



COURSE OVERVIEW HE0127 Industrial Hygiene Certification Program W507: Health Effects of Hazardous Substances

(Accredited by OHTA-BOHS)

Course Title

Industrial Hygiene Certification Program: W507: Health Effects of Hazardous Substances (Accredited by OHTA-

Course Reference

HE0127

Course Duration

Training: Five days/4.5 CEUs/45 PDHs

Exam: One day/3 Hours

Total: 6 Days



Session(s)	Date	Venue
1	October 22-26, 2023	
2	December 10-14, 2023	Boardroom 1, Elite Byblos Hotel Al Barsha, Sheikh
3	March 03-07, 2024	Zayed Road, Dubai, UAE

Course Description



This practical and highly-interactive course includes various practical sessions and exercises. Theory learnt will be applied using our state-of-the-art simulators.

This course aims to provide an introduction to the principles of toxicology, physiology and epidemiology. The course will cover the main types of harmful effects to target organs from exposure to chemical hazards at work and the hazards associated with common hazardous substances.



On completing this course successfully, the participants will be able to:-

- Provide definitions of commonly used toxicology terms
- Describe the main routes by which hazardous substances can enter the body and the factors which influence their absorption, distribution, storage and elimination
- Describe the main sources of information on hazardous substances and processes
- Describe the main features of the principal target organs affected by hazardous substances at work and the factors which influence the degree of harm
- Describe the main routes of exposure and toxic and health effects for hazardous substances commonly encountered in the workplace
- Carryout basic interpretation of t he results from epidemiological studies

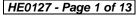
























The course normally run as a taught course over 5 days (minimum of 45 hours including lectures, tutorials, practical/demonstration sessions, guided reading, overnight questions and examination). There will be a 40 short answer question "open book" examination with an allowed time of 120 minutes.

This course is designed to provide participants with a detailed and up-to-date overview of health effects of hazardous substances. It covers the commonly used toxicological terms; the basic principles of toxicology covering the pharmacokinetics. dose response relationship and toxicity testing; the types of combined effects as well as the general health effects comprising of carcinogenicity, sensitisers and reproductive effects; the physiology and target organs comprising of respiratory system, skin, nervous system, circulatory system, liver, kidney and reproductive system; and the epidemiology, the health effects and industrial processes.

Course Objectives

Upon the successful completion of this course, each participant will be able to:-

- Achieve the OHTA-BOHS Certificate in W507: Health Effects of Hazardous Substances
- Define the commonly used toxicological terms
- Discuss the basic principles of toxicology covering the basic pharmacokinetics, dose response relationship and toxicity testing
- Identify the types of combined effects as well as the general health effects comprising of carcinogenicity, sensitisers and reproductive effects
- Recognize the physiology and target organs covering respiratory system, skin, nervous system, circulatory system, liver, kidney and reproductive system
- Discuss epidemiology and the health effects and industrial processes

Exclusive Smart Training Kit - H-STK®



Participants of this course will receive the exclusive "Haward Smart Training Kit" (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes electronic version of the course materials, sample video clips of the instructor's actual lectures & practical sessions during the course conveniently saved in a Tablet PC.

Who Should Attend

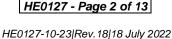
This course covers deeper appreciation and wide understanding of health effects of hazardous substances for health and safety professionals, occupational health specialists including physicians and nurses. Specialists in subjects such as acoustics, ergonomics, human factors, occupational psychology, work organisation, biosafety, engineering, analytical chemistry and those who want a broader appreciation of how their role interfaces with other professions over health issues in the workplace will find this course beneficial.





















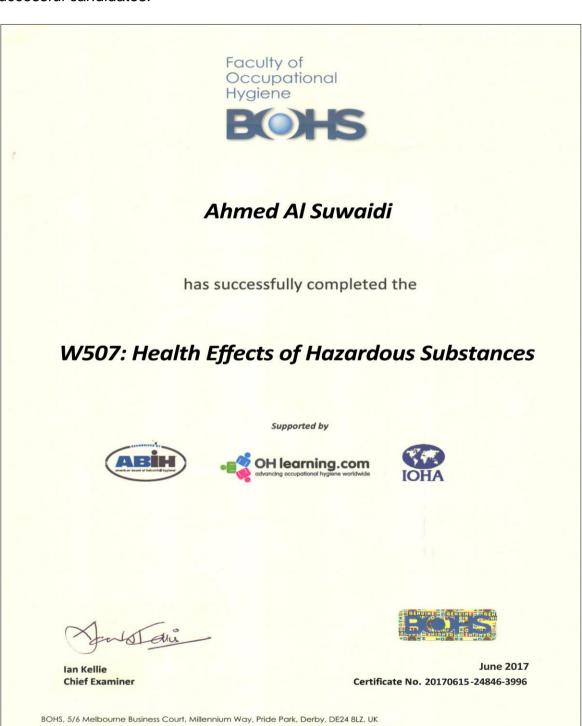


Course Certificate(s)

BOHS Certificates will be issued to participants who have successfully completed the course and passed the exam of the course.

BOHS Certificate(s)

The following certificate is a sample of the BOHS certificates that will be issued to successful candidates:-





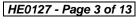






BOHS Incorporated by Royal Charter No. RC000858















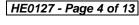


(2) Official Transcript of Records will be provided to the successful delegates with the equivalent number of ANSI/IACET accredited Continuing Education Units (CEUs) earned during the course





















Certificate Accreditations

Haward Technology is accredited by the following international accreditation organizations:-

The British Occupational Hygiene Training Association (OHTA-BOHS)

Haward Technology is an OHTA Approved Training Provider under the W201 and W500 series modules that promote better standards of occupational hygiene practice throughout the world. OHTA is the British Occupational Hygiene Training Association.

Haward Technology supports hygiene professionals who wanted people around the world to enjoy the benefits of healthy working environments.

The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way. Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the ANSI/IACET 2018-1 Standard which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the ANSI/IACET 2018-1 Standard.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking Continuing Education Units (CEUs) in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award 4.5 CEUs (Continuing Education Units) or 45 PDHs (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

British Accreditation Council (BAC) *BAC

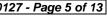
Haward Technology is accredited by the British Accreditation Council for Independent Further and Higher Education as an International Centre. BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.























Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



Mr. Peter Jacobs, is a Senior HSE Consultant with almost 25 years of extensive experience within Oil & Gas, Refinery and Petrochemical industries. His wide experience covers in the areas of Incident Command & Report Writing, HAZOP, HAZMAT, HAZID, Health Risk Assessment, Modern Safety Risk Management, Process Risk Management, Root Cause Analysis HSE Management System Techniques, Development & Implementation, Handling Hazardous Chemicals, Industrial

Safety & Housekeeping, Job Safety & Hazard Analysis, Hazardous Substances Measurement, Workplace Control, Physical Agents, Emergency Response, Chemical & Biological Operations, Basic Safety & Loss Prevention, Safety in Chemical Laboratory, Confined Space Safety, Industrial Hygiene, Occupational Health & Hygiene, Ergonomics, Biological Assessment, Radiation with Radon/Thoron Assessment, Radiation Protection Safety, Radiation Monitoring, Natural Radiation Sources, Nuclear Regulatory Act, Industrial Ventilation, Air Pollution Dispersion Modelling, Basic Clandestine Drug Laboratory Investigation, Chemical Engineering, Fire Safety & Evacuation, Evacuation Safety, Safety Orientation, Hand & Power Tools Safety, Isokinetic Stack Sampling, Dust Exposure, Quantifying Workplace Stressors, Noise & Airborne Pollutants, Thermal Stress, Illumination, Mine Health & Safety, Statistical Method Validation, Legal Audit Compliance, Riot & Crowd Control, ISO 14000. OHSAS 18000. ISO 17025 and ISO 9000.

During his career life, Mr. Jacobs has gained his practical and field experiences through his various significant positions and dedication as the Forensic Science Laboratory Manager, Occupational Hygienist, Radiation Protection Officer, Lead Practitioner, Safety, Health & Environmental (SHE) Specialist, First Responder, OHS Inspector, Ambulance Assistant and LPG Distributor Auditor from various international companies like the Sedulitas, Richards Bay Minerals, Sasol and South African Police Service.

Mr. Jacobs has a Master's degree in Public Health - Occupational Hygiene, a National Diploma in Purchasing Management and held an Intermediate Certificate in Mine Environmental Control. Further, he is a Certified Instructor/Trainer, an Appointed Commissioned Officer, a SAIOH/ IOHA President, an Assessor/Moderator of Health & Welfare SETA, a Registered Occupational Hygienist of the Southern African Institute for Occupational Hygiene, awarded as a SAIOH Occupational Hygienist of the Year Award and a well-regarded member of the British Occupational Hygiene Society (BOHS), Mine Ventilation Society of South Africa (MVSSA) and South African Radiological Protection Association (SARPA). He has further delivered numerous trainings, courses, seminars, workshops and conferences worldwide.





















Training Methodology

This interactive training course includes the following training methodologies as a percentage of the total tuition hours:-

30% Lectures

20% Workshops & Work Presentations

30% Case Studies & Practical Exercises

20% Software, Simulators & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Course Fee

US\$ 7,500 per Delegate + VAT. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.

Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1

<u> / </u>	
0730 - 0745	Registration & Coffee
0745 - 0800	Welcome & Introduction
0800 - 0815	PRE-TEST
0815 - 0930	Basic Principles of Toxicology: Definitions Acute • Chronic • Local • Systemic • Allergic Reaction • Sensitiser • Carcinogen • Mutagen • Teratogen • Xenobiotic • Stochastic • Non- Stochastic
0930 - 0945	Break
0945 - 1200	Basic Principles of Toxicology: Basic Pharmocokinetics Absorption (Routes of Absorption for Substances, When Ingestion can Occur, Situations Where Skin Absorption & Penetration can Occur) ● Distribution (Main Distribution Pathways, Blood, Lymphatic System) ● Storage (How Chemical Properties of a Substance Influence Site of Storage; Common Examples of Where Materials are Stored Including Solvents in Fatty Tissues, Lead in Bones, Liver as a Storage Organ) ● Biotransformation (Meaning of Biotransformation, Where Biotransformation Occurs? How Biotransformation can Initiate or Enhance Toxic Effects Examples Benzene, Dichloromethane, Methanol) ● Elimination (Definition of Biological Half-life, Wide Variation of Half-lives, Shape of Curve)
1200 - 1230	Lunch
1230 - 1430	Basic Principles of Toxicology: Dose Response Relationships Meaning of Dose Response Relationships • Typical Shape of Dose Response Curve • Concept of Threshold and No-observed Adverse Effect Level • Dose Response Curves without Threshold • Importance of Slope of Curve
1430 - 1445	Break



















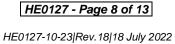


	Basic Principles of Toxicology: Toxicity Testing
	Meaning of ^{LD} 50, ^{LD} Lo, ^{LC} 50, ^{LC} Lo, ^{TD} 50, ^{TD} Lo, ^{TC} 50 and ^{TD} Lo • Units Used to
	Express Results of Animal Testing • Types of Toxicity Testing - Toxiconetic
1445 - 1600	Studies, Acute Toxicity Studies, Sensitisation Studies, Repeated Dose Toxicity
	Studies, Genetoxicity Studies, Reproductive & Developmental Toxicity Studies,
	Carcinogenicity Studies • Uses of Toxicological Data & Estimation of Safe Human
	Dose • Limitations of Toxicity Testing Data
1600 – 1720	Basic Principles of Toxicology: Types of Combined Effects
	Addition • Synergism • Potentiation • Antagonism • Independent
	Recap
1720 – 1730	Using this Course Overview, the Instructor(s) will Brief Participants about the
	Topics that were Discussed Today and Advise Them of the Topics to be Discussed
	Tomorrow
1730	End of Day One

Day 2	
0730 – 0945	Basic Principles of Toxicology: General Health Effects Asphyxia • Irritation • Narcosis • Toxicity • Carcinogens (Basic Mechanisms of Carcinogenicity [Geneotoxicity, Irritant, etc.]; Benign & Malignant Tumours; Difficulties in Identifying Causal Agents, Long Latency Periods; IARC Classification) • Sensitisers (How Sensitisation Affects Individuals?; Sensitisers [Respiratory, Animal Allergy, Skin-Chromium]; Uncertainty About Thresholds; Mechanisms of Sensitisation & Assessment Methods • Reproductive Effects (Teratogens)
0930 - 0945	Break
0945 – 1200	Physiology & Target Organs: Respiratory System The Main Regions of the Respiratory System (Head Airways Region: Role of Turbinates, Filtration Mechanisms; Tracheobronchial Region: Structure, Dimensions of Air Passages; Mucociliary Escalator; Alveolar Region: Surface Area, Retention Time of Particles, Lack of Cilia) ● Particles (Definition of aerodynamic Diameter; Relevance of Particle Size; Particle Deposition & Clearance; Main Deposition Mechanisms; Interception, Impaction, Sedimentation, Diffusion; Particle Size Ranges from Each of the Three Regions; Particles: Those Deposited in the Alveoli, Fate of Particles Deposited Elsewhere including Absorption via Digestive Tract; ISO Curves: Inspirable, Thoracic & Respirable Curves, Shape of Respirable Curve
1200 - 1230	Lunch
1230 – 1430	Physiology & Target Organs: Respiratory System (cont'd) Gases & Vapours (Absorption through the Lungs; Gases; Importance of Solubility) • The Lung as a Target Organ (Gaseous Contaminants: Acute Irritancy, Role of Solubility in Determining Region Affected, Chronic Effects; Causes & Consequences of Inflammation; Benign Pneumoconiosis: Definition, Main Agents (Iron, Tin, Barium); Fibrosis: Definition [Crystalline Silica, Asbestos, Inc.]; Emphysema [Cadmium Oxide etc.]; Cancer [Rubber Fume, Arsenic, Hexavalent Chromium etc.]; Allergic Conditions (Rhinitis – Symptoms, Non-specific Nature, Wide Range of Agents; Asthma – Symptoms, Common Causes [Isocyanates, Solder Fume, Metals, Latex, Vegetable Dusts, Animal Proteins & Enzymes (Industrial & Food Utilisation)]; Allergic Alveolitis – Symptoms, Causative Agents for Farmer's Lung & Other Moulds; Byssinosis – Symptoms, Main Stages of Textile Process Associated with Disease; Assessment Methods – Lung Function Testing, Challenge Testing, Skin Prick Testing, Blood iGe Analysis etc.)
1430 - 1445	Break



















	Physiology & Target Organs: Skin
1445 – 1600	Structure - The Structure & Function of the Different Layers & Components:
	Stratum Corneum & Epidermis; Dermis; Hair Follicles; Sweat Glands; Nerves; Fat •
	Mechanisms of Cutaneous Protection Against Chemical Penetration & Biological
	Agents • The Skin as a Target Organ • Definitions, Main Mechanisms &
	Common Causes of Irritant Contact Dermatitis, Allergic Contact Dermatitis [Nickel,
	Epoxy Resins], Folliculitis, Pigment Disturbances, Ulceration, Cancer)
	Physiology & Target Organs: Nervous System
	Central & Peripheral Nervous Systems: Definitions, Roles, Structure of Nerve Cells,
	Transmission of Nerve Impulses; Transmission Along Cells, Transmission Across
1600 – 1720	Synaptic Gap • Nervous System as a Target organ • Role of Volatile Organic
	Compounds as Depressant • Definitions, Main Mechanisms & Common Causes of
	Damage to Nerve Cells [Lead, Mercury, N-Hexane, Manganese]; Deactivation of
	Cholinesterase [Organophosphates]
1720 – 1730	Recap
	Using this Course Overview, the Instructor(s) will Brief Participants about the
	Topics that were Discussed Today and Advise Them of the Topics to be Discussed
	Tomorrow
1730	End of Day Two

Day 3

Day 3	
	Physiology & Target Organs: Circulatory System
	Composition of Blood & Role of Constituents • Blood as a Target Organ •
0730 - 0930	Definitions & Common Causes of Haemolysis [Arsine & Stibene];
0730 - 0930	Carboxyhaemoglobin Formation [Carbon Monoxide - from Direct Exposure & from
	Metabolisation of Dichloromethane]; Methaemoglobin Formation [Aromatic Amines];
	Anaemia [Lead, Benzene]; Leukaemia [Benzene]
0930 - 0945	Break
	Physiology & Target Organs: Liver
	Position of Liver in the Circulatory System • Role in Biotransformation &
0945 - 1100	Consequent Vulnerability to Toxic Agents • Structure of Liver Lobules • Main
	Agents Which can Cause Liver Damage [eg Alcohol, Chlorinated Hydrocarbons,
	Metal Compounds]
	Physiology & Target Organs: Kidney
1100 – 1200	Structure and Function • Role in Homeostasis and Excretion • Link to
1100 - 1200	Circulatory System • Structure and Role of Nephrons • Kidney as a Target
	Organ: Effects of Cadmium, Lead, Mercury & Organic Compounds
1200 – 1230	Lunch
	Physiology & Target Organs: Reproductive System
1230 – 1445	Effective on Unborn Child: Heredity and Teratogenicity • Interference with the
	Male & Female Systems
1430 – 1445	Break
	Epidemiology
1445 – 1720	Types of Epidemiological Study • Importance of Study Design • Definitions of
	Cohort/Case-Referent, Retrospective/Prospective, Cross Sectional/Longitudinal,
	Designs, Mortality/Morbidity Ratios
1720 – 1730	Recap
	Using this Course Overview, the Instructor(s) will Brief Participants about the
	Topics that were Discussed Today and Advise Them of the Topics to be Discussed
4=20	Tomorrow
1730	End of Day Three





















Day 4

, .	Epidemiology (cont'd)
0730 - 0930	Use of Epidemiological Data, Limitations & Restrictions, Confounding Factors
	Bradford Hill Criteria
0930 - 0945	Break
0930 - 0943	
0045 4445	Epidemiology (cont'd)
0945 – 1145	Limitations of Epidemiological Studies, Importance of Study Size, Link to Exposure
	Standards
1145 – 1200	Health Effects & Industrial Processes: Risk and Safety Phrases
1110 1200	International System for Risk & Safety Phrases
1200 – 1230	Lunch
1230 – 1330	Health Effects and Industrial Processes: Sources of Information
1230 - 1330	Safety Data Sheets • Literature • National Data Bases including REACH
	Health Effects and Industrial Processes: Gases
	Use a Selection of the Gases Given Below to Illustrate the Principal Toxic Effects
	[Simple Asphyxiation, Chemical Asphyxiation, Upper & Lower Respiratory Tract
4220 4420	Irritation, Blood Effects, Lung Damage, Cancer] from Exposure to Gaseous
1330 – 1430	Substances. The Occurrence of these Gases and their Common Applications should be
	included (Inert Gases, Carbon Dioxide and Carbon Monoxide, Hydrogen Cyanide,
	Ammonia, Chlorine, Hydrogen Sulphide, Oxides of Nitrogen and Ozone, Acid Gases
	[Sulphur Dioxide, Hydrogen Chloride, Hydrogen Fluoride] & Metal Hydrides)
1430 – 1445	Break
1100 1110	Health Effects & Industrial Processes: Vapours
	Describe the Generic Hazards of Organic Vapours [ie Narcosis, Respiratory
	Irritation, Skin Irritation & Dermatitis, Skin Absorption, Organ Damage] & Use
	Some of the Substances Given Below to Illustrate these: The Occurrence of these
1445 – 1720	Vapours and their Common Applications should be included (Anaesthetic Gases eg
	Halothane, Nitrous Oxide, Aniline and Phenol, Benzene, Toluene and Xylene,
	Formaldehyde, Isocyanates, Styrene, Halogenated Hydrocarbons, Vinyl Chloride, N-
	hexane, Glycol Ethers & Acetone/MEK)
1720 – 1730	Recap
	ı
1730	End of Day Four

Day 5

Day 5	
	Health Effects & Industrial Processes: Dusts & Particulate Materials
	Minerals - Use the Minerals given below to Illustrate the Principal Toxic Effects of
	such Substances. The Occurrence of these Minerals and their Common Applications
	should be included Crystalline Silica [Quartz, Cristobalite and Tridymite]; Asbestos
0730 - 0930	[Serpentine and Amphibole]; Machine-Made Mineral Fibres [Glass, Rock, Refractory
	Ceramic Fibre] • Organic & Other Dusts (Nanoparticles, Flour & Other
	Components [Industrial & Manufacturing]; Diesel Fume; Latex [Manufacturing &
	Use]; Enzymes [Detergents & food Industries]; Physiological Active Materials
	[Pharmaceuticals]
0930 - 0945	Break
	Health Effects & Industrial Processes: Metals & their Compounds
	Use Some of the Metals Given Below to Illustrate the Principal Toxic Effects
	[Nuisance, Respiratory Effects, Organ Damage, Lung Damage, Fibrosis, Skin
0945 - 1200	Irritancy/Sensitisation, Systemic Effects, Cancer] from Exposure to such metals 7
0943 - 1200	their Compounds. The Occurrence of these Metals & their Common Applications
	should be Included Arsenic, Aluminium, Beryllium, Cadmium, Chromium & Nickel,
	Cobalt, Iron, Lead [Including Differences Between Inorganic & Organic Lead
	Compounds], Mercury, Manganese, Vanadium, Zinc & Copper



















1200 – 1230	Lunch
	Health Effects & Industrial Processes: Common Industrial Processes Working with Metals [Grinding, Machining, Welding] ● Surface Coating &
1230 – 1300	Treatments [Chromium Plating, Galvanising, etc.] • Soldering • Handling &
	Processes Involving Solvents [Open & Closed Systems; Degreasing, Painting, etc.] •
	Handling of Solids & Powders
	Health Effects and Industrial Processes: Specific Industry Profiles Smelting &
1300 - 1330	Refining of Iron & Steel • Foundries, Mining & Quarrying • Oil & Petroleum
	Industry • Pharmaceutical Industry
1330 – 1345	Break
	Biological Agents
	Principal Toxic Effects & Sources (Legionella & Humidifier Fever; Infections of Blood
1345 - 1645	Borne Diseases [Hepatitis & HIV]; Zoonoses [Definitions, How Infection can Occur,
	Common Examples [Anthrax, Leptospirosis, Salmonellosis], Bloodborne Infections;
	Moulds; Pandemics; Genetic Modification)
	Course Conclusion
1645 - 1700	Using this Course Overview, the Instructor(s) will Brief Participants about the
	Course Topics that were Covered During the Course
1700 – 1715	POST-TEST
1715 – 1730	Presentation of Course Certificates
1730	End of Course

MOCK Exam

Upon the completion of the course, participants have to sit for a MOCK Examination similar to the exam of the Certification Body through Haward's Portal. Each participant will be given a username and password to log in Haward's Portal for the MOCK exam during the 7 days following the course completion. Each participant has only one trial for the MOCK exam within this 7-day examination window. Hence, you have to prepare yourself very well before starting your MOCK exam as this exam is a simulation to the one of the Certification Body.

Dav 6: OHTA BOHS Online Exam (to be scheduled within 30 days of course completion)

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0900 - 0915	OHTA-BOHS Exam Registration/Briefing
0915 - 1145	OHTA-BOHS Exam
1145 - 1200	Closing Ceremony
1200	End of Exam

















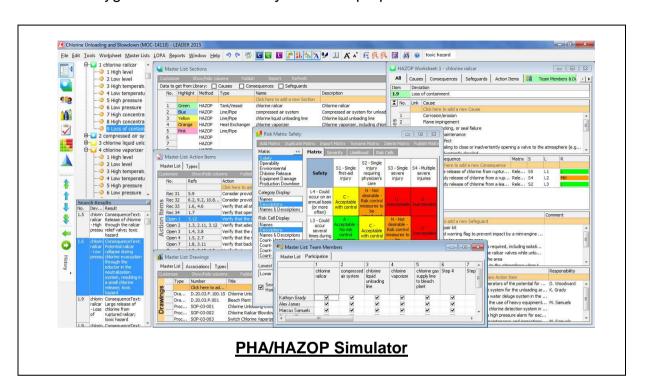


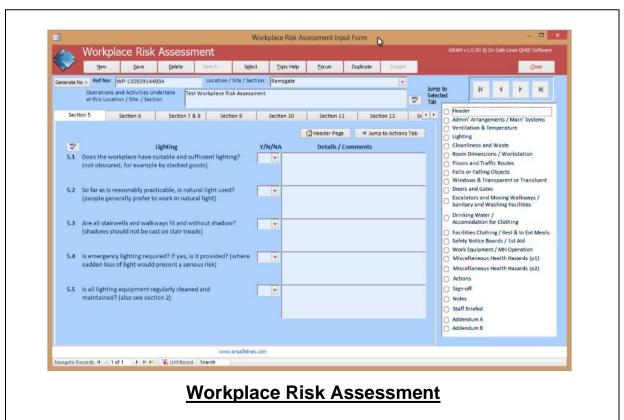




Simulator (Hands-on Practical Sessions)

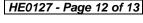
Practical sessions will be organized during the course for delegates to practice the theory learnt. Delegates will be provided with an opportunity to carryout various exercises using our state-of-the-art "PHA/HAZOP", "Workplace Risk Assessment" "Industrial Hygiene Virtual Laboratory" and "CIHprep V9.0" simulators.

















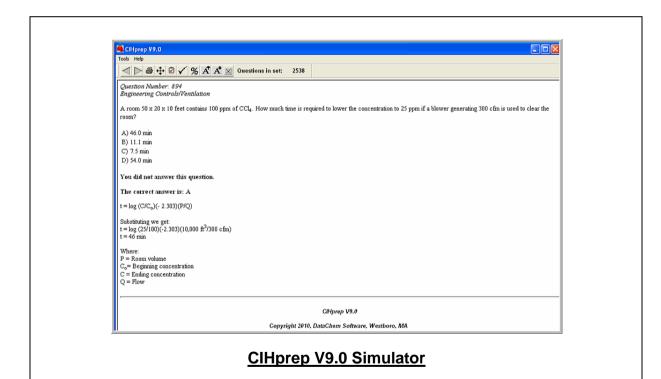








Industrial Hygiene Virtual Laboratory Simulator



Course Coordinator

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