



<b>COURSE TITLE</b>	: Occupational Health Doctor	<b>COURSE CODE</b>	: OHD
<b>COURSE DURATION</b>	: 9-day(s) / 69.00-hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Competency		
<b>HRD CORP SCHEME</b>	: Claimable (10001108194)		
<b>COURSE FEE</b>	: RM4,212.00 (inclusive of 8% SST)		
<b>EXAMINATION FEE</b>	: RM450.00 (payable separately)		

**1. OBJECTIVE(S):**

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 program as stipulated under USECHH Regulations, 2000.
- iii. Perform and analyse spirometry and audiometric testing competently.
- iv. Be a competent OHD (upon passing the OHD examination and registration with DOSH).

**2. TARGET GROUP(S):**

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

- i. DOSH as Occupational Health Doctors, **AND**
- ii. PERKESO panel doctors.

**3. ENTRY REQUIREMENT(S):**

- i. Malaysian citizen; **AND**
- ii. Fully registered medical practitioner with Malaysian Medical Council.

**Note:** This entry requirement(s) is applicable for **training** purpose only. Please refer to the Guidelines for the Registration of Assessors, Hygiene Technician and Occupational Health Doctor by the Department of Occupational Safety and Health, Ministry of Human Resources Malaysia 2000 if you would like to be a registered competent person (Occupational Health Doctor). Effective 1<sup>st</sup> January 2024, participant is required to sit for the first examination within one (1) year from the date of completion of the course.



**4. TOPIC(S):**

**Module 1:**

- i. Overview of Occupational Health and Safety.
- ii. Occupational Toxicology and Occupational Epidemiology.
- iii. Generic Occupational Health
- iv. Principles of Industrial Hygiene and Impairment Assessment.
- v. SOCSO Act and Benefits.
- vi. Return to Work Program.
- vii. Hazard Identification and Risk Assessment.
- viii. Typical Health Hazards in Selected Industries.
- ix. Walk-Through Survey.
- x. Principles of Prevention and Control of Risks.
- xi. PPE Management.
- xii. OSH Legislations.
- xiii. Occupational Diseases.
- xiv. Medical Surveillance.
- xv. OSH Management System.
- xvi. Fitness to Work.
- xvii. Roles of PERKESO Panel Doctors.
- xviii. Sickness Absence.
- xix. Ethics.
- xx. Overview of SOHELP.

**Module 2:**

- i. Organic Solvent and Heavy Metal.
- ii. Radiation and Noise.
- iii. Airborne Hazardous Material.
- iv. Indoor Air Quality and Sick Building Syndrome.
- v. PPE Management (+Demonstration).
- vi. Occupational Lung Disorders, Lung Function Test and Chest X-Ray.
- vii. Audiometric Testing & Analysis.
- viii. Spirometry & Audiometric (Practical).
- ix. Pressure Related Disorders.
- x. Occupational Ergonomics & MSD'S.
- xi. Heat Stress, Vibration and Lighting.



- xii. Occupational Reproductive Disorders, Occupational Neurological Disorders, Occupational Liver and Kidneys Disorders, Occupational Skin Disorder and Occupational Musculoskeletal Disorders.

**Module 3:**

- i. Site Visit.
- ii. Emergency Response Plan and First Aid.
- iii. Fire Safety.
- iv. USECHH Regulations 2000.
- v. CLASS Regulations.
- vi. Notification of Accident, Dangerous Occurrence, Occupational Poisoning and Occupational Disease.
- vii. Occupational Exposure Standards.
- viii. Chemical Safety.
- ix. Chemical Health Risk Assessment (CHRA).
- x. Workplace Exposure Monitoring.
- xi. Principles of Biological Monitoring.
- xii. Pesticides & Biological Hazard
- xiii. Migrant Workers.
- xiv. Health Promotion.
- xv. Risk Perception & Risk Communication.
- xvi. Occupational Cancer.
- xvii. Occupational Stress.
- xviii. Occupational Health Services.
- xix. Drug & Alcohol Free Workplace Programme.
- xx. Travel Health.

**5. LIST OF REFERENCE BOOK(S):**

- i. Occupational Safety and Health Act 1994.
- ii. Occupational & Environmental Medicine.
- iii. Guidelines on Medical Surveillance.
- iv. Guidelines for the Registration of Assessors, Hygiene Technician and Occupational Health Doctor.



**6. LIST OF TEACHING AID(S):**

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Discussion.
- iii. Practical.

**Note:** Participant is required to bring along Personal Protective Equipment (e.g. Safety Helmet and Safety Boot) during site visit session (Module 3).

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**DAY ONE (MODULE 1)**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 - 0845	0.25	Registration	NIOSH
0845 - 0915	0.50	Introduction to the Course	NIOSH
0915 - 1015	1.00	Overview of Occupational Health	
1015 - 1030	0.25	<b>MORNING TEA BREAK</b>	
1030 - 1130	1.00	Generic Occupational Health	DOSH Standard Slide
1130 - 1230	1.00	Occupational Toxicology	
1230 - 1415	1.75	<b>LUNCH (FRIDAY PRAYER)</b>	
1415 - 1500	0.75	Principles of Epidemiology	
1500 - 1545	0.75	Principle of Industrial Hygiene	
1545 - 1600	0.25	<b>AFTERNOON TEA BREAK</b>	
1600 - 1730	1.50	SOCISO Act and Benefits	
1730 - 1830	1.00	Return to Work Program	
	<b>7.50</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPIC	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	<b>MORNING TEA BREAK</b>	
1045 - 1145	1.00	Walk-through Survey	
1145 - 1230	0.75	Principles of Prevention and Control of Risks	
1230 - 1300	0.50	Personal Protective Equipment (PPE) Management	
1300 - 1400	1.00	<b>LUNCH</b>	
1400 - 1430	0.50	Continuation	
1430 - 1530	1.00	OSH Legislations	
1530 - 1545	0.25	<b>AFTERNOON TEA BREAK</b>	
1545 - 1645	1.00	Occupational Diseases	
1645 - 1815	1.50	Medical Surveillance	
	<b>8.25</b>	<b>END OF DAY TWO</b>	


**DAY THREE**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 - 0930	1.00	OSH Management Systems	
0930 - 1030	1.00	Fitness to Work	
1030 - 1045	0.25	<b>MORNING TEA BREAK</b>	
1045 - 1145	1.00	Principle of Impairment Assessment	
1145 - 1230	0.75	Roles of PERKESO Panel Doctors	
1230 - 1330	1.00	<b>LUNCH</b>	
1330 - 1430	1.00	Sickness Absence	
1430 - 1530	1.00	Ethics	
1530 - 1545	0.25	<b>AFTERNOON TEA BREAK</b>	
1545 - 1645	1.00	Overview of SOHELP	
1645 - 1715	0.50	Short Assessment	
1715 - 1730	0.25	Closing	NIOSH
	<b>7.25</b>	<b>END OF THE COURSE</b>	

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**DAY ONE (MODULE 2)**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0815 - 0845	0.50	Registration & Introduction	NIOSH
0845 - 1030	1.75	Heavy Metal	
1030 - 1045	0.25	<b>MORNING TEA BREAK</b>	
1045 - 1145	1.00	Airborne Hazardous Material	
1145 - 1245	1.00	IAQ & Sick Building Syndrome	
1245 - 1430	1.75	<b>LUNCH (FRIDAY PRAYER)</b>	
1430 - 1530	1.00	Radiation	
1530 - 1630	1.00	Organic Solvent	
1630 - 1645	0.25	<b>AFTERNOON TEA BREAK</b>	
1645 - 1745	1.00	Continuation	
1745 - 1845	1.00	PPE Management System (+Demonstration)	
	<b>7.75</b>	<b>END OF DAY ONE</b>	



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## DAY TWO

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 – 0930	1.00	Occupational Lung Disorders	
0930 - 1030	1.00	Lung Function Test	
1030 – 1045	0.25	<b>MORNING TEA BREAK</b>	
1045 – 1115	0.50	Chest X-ray: ILO Classification on Pneumoconiosis	
1115 - 1245	1.50	OSH (Noise Exposure) Regulations 2019	
1245 – 1345	1.00	<b>LUNCH</b>	
1400 – 1500	1.00	Occupational Noise Related Hearing Disorders	
1500 - 1600	1.00	Audiometric Test & Analysis	
1600 – 1615	0.25	<b>AFTERNOON TEA BREAK</b>	
1615 - 1715	1.00	Spirometry & Audiometric (Practical)	
	<b>7.00</b>	<b>END OF DAY TWO</b>	

## DAY THREE

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 – 0930	1.00	Pressure Related Disorder	
0930 – 1030	1.00	Occupational Skin Disorder	
1030 – 1045	0.25	<b>MORNING TEA BREAK</b>	
1045 – 1215	1.50	Occupational Ergonomics & MSD'S	
1215 - 1245	0.50	Heat Stress, Vibration and Lighting	
1245 – 1345	1.00	<b>LUNCH</b>	
1345 – 1445	1.00	Continuation	
1445 – 1545	1.00	Occupational Reproductive Disorders	
1545 – 1600	0.25	<b>AFTERNOON TEA BREAK</b>	
1600 - 1700	1.00	Occupational Neurological Disorders	
1700 - 1800	1.00	Occupational Liver & Kidney Disorders	
1800 - 1815	0.25	Closing	NIOSH
	<b>8.00</b>	<b>END OF THE COURSE</b>	

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**DAY ONE (MODULE 3)**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0800 – 0830	0.50	Registration & Introduction	NIOSH
0830 – 1230	4.00	Briefing & Site Visit	
1230 – 1430	2.00	<b>LUNCH (FRIDAY PRAYER)</b>	
1430 – 1530	1.00	Discussion on Site Visit	
1530 – 1630	1.00	Emergency Response Plan & First Aid	
1630 - 1645	0.25	<b>AFTERNOON TEA BREAK</b>	
1645 – 1745	1.00	Fire Safety	
1745 – 1815	0.50	Exam Briefing	ECD
	<b>7.00</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0815 – 0845	0.50	USECHH Regulations	
0845 – 0915	0.50	CLASS Regulations	
0915 - 0945	0.50	Notification of Accident, Dangerous Occurrence, Occupational Poisoning and Occupational Disease	
0945 - 1015	0.50	Occupational Exposure Standards	
1015 – 1030	0.25	<b>MORNING TEA BREAK</b>	
1030 – 1100	0.50	Continuation	
1100 – 1200	1.00	Chemical Safety	
1200 – 1315	1.25	Chemical Health Risk Assessment (CHRA)	
1315 – 1415	1.00	<b>LUNCH</b>	
1415 – 1515	1.00	Workplace Exposure Monitoring	
1445 – 1545	1.00	Principles of Biological Monitoring	
1545 – 1600	0.25	<b>AFTERNOON TEA BREAK</b>	
1600 – 1630	0.50	Continuation	
1630 – 1730	1.00	Pesticides	
1730 – 1830	1.00	Biological Hazards (HIV, Hep B etc.)	
	<b>9.25</b>	<b>END OF DAY TWO</b>	

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### DAY THREE

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