

## W201 Basic Principles in Occupational Hygiene

Basic Principles in Occupational Hygiene is an introductory course outlining the broad principles of occupational hygiene as the basis for anticipation, recognition, evaluation and control of hazards that can be encountered in the workplace. It provides:

- A practical understanding of occupational hygiene for people who need to manage or advise on workplace health issues in their employment.
- A foundation for students who wish to undertake more in-depth study in individual occupational hygiene subjects.

On successful completion of this course you should have a basic understanding of:

- The value of occupational hygiene and the role of the occupational hygienist.
- The range of health hazards encountered in the workplace.
- Hazard recognition techniques.
- Sources and potential routes of occupational exposure.
- Exposure assessment and the measurement processes involved.
- Methods of controlling exposure.
- The management of occupational hygiene programmes.

## W501 Measurement of Hazardous Substances

The Measurement of Hazardous Substances (including Risk Assessment) short course provides you with a sound understanding of the techniques for assessing exposure to hazardous substances in the workplace and with an understanding of how exposure information can be used to assess risk.

On successful completion of this course you should be able 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 in a form useful for health risk assessment purposes to enable management to comply with relevant legislation.

## W502 Thermal Environment

The Thermal Environment short course provides you with a sound understanding of the effects of the thermal environment on people and the means of assessing and controlling the risks associated with thermal stress.

On successful completion of this course you should be able to:

- Identify sources of thermal stress within the working environment.
- Understand the nature of thermal strain on the body.
- Assess the thermal environment through appropriate measurement and other means.
- Evaluate the likely risk from exposure to thermal stress.
- Suggest appropriate control approaches for the thermal environment.
- Present results in a form useful to management.

## W503 Noise – Measurement and Its Effects

The Noise – Measurement and Its Effects short course provides you with an appreciation of the nature of noise hazards in the workplace and the effects of noise on people. It also details the approach in carrying out noise assessments in the workplace and in the general environment, and to determine the significance of measurement data in relation to the various standards for compliance.

On successful completion of this course you should be able to:

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

## W504 Asbestos and Other Fibres

The Asbestos and Other Fibres short course enhances your knowledge of occupational hygiene practice in relation to not only asbestos but other fibrous dusts which are increasingly finding uses in industry. Successful completion of this course will benefit those working in asbestos consultancy as well as in mainstream occupational hygiene, giving an understanding of the health risks associated with asbestos and other fibres as well as the means of evaluation and control.

On successful completion of this course you should be able to:

- Describe the composition, nature and properties of asbestos and other fibres and their historical uses.
- Describe the health effects of asbestos and other fibrous materials and apply appropriate exposure limits.
- Describe the uses of asbestos in buildings and the public health risk that these may pose.
- Understand the principles of and requirements for asbestos surveys including taking samples and identifying bulk asbestos types by microscopic techniques including relevant safety requirements.
- Be thoroughly familiar with current good practice 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 or other fibres in accordance with defined procedures including microscopic counting techniques.
- Have the ability to advise on all the various techniques for the management of asbestos in buildings in accordance with good practice.

## W505 Control of Hazardous Substances

The Control of Hazardous Substances short course describes the ways in which exposure to hazardous substances arises in the workplace and introduces the methodologies and technologies available to control exposures and thereby reduce risks to health.

On successful completion of this course you should be able to:

- Describe how airborne contaminants are generated by industrial processes, how this impacts on the control strategy, and how control solutions can thereby be optimised.
- 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 in relation to personal exposures.
- Discuss the importance of design considerations in terms of the workplace, process, and plant, as a means of reducing occupational exposures.
- Describe the principal elements of a local exhaust ventilation system, give examples of typical installations and know how to carry out the necessary measurements to assess whether a local exhaust ventilation system is effective and operating to the design specification.
- Recognise the limitations of local exhaust hoods and enclosures and the means to optimise their effectiveness.
- Describe how personal protective equipment programmes may be used in an effective manner.
- Recognise the impact that control measures may have on other workplace hazards and understand the need to take a holistic approach to the design of control solutions.

## W506 Ergonomics Essentials

The Ergonomics Essentials (including Manual Handling and Display Screen Equipment) short course provides a broad based introduction to ergonomic principles and their application in the design of work, equipment and the workplace. Consideration is given to musculoskeletal disorders, manual handling, and ergonomic aspects of the environment as well as to the social and legal aspects.

On successful completion of this course you should be able to:

- Understand and apply ergonomic principles to the creation of safer, healthier and more efficient and effective activities in the workplace.
- Understand ergonomic risk assessments and appropriate control measures.
- Understand the causes of upper limb disorders and how to reduce them.
- Identify workplace layout and equipment design.
- Identify environmental aspects of good ergonomic design.

## W507 Health Effects of Hazardous Substances

The Health Effects of Hazardous Substances short course provides an introduction to the principles of toxicology, physiology and epidemiology. The main types of harmful effects to target organs from exposure to chemical hazards at work, and the hazards associated with common hazardous substances.

On successful completion of this course you should be able to:

- Provide definitions of commonly used toxicological terms.
- Describe the main routes by which hazardous substances can enter the body, and the factors which influence their absorption, distribution, storage and elimination
- Describe the main sources of information on hazardous substances and processes.
- Describe the main features of the principal target organs affected by hazardous substances at work, and the factors which influence the degree of harm.
- Describe the main routes of exposure and toxic and health effects for hazardous substances commonly encountered in the workplace.
- Basic interpretation of the results from epidemiological studies.

## 2011 Schedule

Course Title	Dates	Course Code	Cost Per Person Inc. GST
W501 Measurement of Hazardous Substances	31 <sup>st</sup> January – 4 <sup>th</sup> February	11-0053	\$1800
W506 Ergonomics Essentials	11 <sup>th</sup> – 15 <sup>th</sup> April	11-0054	\$1800
W504 Asbestos and Other Fibres	4 <sup>th</sup> – 8 <sup>th</sup> July	11-0056	\$1800
W505 Control of Hazardous Substances	11 <sup>th</sup> – 15 <sup>th</sup> July	11-0057	\$1800
W503 Noise – Measurement and Its Effects	26 <sup>th</sup> – 30 <sup>th</sup> September	11-0055	\$1800

**Venue:** These courses will be held at 8 Industrial Avenue, Notting Hill, 3168, Victoria.

**Duration:** All subjects are offered in a 5 day block format.

**Examination:** The overall assessment for these short courses consists of an “open book” written examination and satisfactory results from the formative practical assessment.