Elevora
Global Training

COURSE BROCHURE

Occupational Health and Industrial Hygiene

Health, Safety & Environment

Code	Duration	Formats	Language	Certificate
HS-108	**5 or 10 days**	**Classroom, live online, in-house, blended**	**English or Arabic**	**Certificate of completion**

A practical health, safety and environment course covering health hazards at work, exposure assessment and monitoring and control hierarchy for health risks. Run as a 5-day core or 10-day extended programme, in 16 cities, live online or in-house, and fully customisable for your team.

About this course

Occupational Health and Industrial Hygiene gives delegates a structured, practical understanding of health hazards at work and exposure assessment and monitoring, then builds the skills to apply control hierarchy for health risks, health surveillance and ergonomics and noise in real work. Sessions are led by practitioners with at least 15 years in the field.

Who should attend

HSE professionals, supervisors, engineers, auditors and line managers responsible for safe operations.

What you will learn

- Health hazards at work
- Exposure assessment and monitoring
- Control hierarchy for health risks
- Health surveillance
- Ergonomics and noise

5-day course outline

Day 1	**Health hazards at work**	Concepts, standards and terminology, with a diagnostic exercise to baseline the group.
Day 2	**Exposure assessment and monitoring**	Methods and tools explained step by step, with worked examples from real operations.
Day 3	**Control hierarchy for health risks**	Hands-on practice in small groups using realistic data, cases and templates.
Day 4	**Health surveillance**	Case studies of successes and failures, and how to apply the lessons in your organisation.
Day 5	**Ergonomics and noise**	Integration exercise, final knowledge check and a personal action plan.

10-day extended programme

Includes the full 5-day outline, plus a second week of applied work:

Day 6	**Applied workshop: Health hazards at work** — Deeper practice with your own data or site examples.
Day 7	**Applied workshop: Exposure assessment and monitoring and control hierarchy for health risks** — Group exercises that combine methods from week one.
Day 8	**Field case study: Health surveillance** — A detailed industry case worked through from start to finish.
Day 9	**Advanced practice: Ergonomics and noise** — Tools, templates and checklists to take back to work.
Day 10	**Assessed project and presentation** — Each delegate presents an improvement plan and completes the final assessment.

Upcoming classroom dates

More dates, cities and live online sessions on request.

Dates	City	Length	Fee per delegate
9 Nov 2026 to 20 Nov 2026	Istanbul	10 days	**$4,450**
21 Dec 2026 to 1 Jan 2027	Kuala Lumpur	10 days	**$4,450**
4 Jan 2027 to 8 Jan 2027	Barcelona	5 days	**$3,450**
8 Feb 2027 to 12 Feb 2027	Barcelona	5 days	**$3,450**
15 Mar 2027 to 26 Mar 2027	Dubai	10 days	**$4,450**

Fees per delegate (2026 to 2027)

Format	5 days	10 days
Classroom: Dubai, Istanbul, Cairo, Kuala Lumpur	**$2,450**	**$4,450**
Classroom: London, Europe, Singapore	**$3,450**	**$6,250**
Live online	**$1,450**	**$2,650**
In-house, group of up to 15	**From $12,900**	**From $23,500**

Classroom fees include tuition, materials, lunch and refreshments, and a certificate. 10% group saving for 3 delegates, 15% for 5 or more.

Tailored to your team

Change the level, language, length (1 to 20 days) and format, add topics from other courses or entirely new topics, and include your own case studies, site visits or exam preparation. Build it online for an instant indicative fee.

Register or request an in-house proposal

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