Essential Occupational Health and Wellness Practitioner Training Course



07 - 11 Dec 2026

Tokyo

5800 € (Per Person)

Ref: #HSE2444_46473

Course Introduction / Overview:

The health and wellness of employees are central to a productive and sustainable workplace. This comprehensive training course, offered by BIG BEN Training Center, is designed to equip professionals with the knowledge and skills needed to become effective occupational health practitioners. The program provides a holistic view of workplace wellness, combining the principles of industrial hygiene with a focus on promoting physical and mental well-being. Participants will learn how to anticipate, recognize, evaluate, and control environmental factors and stressors that can cause sickness, impaired health, or significant discomfort among workers. This training is for those who are ready to take a proactive approach to employee health, ensuring a safe and supportive work environment. Drawing on academic and industry standards from organizations like the American Industrial Hygiene Association, the course is built on a solid foundation of scientific principles and best practices. It also references concepts from books such as "Patty's Industrial Hygiene" which is a foundational text in the field, providing a deep and comprehensive understanding of the subject. BIG BEN Training Center is committed to providing a learning experience that is both rigorous and practical, preparing participants to make a tangible difference in their organization's health and safety performance.

Target Audience / This training course is suitable for:

- Occupational health and safety officers.
- HSE managers.
- Industrial hygienists.
- HR professionals with wellness responsibilities.
- Facilities and operations managers.
- Public health specialists.
- Medical and nursing staff.
- Government regulatory officials.

Target Sectors and Industries:

- Manufacturing and heavy industries.
- Chemical and pharmaceutical.
- Healthcare.
- Energy and utilities.
- Construction.
- Food and beverage.
- Government agencies and public services.
- Transportation and logistics.

Target Organizations Departments:

- Health, safety, and environment (HSE) departments.
- Human resources.
- Medical and wellness services.
- Operations and production.
- Quality assurance.
- Risk management.
- Compliance.

Course Offerings:

By the end of this course, the participants will have able to:

- Anticipate and recognize potential health hazards in the workplace.
- Evaluate exposure to physical, chemical, and biological agents.
- Develop and implement control measures to mitigate health risks.
- Design and manage a comprehensive workplace wellness program.
- Understand the principles of toxicology and epidemiology.
- Conduct health risk assessments.
- Ensure compliance with occupational health regulations.
- Investigate work-related illnesses and injuries.
- Promote a positive and healthy workplace culture.

Course Methodology:

This training course at BIG BEN Training Center uses a highly interactive and practical methodology to ensure that participants not only understand the concepts but can also apply them in their daily work. The program combines clear, detailed lectures with real-world case studies from various industries. This allows participants to analyze real-world scenarios and develop problem-solving skills. Group workshops and hands-on exercises focus on conducting simulated health assessments and creating wellness programs. Participants will practice using tools and techniques for air sampling, noise measurement, and ergonomic evaluations. The instructor provides personalized feedback and guidance throughout the program, helping each participant master the core competencies. The course is designed to be engaging and collaborative, encouraging participants to share experiences and learn from one another. By focusing on practical application, BIG BEN Training Center ensures that participants leave with a tangible set of skills they can immediately implement to improve occupational health and wellness.

Course Agenda (Course Units):

Unit One: Foundations of Industrial Hygiene and Health

- Principles of occupational health and industrial hygiene.
- Recognizing and anticipating workplace health hazards.
- The role of the occupational health practitioner.
- Legal and ethical considerations.
- Understanding the biological and physical agents of harm.
- Introduction to toxicology.
- The link between health and safety.

Unit Two: Exposure Assessment and Monitoring

- Methods for evaluating chemical exposure.
- Noise and vibration monitoring.
- Evaluating thermal stress.
- Biological and ergonomic risk assessments.
- Respiratory protection programs.
- Sampling strategies and data analysis.
- Understanding exposure limits.
- Three: Hazard Control and Mitigation
- Engineering controls and their application.
- Administrative controls.
- Personal protective equipment (PPE) for health hazards.
- Ventilation systems.
- Ergonomic interventions.
- Control of biological agents.
- Controlling chemical exposure.

Unit Four: Workplace Wellness Program Design

- The business case for workplace wellness.
- Elements of a comprehensive wellness program.
- Mental health and stress management.
- Promoting physical activity and healthy eating.
- Substance abuse prevention.
- Health screening and monitoring.
- Communication strategies for wellness.

Unit Five: Health and Safety Management Systems

- Integrating health into a safety management system.
- Health risk assessment and management.
- Investigating occupational illnesses.
- Record-keeping and reporting.
- Compliance with health regulations.
- Auditing a health and wellness program.
- Continuous improvement in occupational health.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

In what ways can an organization's investment in a comprehensive occupational health program lead to improved productivity and reduced turnover?

What unique qualities does this course offer compared to other courses?

This program stands out by providing an integrated approach to occupational health that combines the technical science of industrial hygiene with the strategic principles of workplace wellness. While many courses focus on just one of these areas, this training offers a holistic view, preparing practitioners to manage both physical and psychological health hazards. The course is highly practical, featuring hands-on exercises and case studies that are directly relevant to real-world workplaces. The program also emphasizes the business case for health and wellness, teaching participants how to communicate the value of their initiatives to senior leadership. This makes the training a valuable opportunity for professionals to become well-rounded experts, capable of creating a truly safe, healthy, and supportive work environment.