



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

Custom Courses / Health, Safety and Environment (HSE)

Unit Standard AATICD-0237 · NQF Level 5 · 10 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to identify, evaluate, and control occupational hygiene hazards in the workplace. It covers the principles of anticipation, recognition, evaluation, and control of chemical, physical, biological, and ergonomic stressors to protect worker health. Participants will learn to implement monitoring strategies and interpret exposure data to ensure compliance with South African occupational health legislation.

Category	Custom Courses
Subfield	Health, Safety and Environment (HSE)
Unit Standard	AATICD-0237
Accreditation	SAQA Accredited · NQF Level 5 · 10 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply the fundamental principles of occupational hygiene to identify and anticipate workplace hazards.
- Evaluate exposure risks by selecting and using appropriate monitoring equipment for chemical, physical, and biological agents.
- Analyze exposure data and compare results with occupational exposure limits (OELs) to determine compliance.
- Design and implement control strategies, including hierarchy of controls, to mitigate identified risks.
- Demonstrate the ability to conduct workplace assessments and produce comprehensive hygiene reports.
- Implement legal and ethical requirements related to occupational hygiene in the South African context.

WHO SHOULD ATTEND

- This course is designed for health and safety practitioners, occupational hygienists, environmental health officers, and any professionals responsible for managing workplace health risks.

COURSE OUTLINE

Day 1: Introduction to Occupational Hygiene

- What is occupational hygiene? Historical perspective and modern relevance
- South African legislation: OHSA, COID, and relevant regulations
- The hierarchy of controls: elimination, substitution, engineering, administrative, PPE
- Introduction to health hazards: chemical, physical, biological, ergonomic
- Basic risk assessment concepts and terminology

Day 2: Chemical and Biological Hazard Recognition

- Chemical hazards: dusts, fumes, gases, vapours, mists
- Occupational exposure limits (OELs) and their interpretation
- Biological hazards: bacteria, viruses, fungi, and endotoxins
- Sampling equipment and methods for air contaminants
- Introduction to exposure monitoring and measurement techniques

Day 3: Physical Hazards and Measurement

- Noise: sources, health effects, measurement (dosimetry, sound level meters)
- Hearing conservation programmes
- Hand-arm and whole-body vibration: measurement and control
- Thermal environment: heat stress and cold stress assessment
- Non-ionising and ionising radiation: sources and protection

Day 4: Ergonomic and Psychosocial Hazards, Control Strategies

- Ergonomic hazards: repetitive motion, manual handling, workstation design
- Psychosocial hazards: stress, shift work, violence, workload
- Control banding and risk management approaches
- Personal protective equipment (PPE): selection, use, and maintenance
- Emergency preparedness and spill response

Day 5: Integrated Risk Management and Practical Application

- Conducting a walk-through survey and hazard inventory
- Data interpretation and reporting
- Cost-benefit analysis of control measures
- Case studies: mining, manufacturing, healthcare, construction
- Professional ethics and continuing education

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 **10 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 24,200.00	R 24,200.00
1	In-House	R 31,400.00	R 31,400.00
1	On-Campus (Pretoria)	R 36,200.00	R 36,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	14 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	21 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	21 Aug 2026	On-Campus	Shenzhen, China
24 Aug 2026	28 Aug 2026	On-Campus	Bangkok, Thailand
24 Aug 2026	28 Aug 2026	On-Campus	Victoria Falls, Zimbabwe
31 Aug 2026	04 Sep 2026	On-Campus	Lusaka, Zambia
31 Aug 2026	04 Sep 2026	On-Campus	London, UK

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

HOW TO GET A QUOTE OR APPLY

- 1. Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard AATICD-0237) and click **Get A Quote / Apply**. 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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