Universiti Brunei Darussalam

Occupational Health Training Course

Presenter: Dr Nik Tuah
BScN (Canada), MPH (Australia), PhD Public Health (UK)
Lecturer (Public Health) & MPH Coordinator PAPRSB Institute of Health Sciences
Honorary Research Fellow Imperial College London
Overview

To provide the postgraduate students and professionals with knowledge and skills in various environmental and occupational settings, specifically in:

- describing the main etiologic concepts of acquiring diseases, investigating risk and causal factors;
- identifying high risk groups;
- developing and applying prevention, control, and overall risk management strategies

‘Hands on’ approach by allowing the participants to be actively involved in the presentations while getting the “straight talk” on the issues facing them on a daily basis.

Part of Master of Public Health Programme offered at UBD

Speakers: well-known academics and local experts in the field of public health, occupational medicine and occupational health and safety
Master of Public Health

- It offers relevant, high-value instruction, research, and service aimed at enhancing the health of human populations.

- The main focus is on helping public health professionals acquire up-to-date generalist and specialist knowledge, skills, and attitude required to effectively and efficiently address present and emerging local, regional, and global public health challenges.
Module 1: ‘Occupational Health & Safety’

Duration: 4 days (8.8 - 11.8.2016)

Contents:
- Foundations of Occupational Health and Safety
- Occupational Environmental Health policy and practice
- The Work Environment and Occupational Health

Topics:
- Occupational Health & Safety Policy: an overview
- Occupational Health & Safety
- Occupational Health at the National level
- Control of Occupational and work related Illness
- Exposure to radiation
- Occupational skin disorders
- Workplace Assessment & Workplace Survey
- Noise induced hearing loss
- Toxicants at workplaces
- Occupational diseases and global health
- Occupational Lung Disorders
- Exposure Assessment
- Health Surveillance
Module 2: ‘Special Topics in Occupational Health & Safety’

- Duration: 2 days (1.8-2.8.2016)
- Topics:
  - Introduction to Occupational Health
  - Stress in the workplace
  - Biological hazards
  - Industrial Accidents
  - Musculo-skeletal problems due to work
  - Control of workplace hazards
  - Basic epidemiology & Statistics relevant to Occupational health
  - Noise induced hearing loss
  - Fitness for work
  - Health hazards in the healthcare industry

- Contents:
  - Health effects from occupational exposures
  - Management and prevention of occupational ill-health
  - Worker health and safety: evidence based practice & cost effectiveness
The content is meeting expectations and subjected to endorsement from the Labour Department Ministry of Home Affairs Brunei Darussalam.

The key spin-offs from the modules include:

✓ networking among participants from the public and private sectors;
✓ collaboration between professionals, industrial workers or enterprises particularly in the development of future trainings and research in occupational health and safety;
✓ local capacity building (in inspection, risk assessment and risk management, prevention of occupational ill health and formulation of evidence based and cost effective workplace programmes)

supporting implementation of existing guidelines in occupational health and safety at workplaces and ‘Workplace Safety and Health Order 2009’ in Brunei Darussalam.