INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH
KURIKULUM KURSUS
COURSE CURRICULUM
TEL: 03 - 8911 3800 FAX: 03 - 8926 3900
URL: www.niosh.com.my

COURSE TITLE : Occupational Health Nurse
COURSE DURATION : 10-day(s) / 70.25-hour(s) **COURSE CODE** : OHN
COURSE CATEGORY : Competency **COURSE LEVEL** : Basic
HRD CORP SCHEME : Claimable (1000182211)
COURSE FEE : RM3,888.00 (inclusive of 8% SST)
EXAMINATION FEE : RM400.00 (payable separately)

1. OBJECTIVE(S):

At the end of the course, the participant 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 spirometry testing competently; and
iv. Manage occupational health clinic at the workplaces.

2. TARGET GROUP(S):

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. TOPIC(S):

Module 1

i. Intro to OSH.
ii. FMA and Health Regulations.
iii. OSHA.
iv. USECHH.
v. NADOPOD.
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 2

i. OSHMS.
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 Programme.
xiii. Drug and Alcohol-Free Workplace Programme.
xiv. Management of Common Blood Borne Pathogens.
xv. Travel Health.
xvi. Counselling.
xvii. Code of Professional Conduct for Nurses.
xviii. Radiation Hazard.
xix. Audiometric Test.
xx. Lung Function Test.

5. LIST OF REFERENCE BOOK(S):

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

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. Group discussion.
iii. Practical.

COURSE TITLE: OCCUPATIONAL HEALTH NURSE

MODULE 1

DAY ONE - MONDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0815 - 0845	0.50	Course Registration	NIOSH
0845 - 0915	0.50	Intro to the Course and Exam Briefing	NIOSH
0915 - 1015	1.00	Intro to OSH	
1015 - 1030	0.25	MORNING TEA BREAK	
1030 - 1100	0.50	Continuation	
1100 - 1200	1.00	FMA and Health Related Regulations	
1200 - 1300	1.00	Occupational Safety and Health Act 1994	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	USECHH Regulations	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.50	NADOPOD Regulations	
	6.50	**END OF DAY ONE**	

DAY TWO - TUESDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0930	1.00	Intro to Occupational Health Nursing	
0930 - 1030	1.00	Structure and Occupational Health Nursing Unit	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1245	2.00	OHN Nursing Process	
1245 - 1345	1.00	LUNCH	
1345 - 1545	2.00	Role and Responsibilities of OHN	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1630	0.50	Continuation	
1630 - 1730	1.00	Needlestick Injuries and Management	
	7.50	**END OF DAY TWO**	

DAY THREE - WEDNESDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1030	2.00	Chemical Hazards	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Ergonomic Hazards	
1145 - 1245	1.00	Biological Hazards	
1245 - 1345	1.00	LUNCH	
1345 - 1445	1.00	Psychosocial Hazards	
1445 - 1500	0.25	AFTERNOON TEA BREAK	
1500 - 1700	2.00	Physical Hazard	
	7.00	**END OF DAY THREE**	

DAY FOUR - THURSDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1000	1.50	IIHL Investigation	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1100	0.75	Introduction to Occupational Diseases	
1100 - 1200	1.00	MSD	
1200 - 1300	1.00	Occupational Lung Diseases	
1300 - 1400	1.00	LUNCH	
1400 - 1500	1.00	Occupational Skin Disorders	
1500 - 1600	1.00	Occupational Reproductive Disorders	
1600 - 1615	0.25	AFTERNOON TEA BREAK	
1615 - 1715	1.00	Occupational Liver and Kidney Disorders	
1715 -1815	1.00	Occupational Neurological Disorders	
	8.25	**END OF DAY FOUR**	

DAY FIVE - FRIDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1030	2.00	SOCSO	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Occupational Epidemiology	
1145 - 1245	1.00	Occupational Toxicology	
1245 - 1445	2.00	LUNCH (FRIDAY PRAYER)	
1445 - 1545	1.00	Occupational Hygiene and Exposure	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.00	Revision	
	6.00	**END OF THE COURSE**	

MODULE 2

DAY ONE - MONDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0930	1.00	OSH Management System	
0930 - 1030	1.00	Introduction to HIRARC	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1215	1.50	Risk Management	
1215 - 1300	0.75	Principles of Prevention and Control	
1300 - 1400	1.00	LUNCH	
1400 - 1445	0.75	Continuation	
1445 - 1545	1.00	Emergency Response Plan and Preparedness	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.00	Continuation	
	7.00	**END OF DAY ONE**	

DAY TWO - TUESDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1000	1.00	Chemical Health Risk Assessment	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1215	2.00	Medical Surveillance	
1215 - 1315	1.00	Fitness for work	
1315 - 1415	1.00	LUNCH	
1415 - 1515	1.00	Disability Assessment	
1515 - 1530	0.25	AFTERNOON TEA BREAK	
1530 - 1630	1.00	Return to Work	
1630 - 1730	1.00	Preparation for Medical Board	
	7.00	**END OF DAY TWO**	

DAY THREE - WEDNESDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1000	1.50	Health Promotion & Wellness Program	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1115	1.00	Drug Free Workplace Programme	
1115 - 1215	1.00	Management of Common Blood Borne Pathogens in the workplace	
1215 - 1315	1.00	Travel Health	
1315 - 1415	1.00	LUNCH	
1415 - 1515	1.00	Counselling	
1515 - 1545	0.50	Ethics and Good Practices	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1700	1.00	Radiation	
	7.00	**END OF DAY THREE**	

DAY FOUR - THURSDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0800 - 0830	0.50	BREAKFAST	
0830 - 0900	0.50	Briefing on Site Visit	NIOSH / Facilitator
0900 - 1300	4.00	Site Visit	
1300 - 1400	1.00	LUNCH	
1400 - 1600	2.00	Preparation or Presentation	
1600 - 1615	0.25	AFTERNOON TEA BREAK	
1615 - 1745	1.50	Presentation	
	8.00	**END OF DAY FOUR**	

DAY FIVE - FRIDAY

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 -0930	1.00	Noise Induced Hearing Loss	
0930 - 1030	1.00	Audiometric Test and Interpretation	
1030 -1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Continuation	
1145 -1245	1.00	Lung Function Test and Interpretation	
1245 - 1445	2.00	LUNCH (FRIDAY PRAYER)	
1445 - 1600	1.25	Continuation	
1600 - 1615	0.25	AFTERNOON TEA BREAK	
1615 - 1700	0.75	Continuation	
	6.00	**END OF THE COURSE**	