Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Occupational Hygiene Fundamentals for Workplace Safety

Health Sciences and Social Services / Preventive Health

Unit Standard 259609 · NQF Level 2 · 9 Credits · 6 Days

COURSE OVERVIEW

This course provides a foundational understanding of occupational hygiene principles and practices essential for workplace safety. Participants will learn to identify, evaluate, and control workplace hazards that could affect the health and well-being of employees. The course aligns with SAQA Unit Standard 259609 and prepares learners to contribute effectively to occupational health and safety programs.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	259609
Accreditation	SAQA Accredited · NQF Level 2 · 9 Credits
Duration	6 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS — verifiable online

LEARNING OUTCOMES

- Explain the scope and importance of occupational hygiene in the workplace
- Identify common workplace health hazards, including chemical, physical, biological, and ergonomic agents
- Apply basic principles of hazard recognition, evaluation, and control using the hierarchy of controls
- Demonstrate understanding of occupational exposure limits and their application
- Analyze workplace scenarios to recommend appropriate control measures for health hazards
- Communicate occupational hygiene risks and control strategies effectively to stakeholders

WHO SHOULD ATTEND

- This course is designed for safety representatives, health and safety officers, supervisors, and anyone responsible for workplace health and safety in South African industries.
- It is also suitable for individuals seeking a career in occupational hygiene or health and safety management.

COURSE OUTLINE

Day 1: Introduction to Occupational Hygiene

- What is occupational hygiene?
- Historical development and SAQA context
- Legal framework: OHSA, regulations, and standards
- Hazard vs. risk concepts
- Routes of entry and target organs
- Hierarchy of controls overview

Day 2: Chemical Hazards and Exposure Assessment

- Types of chemical hazards: dusts, fumes, gases, vapours
- Occupational Exposure Limits (OELs) and STELs
- Overview of sampling equipment and methods
- Exposure assessment strategies
- Interpreting monitoring data

Day 3: Physical Hazards – Noise, Thermal, Radiation

- Noise: measurement, dose, and control
- Hearing conservation programmes
- Thermal environment: heat stress and cold stress
- Radiation: types, sources, and protection
- Vibration hazards and controls

Day 4: Biological and Ergonomic Hazards

- Biological agents: bacteria, viruses, fungi
- Routes of exposure and infection control
- Ergonomic risk factors: posture, repetition, force
- Manual handling and workstation design
- Risk assessment tools (e.g., REBA, RULA

Day 5: Risk Assessment and Control Strategies

- Risk assessment methodology (5-step process
- Hierarchy of controls in practice
- Engineering controls: local exhaust ventilation
- Administrative controls and training
- Personal protective equipment (PPE) selection and limitations
- Documentation and record keeping

Day 6: Integration, Case Studies, and Assessment

- Case study 1: Manufacturing plant – chemical and noise
- Case study 2: Construction site – dust, noise, ergonomics
- Case study 3: Laboratory – biological and chemical hazards
- Review of key concepts
- Mock assessment and feedback

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **9 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 18,800.00	**R 18,800.00**
1	In-House	R 25,400.00	**R 25,400.00**
1	On-Campus (Pretoria)	R 28,200.00	**R 28,200.00**

UPCOMING SESSIONS

Start	End	Method	Venue
02 Dec 2026	09 Dec 2026	On-Campus	Dar es Salaam, Tanzania
03 Dec 2026	10 Dec 2026	On-Campus	Shenzhen, China
04 Dec 2026	11 Dec 2026	On-Campus	Mauritius
07 Dec 2026	14 Dec 2026	On-Campus	Abu Dhabi, UAE
07 Dec 2026	14 Dec 2026	On-Campus	Bangkok, Thailand
08 Dec 2026	15 Dec 2026	Online	—
08 Dec 2026	15 Dec 2026	On-Campus	Nairobi, Kenya
09 Dec 2026	16 Dec 2026	On-Campus	Johannesburg, South Africa

Contact us if no suitable date is listed — on-demand sessions can be arranged for groups.

HOW TO GET A QUOTATION OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 259609) and click **Get A Quotation**. Select your training method and number of delegates — your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to **apply@aaticd.co.za** — our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically — the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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