

This course can be adapted to virtual classroom mode

## Occupational Health

3 days  
Overview

OCCHEAL-EN-A

### LEVEL

Knowledge

### PURPOSE

This course provides a thorough understanding of expectations and mandatory requirements regarding occupational health and hygiene.

### LEARNING OBJECTIVES

Upon completion of the course, participants will be able to:  
identify and assess the basic occupational health hazards in workplace,  
explain the relevant elements of fatigue management,  
identify the most important elements and possible impacts of ergonomics and psychosociology at workplace.

### WAYS AND MEANS

Several applications and illustrations.  
Several case studies and teamwork sessions.

### LEARNING ASSESSMENT

Assessment by test at the end of the course.

### PREREQUISITES

Provide evidence of a professional experience of at least 3 months related to HSE and/or Oil & Gas process industry.

## Agenda

### HEALTH & HYGIENE RISK ASSESSMENT

1.5 d

Basic concepts. Occupational disease concept.  
Identification of health and hygiene hazards. Hazardous products and Hazcom.  
Basic assessment of health risks.  
Health risks basic prevention measures.  
Medical fitness for work standards. Health surveillance benefits. Vaccination policies.  
Food and water hygiene.

### MEDICAL EMERGENCY RESPONSE

0.25 d

Medical emergency evacuation plan. Requirements for medical facilities.

### ERGONOMICS & APPLIED PSYCHOSOCIOLOGY

1 d

Human factors. Human error. Physical and psychological aspects associated.  
Ergonomics concept.  
Applied psychosociology elements.  
Mental health at work. Concept of stress management.

## FATIGUE MANAGEMENT

Concept and why it is relevant.  
Fatigue risk assessment.

0.25 d