



<b>COURSE TITLE</b>	: Occupational Health Nurse	<b>COURSE CODE</b>	: OHN1/ OHN2
<b>COURSE DURATION</b>	: 10-day(s) / 70.25-hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Competency		
<b>HRD CORP SCHEME</b>	: Claimable		
<b>COURSE FEE</b>	: RM3,888.00 (inclusive of 8% SST)	<b>EXAMINATION FEE</b>	: RM400.00

**1. OBJECTIVE(S):**

At the end of the course, the participant will be able to:

- i. Recognised occupational hazards and manage occupational health issues at the workplaces;
- ii. Plan the health surveillance programme;
- iii. Perform audiometric and spirometry testing competently; and
- iv. Manage occupational health clinic at the workplaces.

**2. TARGET GROUP(S):**

- i. Registered Nurses.
- ii. Medical Assistants.

**3. ENTRY REQUIREMENT(S):**

- i. Registered with the Nursing Board of Malaysia or Medical Assistant Board or equivalent.

**4. TOPIC(S):**

**Module 1**

- i. Intro to OSH.
- ii. FMA and Health Regulations.
- iii. OSHA.
- iv. USECHH.
- v. NADOPOD.
- vi. Intro to OHN.
- vii. Structure & OHN Unit.
- viii. Occupational Health Nursing process.
- ix. Role and Responsibilities of OHN.
- x. Needlestick Injuries Management.
- xi. Chemical Hazards.
- xii. Ergonomics Hazards.
- xiii. Biological Hazards.
- xiv. Psychosocial Hazards.



- xv. Physical Hazards.
- xvi. IHL Investigation.
- xvii. Intro to Occupational Diseases.
- xviii. Musculoskeletal Disorders.
- xix. Occupational Lung Diseases.
- xx. Occupational Skin Disorders.
- xxi. Occupational Reproductive Disorders.
- xxii. Liver & Kidney Disorders.
- xxiii. Neurological Disorders.
- xxiv. SOCSO.
- xxv. Occupational Epidemiology.
- xxvi. Occupational Toxicology.
- xxvii. Industrial Hygiene.

## **Module 2**

- i. OSHMS.
- ii. Intro to HIRARC.
- iii. Risk Management.
- iv. Principles of Control: Prevention, Mitigation & Recovery.
- v. Emergency Response Plan and Preparedness.
- vi. Chemical Health Risk Assessment.
- vii. Medical Surveillance.
- viii. Fitness for Work.
- ix. Disability Assessment.
- x. Return to Work.
- xi. Preparation for Medical Board.
- xii. Health promotion and Wellness Programme.
- xiii. Drug and Alcohol-Free Workplace Programme.
- xiv. Management of Common Blood Borne Pathogens.
- xv. Travel Health.
- xvi. Counselling.
- xvii. Code of Professional Conduct for Nurses.
- xviii. Radiation Hazard.
- xix. Audiometric Test.
- xx. Lung Function Test.



**5. LIST OF REFERENCE BOOK(S):**



- i. Occupational Safety and Health Act 1994.
- ii. Occupational & Environmental Medicine.
- iii. Core Curriculum for Occupational & Environmental Health Nursing.

**6. LIST OF TEACHING AID(S):**

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Group discussion.
- iii. Practical.

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	COURSE SCHEDULE		
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**COURSE TITLE: OCCUPATIONAL HEALTH NURSE**

**MODULE 1**

**DAY ONE - MONDAY**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0815 - 0845	0.50	Course Registration	NIOSH
0845 - 0915	0.50	Intro to the Course and Exam Briefing	NIOSH
0915 - 1015	1.00	Intro to OSH	
1015 - 1030	0.25	MORNING TEA BREAK	
1030 - 1100	0.50	Continuation	
1100 - 1200	1.00	FMA and Health Related Regulations	
1200 - 1300	1.00	Occupational Safety and Health Act 1994	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	USECHH Regulations	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.50	NADOPOD Regulations	
	<b>6.50</b>	<b>END OF DAY ONE</b>	

**DAY TWO - TUESDAY**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0930	1.00	Intro to Occupational Health Nursing	
0930 - 1030	1.00	Structure and Occupational Health Nursing Unit	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1245	2.00	OHN Nursing Process	
1245 - 1345	1.00	LUNCH	
1345 - 1545	2.00	Role and Responsibilities of OHN	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1630	0.50	Continuation	
1630 - 1730	1.00	Needlestick Injuries and Management	
	<b>7.50</b>	<b>END OF DAY TWO</b>	

**DAY THREE - WEDNESDAY**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1030	2.00	Chemical Hazards	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Ergonomic Hazards	
1145 - 1245	1.00	Biological Hazards	
1245 - 1345	1.00	LUNCH	
1345 - 1445	1.00	Psychosocial Hazards	
1445 - 1500	0.25	AFTERNOON TEA BREAK	
1500 - 1700	2.00	Physical Hazard	
	<b>7.00</b>	<b>END OF DAY THREE</b>	

**DAY FOUR - THURSDAY**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1000	1.50	IIHL Investigation	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1100	0.75	Introduction to Occupational Diseases	
1100 - 1200	1.00	MSD	
1200 - 1300	1.00	Occupational Lung Diseases	
1300 - 1400	1.00	LUNCH	
1400 - 1500	1.00	Occupational Skin Disorders	
1500 - 1600	1.00	Occupational Reproductive Disorders	
1600 - 1615	0.25	AFTERNOON TEA BREAK	
1615 - 1715	1.00	Occupational Liver and Kidney Disorders	
1715 - 1815	1.00	Occupational Neurological Disorders	
	<b>8.25</b>	<b>END OF DAY FOUR</b>	

**DAY FIVE - FRIDAY**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1030	2.00	SOCSCO	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Occupational Epidemiology	
1145 - 1245	1.00	Occupational Toxicology	
1245 - 1445	2.00	LUNCH (FRIDAY PRAYER)	
1445 - 1545	1.00	Occupational Hygiene and Exposure	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.00	Revision	
	<b>6.00</b>	<b>END OF THE COURSE</b>	



## **MODULE 2**

### **DAY ONE - MONDAY**

<b>TIME</b>	<b>HOUR</b>	<b>TOPIC</b>	<b>TRAINER / FACILITATOR</b>
0830 - 0930	1.00	OSH Management System	
0930 - 1030	1.00	Introduction to HIRARC	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1215	1.50	Risk Management	
1215 - 1300	0.75	Principles of Prevention and Control	
1300 - 1400	1.00	LUNCH	
1400 - 1445	0.75	Continuation	
1445 - 1545	1.00	Emergency Response Plan and Preparedness	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.00	Continuation	
	<b>7.00</b>	<b>END OF DAY ONE</b>	

### **DAY TWO - TUESDAY**

<b>TIME</b>	<b>HOUR</b>	<b>TOPIC</b>	<b>TRAINER / FACILITATOR</b>
0900 - 1000	1.00	Chemical Health Risk Assessment	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1215	2.00	Medical Surveillance	
1215 - 1315	1.00	Fitness for work	
1315 - 1415	1.00	LUNCH	
1415 - 1515	1.00	Disability Assessment	
1515 - 1530	0.25	AFTERNOON TEA BREAK	
1530 - 1630	1.00	Return to Work	
1630 - 1730	1.00	Preparation for Medical Board	
	<b>7.00</b>	<b>END OF DAY TWO</b>	

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### DAY THREE - WEDNESDAY

TIME	HOURL	TOPIC	TRAINER / FACILITATOR
0830 - 1000	1.50	Health Promotion & Wellness Program	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1115	1.00	Drug Free Workplace Programme	
1115 - 1215	1.00	Management of Common Blood Borne Pathogens in the workplace	
1215 - 1315	1.00	Travel Health	
1315 - 1415	1.00	LUNCH	
1415 - 1515	1.00	Counselling	
1515 - 1545	0.50	Ethics and Good Practices	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.00	Radiation	
	<b>7.00</b>	<b>END OF DAY THREE</b>	

### DAY FOUR - THURSDAY

TIME	HOURL	TOPIC	TRAINER / FACILITATOR
0800 - 0830	0.50	BREAKFAST	
0830 - 0900	0.50	Briefing on Site Visit	NIOSH / Facilitator
0900 - 1300	4.00	Site Visit	
1300 - 1400	1.00	LUNCH	
1400 - 1600	2.00	Preparation or Presentation	
1600 - 1615	0.25	AFTERNOON TEA BREAK	
1615 - 1745	1.50	Presentation	
	<b>8.00</b>	<b>END OF DAY FOUR</b>	



**DAY FIVE - FRIDAY**

TIME	HOOR	TOPIC	TRAINER / FACILITATOR
0830 -0930	1.00	Noise Induced Hearing Loss	
0930 - 1030	1.00	Audiometric Test and Interpretation	
1030 -1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Continuation	
1145 -1245	1.00	Lung Function Test and Interpretation	
1245 - 1445	2.00	LUNCH (FRIDAY PRAYER)	
1445 - 1600	1.25	Continuation	
1600 - 1615	0.25	AFTERNOON TEA BREAK	
1615 - 1700	0.75	Continuation	
	<b>6.00</b>	<b>END OF THE COURSE</b>	