



HEALTH SAFETY AND ENVIRONMENT | HSE-023

Industrial Hygiene and Occupational Exposure

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Course content

Why Attend

Industrial hygiene protects workers from health hazards such as chemicals, dusts, noise, heat, radiation and biological agents. Occupational diseases often develop over years and are preventable with proper exposure management.

This Aractech course explains how to anticipate, recognise, evaluate and control occupational exposures, including exposure limits, sampling strategies, monitoring equipment, data interpretation, ventilation and health surveillance. Participants design exposure monitoring plans.

Course Methodology

- Technical presentations
- Sampling strategy exercises
- Data interpretation
- Case studies
- Group discussions

Course Objectives

- Explain industrial hygiene principles
- Recognise physical, chemical and biological hazards
- Plan exposure assessment and sampling
- Interpret monitoring results against limits
- Select engineering and administrative controls
- Support health surveillance programmes

Target Audience

- HSE professionals

Course content

- Occupational health staff
- Industrial hygienists
- Supervisors in high-exposure areas

Course outline

Detailed course outline

Day-by-day outline for Industrial Hygiene and Occupational Exposure.

Day 1 - Industrial Hygiene Fundamentals

- 09:00-09:39 | Role of industrial hygiene
- 09:39-10:18 | Occupational disease
- 10:18-10:57 | Legal requirements
- 10:57-11:00 | Hazard recognition
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Hazard recognition (continued)
- 12:05-12:43 | Exposure limits
- 12:43-14:00 | Exercise: Hazard inventory

Day 2 - Chemical and Dust Exposure

- 09:00-09:39 | Gases and vapours
- 09:39-10:18 | Dusts and fibres
- 10:18-10:57 | Silica and asbestos awareness
- 10:57-11:00 | Sampling methods
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Sampling methods (continued)
- 12:05-12:43 | Analysis
- 12:43-14:00 | Workshop: Sampling plan

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Day 3 - Physical and Biological Hazards

- 09:00-09:39 | Noise
- 09:39-10:18 | Heat stress
- 10:18-10:57 | Radiation
- 10:57-11:00 | Vibration
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Vibration (continued)
- 12:05-12:43 | Biological agents
- 12:43-14:00 | Exercise: Heat stress assessment

Day 4 - Evaluation and Control

- 09:00-09:39 | Interpreting results
- 09:39-10:18 | Statistics for exposure data
- 10:18-10:57 | Ventilation
- 10:57-11:00 | Administrative controls
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Administrative controls (continued)
- 12:05-12:43 | Respiratory protection
- 12:43-14:00 | Case study: Exposure control

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Day 5 - Programmes and Surveillance

- 09:00-09:45 | Exposure monitoring programmes
- 09:45-10:30 | Health surveillance
- 10:30-11:00 | Record keeping
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Record keeping (continued)
- 11:45-12:30 | Communication
- 12:30-13:15 | Improvement
- 13:15-14:00 | Capstone: Industrial hygiene programme

Seminar dates

Available seminar dates

Live dates and pricing for Industrial Hygiene and Occupational Exposure generated from the course details page.

Date	Location	Format	Fee
16 - 20 November 2026	London	Classroom	€2,315
7 - 11 December 2026	Istanbul	Classroom	€1,978
11 - 15 January 2027	Cape Town	Classroom	€1,625
8 - 12 February 2027	Barcelona	Classroom	€2,815
8 - 12 March 2027	Rome	Classroom	€3,460
12 - 16 April 2027	Munich	Classroom	€3,225
10 - 14 May 2027	Amsterdam	Classroom	€2,830
14 - 18 June 2027	London	Classroom	€2,315
12 - 16 July 2027	Istanbul	Classroom	€1,978
9 - 13 August 2027	Vienna	Classroom	€3,225

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11 - 15 October 2027	Rome	Classroom	€3,460
8 - 12 November 2027	Munich	Classroom	€3,225
13 - 17 December 2027	Amsterdam	Classroom	€2,830
16 - 20 November 2026	Online / Live	Online / Live	€1,815
7 - 11 December 2026	Online / Live	Online / Live	€1,815
11 - 15 January 2027	Online / Live	Online / Live	€1,815
8 - 12 February 2027	Online / Live	Online / Live	€1,815
8 - 12 March 2027	Online / Live	Online / Live	€1,815
12 - 16 April 2027	Online / Live	Online / Live	€1,815

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10 - 14 May 2027	Online / Live	Online / Live	€1,815
14 - 18 June 2027	Online / Live	Online / Live	€1,815
12 - 16 July 2027	Online / Live	Online / Live	€1,815
9 - 13 August 2027	Online / Live	Online / Live	€1,815
13 - 17 September 2027	Online / Live	Online / Live	€1,815
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