



COURSE TITLE	: Occupational Health Nurse	COURSE CODE	: OHN1/ OHN2
COURSE DURATION	: 10 day(s) / 70.25 hours	COURSE LEVEL	: Basic
COURSE CATEGORY	: Competency		
HRDF SCHEME	: SBL		
COURSE FEE	: RM 3816.00 (inclusive of SST)	EXAMINATION FEE	: RM 400.00

1. OBJECTIVES:

Upon completion of the course, participants will be able to:

- i. Recognised occupational hazards and manage occupational health issues at the workplaces;
- ii. Plan the health surveillance programme;
- iii. Perform audiometric and spirometric testing competently; and
- iv. Manage occupational health clinic at the workplaces.

2. TARGET GROUPS:

- i. Registered Nurses.
- ii. Medical Assistants.

3. ENTRY REQUIREMENT(S):

- i. Registered with the Nursing Board of Malaysia or Medical Assistant Board or equivalent.

4. TOPICS:

MODULE 1

- i. Intro to OSH
- ii. FMA and Health Regulations.
- iii. OSHA
- iv. USECHH
- v. NADAPOD
- vi. Intro to OHN
- vii. Structure & OHN Unit
- viii. Occupational Health Nursing process
- ix. Role and responsibilities of OHN
- x. Needlestick injuries management
- xi. Chemical hazards
- xii. Ergonomics hazards
- xiii. Biological hazards
- xiv. Psychosocial hazards
- xv. Physical hazards
- xvi. IHL investigation
- xvii. Intro to occupational diseases



- xviii. Musculoskeletal disorders
- xix. Occupational lung diseases
- xx. Occupational skin disorders
- xxi. Occupational reproductive disorders
- xxii. Liver & kidney disorders
- xxiii. Neurological disorders
- xxiv. SOCSO
- xxv. Occupational epidemiology
- xxvi. Occupational toxicology
- xxvii. Industrial hygiene

MODULE II

- i. OSH MS
- ii. Intro to HIRARC
- iii. Risk management
- iv. Principles of control: prevention, mitigation & recovery
- v. Emergency response plan and preparedness
- vi. Chemical health risk assessment
- vii. Medical surveillance
- viii. Fitness for work
- ix. Disability assessment
- x. Return to work
- xi. Preparation for medical board
- xii. Health promotion and wellness program
- xiii. Drug and alcohol free workplace program
- xiv. Management of common blood borne pathogens
- xv. Travel health
- xvi. Counseling
- xvii. Code of professional conduct for nurses
- xviii. Radiation hazard
- xix. Audiometric test
- xx. Lung function test

5. LIST OF REFERENCE BOOKS:

- i. Occupational & Environmental Medicine
- ii. Core Curriculum for Occupational & Environmental Health Nursing
- iii. Occupational Safety and Health Act 1994 and Its Regulations



INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

KURIKULUM KURSUS

COURSE CURRICULUM

TEL : 03 – 8769 2100 FAX : 03 – 8926 2900

URL : www.niosh.com.my



6. LIST OF TEACHING AIDS:

- i. LCD Projector
- ii. Computer
- iii. White Board with accessories
- iv. Flip Chart with accessories

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Practical.
- iii. Group discussion.

Last updated on 28th February 2013 by PDD

	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH			
	COURSE SCHEDULE			
	No.Dokumen	No.Pindaan	Tarikh	MukaSurat
NIOSH-PDD-CS-OHN	00	01 Jun 2012	1/6	

COURSE TITLE: OCCUPATIONAL HEALTH NURSE

DAY ONE (MODULE 1) - MONDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0815 - 0845	0.5	Course Registration	NIOSH
0845 - 0915	0.5	Intro to the course and exam briefing	NIOSH
0915 - 1015	1.0	Intro to OSH	
1015 - 1030	0.25	MORNING TEA BREAK	
1030- 1100	0.5	Continuation	
1100- 1200	1.0	FMA and Health Related Regulations	
1200 - 1300	1.0	Occupational Safety and Health Act 1994	
1300 - 1400	1.0	LUNCH	
1400 - 1530	1.5	USECHH Regulations	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.5	NADOPOD Regulation	
	6.5	END OF DAY ONE	

DAY TWO - TUESDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0930	1.0	Intro to Occupational Health Nursing	
0930 - 1030	1.0	Structure and Occupational Health Nursing Unit	
1030 -1045	0.25	MORNING TEA BREAK	
1045 - 1245	2.0	OHN Nursing Process	
1245 - 1345	1.00	LUNCH	
1345 - 1545	2.0	Role and Responsibilities of OHN	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1630	0.5	Continuation	
1630 - 1730	1.0	Needlestick Injuries and Management	
	7.5	END OF DAY TWO	

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH			
	COURSE SCHEDULE			
	No.Dokumen	No.Pindaan	Tarikh	MukaSurat
NIOSH-PDD-CS-OHN	00	01 Jun 2012	2/6	

DAY THREE - WEDNESDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1030	2.0	Chemical Hazards	
1030 -1045	0.25	MORNING TEA BREAK	
1045 -1145	1.0	Ergonomic Hazard	
1145 -1245	1.0	Biological Hazards	
1245 -1345	1.0	LUNCH	
1345 - 1445	1.0	Psychosocial Hazards	
1445 - 1500	0.25	AFTERNOON TEA BREAK	
1500 -1700	2.0	Physical Hazard	
	7.0	END OF DAY THREE	

DAY FOUR - THURSDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.5	IIHL Investigation	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1100	0.75	Introduction to Occupational Diseases	
1100- 1200	1.0	MSD	
1200 -1300	1.0	Occupational Lung Diseases	
1300 - 1400	1.0	LUNCH	
1400 -1500	1.0	Occupational Skin Disorders	
1500 - 1600	1.0	Occupational Reproductive Disorders	
1600 -1615	0.25	AFTERNOON TEA BREAK	
1615 - 1715	1.0	Occupational Liver and kidney Disorders	
1715 -1815	1.0	Occupational Neurological Disorders	
	8.25	END OF DAY FOUR	

	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH			
	COURSE SCHEDULE			
	No.Dokumen	No.Pindaan	Tarikh	MukaSurat
NIOSH-PDD-CS-OHN	00	01 Jun 2012	3/6	

DAY FIVE - FRIDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1030	2.0	SOC SO	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.0	Occupational Epidemiology	
1145 - 1245	1.0	Occupational Toxicology	
1245 - 1445	2.0	LUNCH	
1445 - 1545	1.0	Occupational Hygiene and Exposure	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.0	Revision	
	6.0	END OF THE COURSE	

	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH			
	COURSE SCHEDULE			
	No.Dokumen	No.Pindaan	Tarikh	MukaSurat
	NIOSH-PDD-CS-OHN	00	01 Jun 2012	4/6

DAY ONE (MODULE II) - MONDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0930	1.0	OSH Management System	
0930 - 1030	1.0	Introduction to HIRARC	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1215	1.5	Risk Management	
1215 - 1300	0.75	Principles of Prevention and Control	
1300 - 1400	1.0	LUNCH	
1400 - 1445	0.75	Continuation	
1445 - 1545	1.0	Emergency Response Plan and Preparedness	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.0	Continuation	
	7.0	END OF DAY ONE	

DAY TWO - TUESDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0900 - 1000	1.0	Chemical Health Risk Assessment	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1215	2.0	Medical Surveillance	
1215 - 1315	1.0	Fitness for work	
1315 - 1415	1.0	LUNCH	
1415 - 1515	1.0	Disability Assessment	
1515 - 1530	0.25	AFTERNOON TEA BREAK	
1530 - 1630	1.0	Return to Work	
1630 - 1730	1.0	Preparation for Medical Board	
	7.0	END OF DAY TWO	

	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH			
	COURSE SCHEDULE			
	No.Dokumen	No.Pindaan	Tarikh	MukaSurat
NIOSH-PDD-CS-OHN	00	01 Jun 2012	5/6	

DAY THREE - WEDNESDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.5	Health Promotion & Wellness Program	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1115	1.0	Drug Free Workplace Programme	
1115 - 1215	1.0	Management of common Blood Borne Pathogens in the workplace	
1215 - 1315	1.0	Travel Health	
1315 - 1415	1.0	LUNCH	
1415 - 1515	1.0	Counseling	
1515 - 1545	0.5	Ethics and Good Practices	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.0	Radiation	
	7.0	END OF DAY THREE	

DAY FOUR - THURSDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0800 - 0830	0.5	Breakfast	
0830 - 0900	0.5	Briefing on Site Visit	NIOSH/Fasilitator
0900 - 1300	4.0	Site Visit	
1300 - 1400	1.0	LUNCH	
1400 -1600	2.0	Preparation or Presentation	
1600 - 1615	0.25	AFTERNOON TEA BREAK	
1615 -1745	1.5	Presentation	
	8.0	END OF DAY FOUR	

	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH			
	COURSE SCHEDULE			
	No.Dokumen	No.Pindaan	Tarikh	MukaSurat
KEMENTERIAN SUMBER MANUSIA	NIOSH-PDD-CS-OHN	00	01 Jun 2012	6/6

DAY FIVE - FRIDAY

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 -0930	1.0	Noise Induced Hearing Loss	
0930 - 1030	1.0	Audiometric Test and Interpretation	
1030 -1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.0	Continuation	
1145 -1245	1.0	Lung Function Test and Interpretation	
1245 - 1445	2.0	LUNCH	
1445 - 1600	1.25	Continuation	
1600 - 1615	0.25	AFTERNOON TEA BREAK	
1615 - 1700	0.75	Continuation	
	6.0	END OF THE COURSE	

Last updated on 1st June 2012 by PDD