



OHTA

Occupational
Hygiene Training
Association

OHTA201 - BASIC PRINCIPLES IN OCCUPATIONAL HYGIENE Course Description



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OHTA201 - BASIC PRINCIPLES IN OCCUPATIONAL HYGIENE

The International Occupational Hygiene Association (ioha.net) defines Occupational Hygiene as follows:

The discipline of anticipating, recognizing, evaluating, and controlling health hazards in the working environment with the objective of protecting worker health and well-being and safeguarding the community at large.

Each of the disciplines listed in the definition is a critical part of a comprehensive occupational health and safety program in the workplace. Here's why:

ANTICIPATION involves identifying potential health hazards in the workplace BEFORE they are introduced. This would include things like choosing a less toxic or non-carcinogenic chemical or a quieter piece of equipment with less noise to do a workplace task.

RECOGNITION involves identifying potential hazards that may exist in the workplace from dust, chemicals, noise, vibration, thermal extremes, biologicals, human factors/ergonomics, and psychosocial factors such as stress and workload.

EVALUTION includes the assessment of health risks such as sampling dust and respirable silica, asbestos, noise, and chemical exposure levels for comparison to company or regulatory limits or work a task analysis to prevent ergonomic stress and strain.

CONTROLS include a wide range of options from the complete elimination of the hazard, substitution to a less hazardous material or process, engineering controls such as ventilation, administrative controls such as limiting worktime in the hazardous area, and personal protective equipment.

The OHTA201 course has been designed to increase awareness and knowledge in each of these key areas. This course provides a practical understanding of occupational hygiene for those who need to manage or advise on workplace health issues such as EHS generalists, OH technicians, safety committees, medical and emergency site teams, facility managers, and contractors. It is a foundation level course that can serve as a stepping-stone to more in-depth study in specific occupational hygiene subjects as needed.

Students will learn...

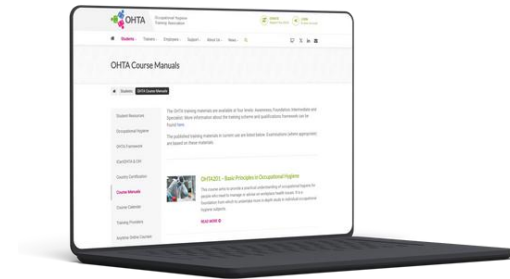
- Basic health sciences of human physiology, industrial diseases, and toxicology
- Recognition of hazardous substances and processes such as crystalline silica, welding fumes, pharmaceuticals, petroleum products, mining, diesel exhaust and more
- Health risk assessments including sampling of airborne contaminants and comparison to regulatory or company standards, along with biological monitoring and health surveillance
- General approaches to the control of health risks
- Risk analysis of common workplace hazards such as asbestos, noise, thermal extremes, lighting, radiation, ergonomics, and biological hazards.

Course Design

- Delivered as a 5-day on-line or classroom training program
- On-line student examination with multiple choice questions
- Translation of the exam into the native language of students may be available
- Student manuals are available for free download at ohtatraining.org
- Materials supplied to trainers include extensive slides and suggestions for Questions and Answers to facilitate student discussions

Additional Study Options

This foundation level course can be the first step to more training in occupational hygiene with the more advanced OHTA 500 series courses at <https://ohtatraining.org/students/fmanuals/>



Course Content

Health Sciences

- Human Physiology, Organ Systems, Toxicology including Dose Response

Workplace Hazards and Psychosocial Issues

- Asbestos, Biologicals, Noise, Vibration, Thermal Stress, Lighting and Non-Ionizing Radiation, Ionizing Radiation, Ergonomic Stress, Psychosocial issues including Motivation and Behavioral Modification, Health and Safety Culture, and Work-related Stress.

Hazardous Substances and Processes

- Crystalline Silica, Machine Made Mineral Fibers, Welding Fumes, Isocyanates, Wood Dust, Pharmaceuticals, Petroleum Products, Mining, Metals, Diesel Exhaust, Nanoparticles

Health Risk Assessment

- Information Gathering, Control Banding, Sampling and Analysis of Hazardous Materials, Occupational Exposure Limits, Biological Monitoring and Health Surveillance Tests

Controls

- Elimination, Substitution, Isolation, Segregation, Engineering Controls including Ventilation, Administrative controls, Training, and Personal Protective Equipment

Next Steps

To find an in-person course in your area or an on-line course suitable for your time zone and language see the Course Calendar at <https://ohtatraining.org/students/courses/>

If you are a certified occupational/industrial hygienist and would like to become an OHTA Approved Trainer, see <https://ohtatraining.org/trainers/provider/>

DEVELOP A STRONG FOUNDATION IN OCCUPATIONAL HYGIENE WITH OHTA201-BASIC PRINCIPLES IN OCCUPATIONAL HYGIENE

For more information, please contact the OHTA Secretariat team@ohtatraining.org

Testimonials

Have a look at what OHS professionals who have conducted the OHTA201 are saying about the course:

"In 2024, the journey began in Brisbane Australia, where we had the pleasure of engaging with 18 enthusiastic students. What stood out the most for us was witnessing the impact of the updated OHTA201 materials on student learning. The energy in the room was electric as we delved into the content, facilitated discussions, and fostered meaningful connections among participants. However, what truly made this course exceptional was the efficiency and effectiveness of the examination process. We were thrilled to know our students received their results promptly, a testament to the new OHTA201 process."

OHTA Approved Trainers (Australia):

Jennifer Hines FAIOH, COH®, Ph.D.

Linda Apthorpe FAIOH, COH®

Melanie Cox COH®

Each trainer has more than 20 years experience in occupational hygiene and conducted the OHTA201 course on behalf of the Australian Institute of Occupational Hygienists (aioh.org.au).

"I have conducted the OHTA Basic Principles Course many times in Canada, Paris, Prague, Tanzania, Mongolia, and Kyrgyzstan to students who were Safety Professionals, OH Technicians, Occupational Physicians, EHS generalists, Safety Supervisors, and Government Inspectors. Feedback from the attendees indicated that the instruction was "high quality", "of paramount importance", "best training on health & safety they received" and "clear and understandable".

OHTA Approved Trainer Lydia Renton (Canada)

Registered Occupational Hygienist (ROH)®, Certified Industrial Hygienist (CIH)®, FAIHA EVP and Health & Safety and Corporate Security Officer with BluMetric Environmental (blumetric.ca)

"We utilized the OHTA201 Basic Principles content to equip our extensive global workplace health and safety team of 8,000 members with a solid foundation in OEHS topics. Course attendees applauded the course as an excellent primer on the workplace health and safety issues they face daily. The course featured high-quality educational content that covered most aspects of occupational hygiene across various industries. It is suitable for participants from diverse backgrounds and varying levels of knowledge in occupational health and safety. This course is an outstanding choice for anyone looking to enter the field or broaden their understanding of occupational hygiene."

Cathy Hovde (USA)

Certified Industrial Hygienist (CIH)®, Certified Safety Professional (CSP)®

Principal at Resilient EHS with over 20 years OEHS experience in industry including roles at Amazon, Caterpillar, and 3M and global experience managing OEHS teams in numerous countries. (ResilientEHS.com)