

**Online Course**

# OHTA 201 Basic Principles in Occupational Hygiene



**23 - 27 November 2026**

Exam : 27 November 2026 (2 hrs)



**Microsoft Teams**

# 2026



**Contact Person:** +62 852 1585 5253 (Admin)

**Online Course**

# OHTA 201 Basic Principles in Occupational Hygiene

## Aims :

- To provide a practical understanding of occupational hygiene for people who need to manage or advise on workplace health issues.
- To provide a foundation from which to undertake more in-depth study in individual occupational hygiene subjects.
- To inform and enthuse students about the contribution of occupational hygiene to worker health.

## You will learn to :

- Value occupational hygiene in improving worker health and understand the role of the occupational hygienist.
- Understand health hazards encountered in the workplace and identification techniques (foundation level).
- Identify sources and potential routes of occupational exposure (foundation level).
- Understand the basics of which exposure assessment, measurement processes, and control methods we use (foundation level).
- Manage occupational hygiene programmes in your work environment.

## Course Content :

- Human Physiology and Industrial Diseases
- Fundamentals of Toxicology
- Examples of Hazardous Substances / Processes
- Assessment of Health Risks
- Measurement of Airborne Contaminants
- Hygiene Standards and Occupational Exposure Limits
- Biological Monitoring and Health Surveillance
- General Approaches to the Control of Risks to Health
- Ventilation
- Asbestos
- Biological Hazards
- Noise
- Vibration
- Thermal Environment : Principles, Evaluation and Control
- Introduction to Lighting and Non Ionising Radiation
- Ionising Radiation
- Introduction to Ergonomics
- Behaviour and Culture
- Work-Related Stress
- Career in Occupational Hygiene



**Contact Person:** +62 852 1585 5253 (Admin)

## Online Course

# OHTA 201 Basic Principles in Occupational Hygiene

### Course Overview

Occupational or Industrial Hygiene focuses on a preventative approach through the minimization of exposure to chemical, physical and biological agents in the work environment and the adoption of good ergonomic practices.

### Course Objective

This course aims to provide an introduction outlining the broad principles of Occupational Hygiene as the basis for anticipation, recognition, evaluation and control of hazards that can be encountered in workplace.

### Course Assessment

Participants will be assessed with open book online examination of multiple choice questions (2 hours).

### Course Delivery :

Bahasa Indonesia.

### Course Duration :

Total of 5 days online course.



**23 - 27 November 2026**

Exam : 27 November 2026 (2 hrs)



**Microsoft Teams**

Online via Microsoft Teams

### Facilitator:



**Elsye As Safira, SKM,  
MKKK, MSc, CIH, CIHS**

Sr. Industrial Hygienist  
25+ years experience in oil  
and gas industry and OHS  
Consultant



**Mariena Syamsu Umar,  
ST, MSc, CIH, CIHS**

Sr. Industrial Hygienist  
15+ years experience in oil  
and gas industry and OHS  
Consultant



**Contact Person:** +62 852 1585 5253 (Admin)

**Online Course**

# OHTA 201 Basic Principles in Occupational Hygiene

## Benefits :

- ✓ Student Manual & Slides (softcopy).
- ✓ EASindo Certificate of Attendance (softcopy).
- ✓ OHTA Course Completion Certificate issued upon passing the examination.
- ✓ Learn directly from a nationally and internationally Certified Industrial Hygienist and HSE professional with over 25 years of various industry experience.
- ✓ Gain practical insights and real-world solutions from diverse workplace environments and practical challenges in workplace settings.

**The course is designed to provide opportunities for active participation through case studies, group discussions, etc.**

**Course Fee : Rp. 8.500.000,-**  
Include exam fee of £100 (Pounds)

### Notes :

- Minimum 10 participants required for the course to proceed.
- OHTA 201 can be integrated with HIMU. Participant may take both certification exam. Additional fee applies for the HIMU exam.



**Form Registration :**  
**[bit.ly/OHTA-201-EASindo](https://bit.ly/OHTA-201-EASindo)**

\*Registration closes on Monday, 16 November 2026



**Contact Person: +62 852 1585 5253 (Admin)**