



COURSE TITLE	: Occupational Health Doctor		
COURSE DURATION	: 9 day(s) / 67.25 hour(s)	COURSE CODE	: OHD1 / OHD2 / OHD3
COURSE CATEGORY	: Competency	COURSE LEVEL	: Basic
HRDF SCHEME	: SBL		
COURSE FEE	: RM4,134.00 (inclusive of SST)	EXAMINATION FEE	: RM350.00

1. OBJECTIVES:

At the end of the course, the participant will be able to:

- i. Recognised occupational hazards, diagnose occupational diseases and manage occupational health issues at the workplaces.
- ii. Conduct medical surveillance programme as stipulated under USECHH Regulations, 2000.
- iii. Perform and analyse spirometric and audiometric testing competently.
- iv. Be a competent OHD (upon passing the OHD examination and registration with DOSH).

2. TARGET GROUPS:

Medical Practitioners who are registered with Malaysian Medical Council and wish to register with:

- i. DOSH as Occupational Health Doctors, and
- ii. SOCSO as SOCSO's panel doctors.

3. ENTRY REQUIREMENT(S):

- i. Medical practitioner registered with Malaysian Medical Council.

4. TOPICS:

Module 1

- i. Overview of Occupational Health and Safety.
- ii. Roles of SOCSO panel doctors.
- iii. SOCSO Act and Benefits.
- iv. Principles of Industrial Hygiene, Ergonomics and Impairment Assessment.
- v. Occupational Toxicology and Occupational Epidemiology.
- vi. OSH Management System.
- vii. Risk Assessment.
- viii. Medical Surveillance.
- ix. Walk-Through Survey.
- x. Occupational Diseases.
- xi. Fitness to Work.
- xii. Sickness Absence.
- xiii. Back to Work Programme.



Module 2

- i. Organic Solvent and Heavy Metal.
- ii. Radiation, Noise and Vibration.
- iii. Airborne Hazardous Material.
- iv. Occupational Lung Disorders, Lung Function Test and Chest X-Ray.
- v. Pressure Related Disorders.
- vi. Indoor Air Quality and Sick Building Syndrome.
- vii. Heat Stress.
- viii. PPE Management.
- ix. Occupational Reproductive Disorders, Occupational Neurological Disorders, Occupational Liver and Kidneys Disorders, Occupational Skin Disorder and Occupational Musculoskeletal Disorders.
- x. Audiometric Testing & Analysis.

Module 3

- i. Site Visit.
- ii. Occupational Exposure Standards.
- iii. Chemical Safety.
- iv. USECHH Regulations 2000.
- v. Chemical Health Risk Assessment.
- vi. Workplace Exposure Monitoring.
- vii. Principles of Biological Monitoring.
- viii. Pesticides & Biological Hazard.
- ix. Migrant Workers.
- x. Occupational Health Services.
- xi. Health Promotion.
- xii. Risk Communication & Travel Health.
- xiii. Drug Free Workplace Programme.
- xiv. Occupational Cancer.
- xv. Emergency Response Plan and First Aid.

5. LIST OF REFERENCE BOOKS:



- i. Occupational Safety and Health Act 1994 and Regulations.
- ii. Occupational & Environmental Medicine.
- iii. Guidelines on Medical Surveillance.

6. LIST OF TEACHING AIDS:

- i. LCD Projector and laptop
- ii. Computer.
- iii. White board with accessories
- iv. Flip chart with accessories

7. LIST OF CLASSROOM ACTIVITIES:



- i. Lecture and practical.

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH			
	COURSE SCHEDULE			
	No. Dokumen	No. Pindaan	Tarikh	Muka Surat
NIOSH-PDD-CS-OHD	00	16 MAR 2017	1 / 6	

COURSE TITLE: OCCUPATIONAL HEALTH DOCTOR (MODULE I)

DAY ONE

TIME	HOOR (S)	TOPICS	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	NIOSH
0900 - 0915	0.25	Introduction to the course	
0915 - 1015	1.00	Overview of Occupational Health	
1015 - 1030	0.25	MORNING TEA BREAK	
1030 - 1130	1.00	Overview of Occupational Safety	
1130 - 1215	0.75	Occupational Toxicology	
1215 - 1415	2.00	LUNCH (FRIDAY PRAYER)	
1415 - 1500	0.75	Principles of Epidemiology	
1500 - 1545	0.75	Principle of Industrial Hygiene	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1645	0.75	SOCISO Act and Benefits	
1645 - 1745	1.00	Return to work programme	
	6.00	END OF DAY ONE	



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	COURSE SCHEDULE			
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DAY TWO

TIME	HOOR (S)	TOPICS	TRAINER / FACILITATOR
0830 - 0930	1.00	Hazard Identification and Risk Assessment	
0930 - 1030	1.00	Typical Health Hazards in Selected Industries	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Walk-through Survey	
1145 - 1230	0.75	Principles and Prevention of risk	
1230 - 1300	0.50	Personal Protective Equipment	
1300 - 1400	1.00	LUNCH	
1400 - 1430	0.50	Continuation	
1430 - 1530	1.00	OSH Legislations	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1645	1.00	Occupational Diseases	
1645 - 1745	1.00	Medical Surveillance	
	7.75	END OF DAY TWO	

DAY THREE

TIME	HOOR (S)	TOPICS	TRAINER / FACILITATOR
0830 - 0930	1.00	OSH Management Systems	
0930 - 1030	1.00	Fitness to Work	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Principle of impairment Assessment	
1145 - 1230	0.75	Roles of SOCSO Panel Doctors	
1230 - 1330	1.00	LUNCH	
1330 - 1430	1.00	Sickness Absence	
1430 - 1530	1.00	Ethics	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1615	0.50	Short Assessment	
1615 - 1645	0.50	Closing	
	6.25	END OF THE COURSE	

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COURSE TITLE: OCCUPATIONAL HEALTH DOCTOR (MODULE II)

DAY ONE

TIME	HOUR (S)	TOPICS	TRAINER / FACILITATOR
0815 – 0845	0.50	Registration	NIOSH
0845 – 0900	0.25	Introduction	NIOSH
0900 – 1030	1.50	Heavy Metal	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1145	1.00	Airborne Hazardous Material	
1145 – 1245	1.00	IAQ & Sick Building Syndrome	
1245 – 1430	1.75	LUNCH	
1430 – 1530	1.00	Organic Solvent	
1530 – 1630	1.00	Radiation	
1630 – 1645	0.25	AFTERNOON TEA BREAK	
1645 – 1745	1.00	Vibration	
1745 – 1845	1.00	PPE Management (+ Practical)	
	7.50	END OF DAY ONE	



DAY TWO

TIME	HOUR (S)	TOPICS	TRAINER / FACILITATOR
0830 – 1030	2.00	Occupational Lung Disorders & Lung Function Test	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1145	1.00	Continuation	
1145 – 1245	1.00	Chest X-ray : ILO Classification on Pneumoconiosis	
1245 – 1345	1.00	LUNCH	
1345 – 1445	1.00	Noise	
1445 – 1545	1.00	Hearing Loss and NIHL	
1545 – 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1800	2.00	Audiometric Test & Analysis	
	8.00	END OF DAY TWO	

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	COURSE SCHEDULE			
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NIOSH-PDD-CS-OHD	00	16 MAR 2017	4 / 6	

DAY THREE

TIME	HOUR (S)	TOPICS	TRAINER / FACILITATOR
0830 – 0930	1.00	Pressure Related Disorder	
0930 – 1030	1.00	Heat Stress	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1145	1.00	Occupational Ergonomics & MSD'S	
1145 – 1245	1.00	Occupational Skin Disorder	
1245 – 1345	1.00	LUNCH	
1345 – 1445	1.00	Occupational Reproductive Disorders	
1445 – 1545	1.00	Occupational Neurological Disorders	
1545 – 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.00	Occupational Liver & Kidney Disorders	
1700 - 1730	0.50	Closing	NIOSH
	7.00	END OF THE COURSE	

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COURSE TITLE: OCCUPATIONAL HEALTH DOCTOR (MODULE III)

DAY ONE

TIME	HOOR (S)	TOPICS	TRAINER/FACILITATOR
0800 – 0830	0.50	Registration	NIOSH
0830 – 1230	4.00	Briefing & Site Visit	
1230 – 1430	2.00	LUNCH	
1430 – 1530	1.00	Discussion on Site Visit	
1530 – 1630	1.00	Emergency Response Plan & First Aid	
1630 - 1645	0.25	AFTERNOON TEA BREAK	
1645 – 1745	1.00	Fire Safety	
1745 – 1815	0.50	Exam Briefing	NIOSH
	7.00	END OF DAY ONE	

DAY TWO

TIME	HOOR (S)	TOPICS	TRAINER/FACILITATOR
0815 – 0845	0.50	USECHH Regulations	
0845 – 0915	0.50	Class Regulations	
0915 - 1015	1.00	Notification of Accident, Dangerous Occurrence, Occupational Poisoning and Occupational Disease	
1015 – 1030	0.25	MORNING TEA BREAK	
1030 – 1130	1.00	Occupational Exposure Standards	
1130 – 1230	1.00	Chemical Safety	
1230 – 1300	0.50	Chemical Health Risk Assessment (CHRA)	
1300 – 1400	1.00	LUNCH	
1400 – 1430	0.50	Continuation	
1430 – 1530	1.00	Workplace Exposure Monitoring	
1530 – 1545	0.25	AFTERNOON TEA BREAK	
1545 – 1645	1.00	Principles of Biological Monitoring	
1645 – 1745	1.00	Pesticides	
1745 – 1845	1.00	Biological Hazards (HIV, Hep B etc.)	
	9.00	END OF DAY TWO	

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DAY THREE

TIME	HOOR (S)	TOPICS	TRAINER/FACILITATOR
0830 – 0930	1.00	Migrant Workers	
0930 – 1030	1.00	Health Promotion and Education	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1145	1.00	Risk Perception & Risk Communication	
1145 – 1245	1.00	Occupational Cancer	
1245 – 1345	1.00	LUNCH	
1345 – 1445	1.00	Occupational Stress	
1445 – 1545	1.00	Occupational Health Services	
1545 – 1600	0.25	AFTERNOON TEA BREAK	
1600 – 1700	1.00	Drug & Alcohol Free Workplace Program	
1700 – 1800	1.00	Travel Health	
1800 – 1815	0.25	Closing	NIOSH
	8.00	END OF THE COURSE	

Last updated on 16th March 2017 by PDD