in the workplace using ergonomic solutions.
- Understand ergonomic risk assessments and appropriate control measures.
- Understand the causes of upper limb disorders and how to reduce them.
- Understand the impacts of workplace layout and equipment design.
- Appreciate environmental aspects of good ergonomic design.

OHTA507 – Health Effects of Hazardous Substances

Intermediate

The course is a core module for the International Certificate in Occupational Hygiene (ICertOHTA). It is designed to be delivered as a 5-day taught programme, including student assessment. The student manual can be used as a free-standing reference for those wishing to study independently.

Course Overview

Aims

- Introduce you to toxicology, physiology and epidemiology.
- Identify chemical substances hazardous to health at work and their harmful effects on target organs.

You will learn to

- Define commonly used toxicological terms.
- Know the main routes by which hazardous substances can enter the body and the factors which influence their absorption, distribution, storage and elimination.
- Know where to find information on hazardous substances and processes.
- Understand the principal target organs affected by hazardous substances at work and the factors influencing harm.
- Know the main routes of exposure and the toxic and health effects of hazardous substances commonly encountered in the workplace.
- Interpret results from epidemiological studies.

Contact Number

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IOH Solutions is an Approved Inspection Body that carries SANAS Accreditation and is approved by the Department of Employment and Labour