



**DEPARTMENT OF LABOR AND EMPLOYMENT**  
**Occupational Safety and Health Center**

# **OSHC Training Programs** **on Workplace** **Safety and Health**

**October 2007**  
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# F O R E W O R D

There are many valid reasons to train on work safety and health. Training adds value to business by preventing injuries and illnesses, decreasing workers' compensation costs, re-training, absenteeism. It also enhances productivity and profits, workers' morale, and sound labor relations. Lives are saved everytime workers are informed and trained on the importance and values of raising awareness on occupational safety and health (OSH).


The Occupational Safety and Health Center (OSHC) of the Department of Labor and Employment under Executive Order 307 is mandated to conduct training and information programs along with providing technical assistance to clients and undertaking research.

Much has been achieved in the area of OSH training in the private and public sectors especially requesting large and medium sized firms. Over the past 19 years, OSHC has trained 50,000 potential safety officers, members of safety and health committees, supervisors and managers. Much still remains to be done with regards to workers in small enterprises and addressing the needs of the young and women workers as well as the Overseas Filipino Workers.

OSHC intends to step up its training services through low cost but state of the art approaches including Distance Learning program.

Partnerships in training are being strengthened through training of trainors and forging of memoranda of agreements, among other strategies, for obtaining sustainability in capability building.

We welcome you to the OSH family! We hope to see you in our future training programs as we all strive to ensure that our workplaces are safe and healthy at all times.

  
**Dr. Dulce P. Estrella-Gust**  
Executive Director

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## OSHC: The Training Agency on Work Safety and Health

Reaching two decades now in the service of preventing work-related accidents and illnesses, the Occupational Safety and Health Center has gained a respectable ground in facilitating, enhancing, and contributing to the development of national policies and programs on workplace safety and health. The result – more and more workers are now empowered to assess and evaluate their own exposure to workplace hazards and the effects of such hazards on their well-being.

This important mark brought by OSHC comes through: (1) a strategic way of developing a comprehensive, responsive, gender-sensitive training programs; and (2) the technical and scientific expertise of its personnel. A combination of safety engineers, industrial hygienists, occupational health physicians, trainers and information specialists carry out the capability building programs on occupational safety and health.

OSHC's trainers are continuously trained locally and internationally. Our linkages with international organizations help us be updated in the most recent issues on work safety and health and to resolve these concerns through capability-building and other strategies. The Center has also been recognized as the coordinator in the training area by the ASEAN-OSHNET.

The OSHC training programs are usually held in its premises in Quezon City, as well as in the regions. The latter are implemented through the assistance of the regional offices of the Department of Labor and Employment.

In terms of training facilities, the Center has an Auditorium that could sit 500 people, a Large Training Room for 100-50, 2 small training rooms for 30 people, and a dormitory with 20 rooms that could accommodate 80 people.

Supporting our trainings are five laboratories on safety, health, chemicals, and ventilation. The use of an information system modernizes the delivery of the training programs. Audio-visual presentations, workshops, demonstrations, plant visits, are used as training support materials. Interested training participants may visit our website at [www.oshc.dole.gov.ph](http://www.oshc.dole.gov.ph) for our schedule and any updates. Distance Learning Programs on BOSH and Learning Sessions are being offered thru the use of internet and the Video Conferencing Mode. You may also note the pre-requisites for each training programs.

# Basic Occupational Safety and Health (BOSH)

## OVERVIEW

This training course is required under Rule 1030 of the Occupational Safety and Health Standards. It is open to all, but the priority client is the potential safety officer. The usual mode of training is face-to-face; BOSH is now being offered through Distance Education since year 2005.

The BOSH training manual is also given to specific sectors such as hotels and restaurants; ports; schools; contact centers, farming, fishing among others.

## Course Objectives

At the end of the course, the participants will have:

- acquired the basic knowledge and skills on occupational health, safety, and work environment;
- formulated a re-entry plan as a contribution to their company's safety and health program.

## Prerequisites

None

## Methodology

- Lecture and discussions
- Case study
- Workshop/demonstration
- Audio-Visual Presentations
- Plant visit
- Check Lists

## Target Clients

- Potential Safety Officers
- Supervisors from industrial companies & Local Government Units
- Other Members of the Safety and Health Committee
- Pollution Control Officers
- Academe

## Course Duration

5 days, 40 hours

## Course Outline

Introduction to OSH

OSH Situationer

OSH Overview

Basic Concepts & Principles

Occupational Safety

Housekeeping/Materials Handling & Storage

Fire Safety

Electrical Safety

Machine Safety

Personal Protective Equipment

Safety Inspection

Accident Investigation

Occupational Environment

Industrial Hygiene

Control Measures

Occupational Health

Health Hazards and their Effects

The Integrated Preventive OSH Response in the Philippines

Roles and Activities: Government and Non-Governmental Organization

Development of a Safety and Health Program at Enterprise Level

Plant Visit

Re-entry Planning

# Construction Safety



## OVERVIEW

The past few years saw a rise of accidents in the construction industry; many of which were serious while in some , fatal.

The Guidelines on Construction Safety or Department Order No. 13 signed in 1998 mandates the OSH requirements for this sector. Site safety officers play key roles in the implementation of effective OSH programs at the work sites and they are the primary targets of this training.

## Course Objectives

At the completion of the course, participants will have:

- acquired knowledge and skills in performing safety audits, assessments and analysis of hazards and risks in construction;
- formulated a re-entry plan as a contribution to their respective construction project's safety and health program.

## Prerequisites

None

## Methodology

- Lectures and Discussions
- Workshops
- Site Visits
- Audio-Visual Presentations
- Case Studies

## Target Clients

Licensed Engineers  
Licensed Architects  
Safety Officers  
Project Managers

## Course Duration

5 days

## Course Outline

Introduction to Construction Safety

- Importance of Safety and Health
- Unsafe Act/Unsafe Condition Workshop
- Construction Site Premises
- Tools and Equipment
- Excavation Safety

Basic Concepts and Principles of Construction Safety

- Construction Machinery (Mobile Equipment)
- Construction Machinery (Crane & Elevators)
- Fall Protection
- Temporary Structures
- Environmental Safety
- Occupational Health Programming
- Demolition / Explosives Safety
- Personal Protective Equipment

Integration and Response

- Site Visit
- Presentation of Inspection Results
- Toolbox Meeting
- Job Hazard Analysis

Accident Investigation

- Routine Site Safety Inspection
- Role of Safety Officer
- Construction Safety Legislations

Re-Entry Planning



# HIV and AIDS and the Workplace and Republic Act 8504

## OVERVIEW

HIV and AIDS affects all sectors of the population. As early as 1997, a comprehensive national workplace policy was developed through multisectoral efforts for the prevention of HIV and AIDS. Efforts in the workplace was further strengthened by enactment of RA 8504 which incorporated the provisions of the national workplace policy.

Led by the Occupational Safety and Health Center, and in partnership with the Interagency Committee on STD, HIV and AIDS prevention this syllabus was developed as part of the workplace initiative for HIV and AIDS prevention and control.

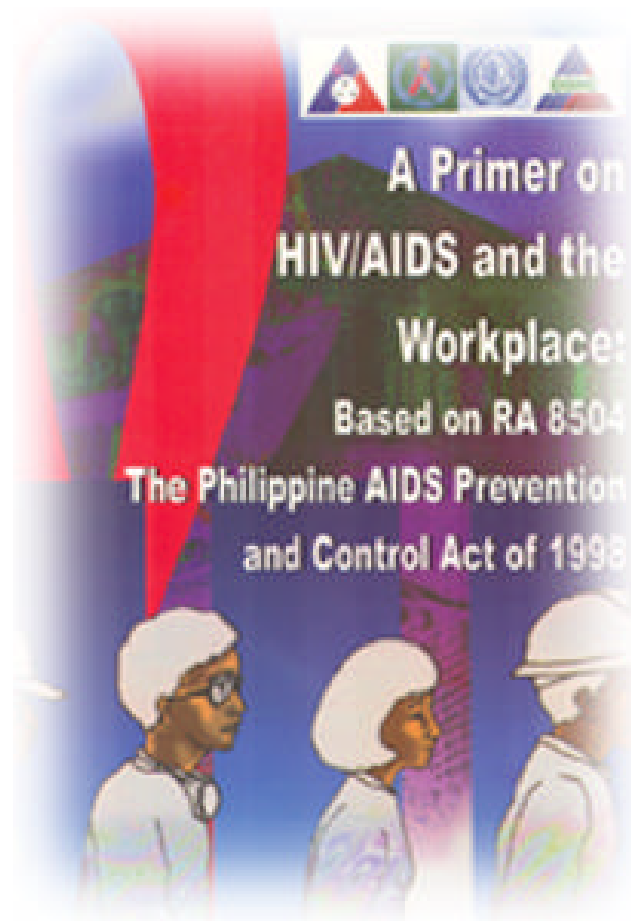
## Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge on HIV and AIDS ; its nature, detection, and prevention;
- recognized HIV and AIDS as a workplace issue; and
- formulated their re-entry plans on workplace policies and programs on HIV and AIDS.

## Prerequisites

None



## Methodology

Lectures/Discussions                      Audio-Visual Presentations  
Case Studies                                      Workshops  
Role-Play

## Target Clients

Human Resource Managers, NGOs  
Safety and Health Personnel, Academe

## Course Duration

2 Days

## Course Outline

Situationer

Global data on HIV and AIDS  
National data on HIV and AIDS

AIDS 101

Cause  
Modes of transmission  
HIV testing and the importance of counseling  
Prevention strategies  
Sources of help

Republic Act 8504 and the National Workplace Policy

Rationale  
Provisions which address workplace issues

Interventions and Response

Case studies of HIV and AIDS related problems  
Drafting of a company workplace policy on HIV and AIDS  
Responses from legislators; governments; the Philippine National  
AIDS Council; employers and workers groups; and NGOs.  
Re-entry Planning

# Training of Assessment Teams for a Drug-Free Workplace

## OVERVIEW

Drug and alcohol abuse is a pervasive problem that transcends geographic or socio-economic boundaries. Most of those engaged in substance abuse are young workers.

The DOLE developed this Course to respond to the growing problem of drug abuse and to implement the workplace provisions of Republic Act 9165 or the Comprehensive Dangerous Drugs Act of 2002. The manual consists of eight (8) modules for the Assessment Team (AT). The eight modules are prescribed for the AT. However, for orientation programs, module 2 can be given in one (1) hour. For a shortened training for non-assessment teams, modules 1, 2, 3, and 9 will suffice.



## Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge on the facts and issues related to drug abuse in the Workplace;
- become familiar with the assessment process, referral and case management and after-care re-entry program for workers afflicted with the drug abuse program;
- developed skills needed for the formulation on Employee Assistance Program.

## Prerequisites

None

## Methodology

Lectures  
Participatory Discussions  
Workshops  
Case Studies  
Visit to a Treatment and Rehabilitation Center  
Re-Entry Planning

## Target Clients

Those who plan to be part of the Assessment Team, e.g. HR Manager, Health Personnel, Employer's and Workers' Representative, other members of Health and Safety Committee

## Course Duration

4 Days

## Course Outline

The Drug and Alcohol Problem (DAP)

The local and international situation on DAP

The Republic Act 9165 or the Comprehensive Drugs Act of 2002

The Drug Supply Reduction Program

Drug and Alcohol Abuse and Dependency (DAAD)

Attitudes and Misconceptions towards DAAD

Understanding the Effects of DAAD

Causes of DAAD

Drug Demand Reduction Program with Focus on the Workplace

DO 37-03, and the process of developing the Guidelines on Drug-Free Workplace

DO 53-03 Guidelines for a Drug-Free Workplace

## The Assessment Process

- The Assessment Team
- Screening process
- Assessment process

## Intervention Strategies

- Overcoming fear in using Strategies

## Referral and Case Management

- When to refer
- Different levels of care
- How to refer

## After Care and Re-integration to the Workplace

- The Theory and Practice of After Care
- Facilitating the Re-entry of Clients Back to the Workplace

## Development of Drug-Free Workplace Policy and Program (DAAP)

- Drafting Workshop for DAAP
- Re-entry planning of training participants

# Appreciation Course on Occupational Safety and Health

## OVERVIEW

Due to the increasing public awareness on the importance of work safety and health, OSHC has received many requests from private companies for BOSH trainings to be conducted within their company premises. However, due to limited resource and time constraints and to respond to such requests, the OSHC developed this Course to enable participants to appreciate the concepts of work safety and health.

This Course is also given sector-specific such as for export processing zones, hotels and restaurants; ports, schools, among others.

## Course Objectives

At the completion of the course, participants will have:

- acquired a general perspective on occupational safety and health;
- identified responses or control measures to prevent workplace hazards

## Prerequisites

None

## Methodology

- Lectures and Discussions
- Workshop
- Audio-Visual Presentations
- Group Commitment Setting

## Target Clients

Key Company Personnel

## Course Duration

1 to 2 days



## Venue

In-Plant

## Course Outline

Overview of the Course

Situationer

Case Studies

Causes / Preventions of Accidents and Illnesses

Recognition and Identification Hazards

Occupational Safety

Occupational Environment

Occupational Health

Workshop and Plenary Discussions

OSH Policy and Program

Commitment / Re-entry Planning

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*The OSHC responds to some companies who request for OSH-specific concerns and interventions such as on chemicals, fire, physical hazards, ergonomics among others.*

# Appreciation Course on Safe Use of Chemicals at Work

## OVERVIEW

Chemical safety is important to protect any person's health and well-being. In an industrial setting or in an agricultural setting or in a laboratory.

This course introduces the basics of handling chemicals and working with them in a safe way.

## Course Objectives

At the completion of the course, participants will have:

- identified and classified the different forms of chemicals in the workplace;
- identified and implemented solution oriented approaches to control the hazards relating to chemicals as well as measures and procedures to control the exposure.

## Prerequisites

None

## Methodology

- Lectures and Discussions
- Workshop

## Target Clients

- Chemists / Laboratory Analysts; Chemical Handlers
- Members of the Health and Safety Committee
- Academe

## Duration

1 day

## Course Outline

- Chemicals in the Workplace; Monitoring Chemical Exposure;
- Storage and Handling of Chemicals; Principles of Operational Control



# Industrial Fire Safety



## OVERVIEW

Fire in an industrial set-up accounts for huge losses not only in financial resources but more importantly in human lives. Training on fire prevention is necessary to prevent such losses.

Apart from the technical experts of OSHC, other trainers from the Bureau of Fire Protection and from the private sector share their knowledge and skills in this Course.

## Course Objectives

At the completion of the course, the participants will have:

- gained knowledge in implementing a company fire prevention/protection program;
- acquired skills in Fire Brigade organization and on actual Fire Fighting Drill;
- contributed to the formulation and implementation of their company's fire prevention program through a re-entry plan.

## **Prerequisites**

None

## **Methodology**

Lectures and Discussions  
Workshops/Demonstrations  
Fire Fighting Drill  
Audio-Visual Presentations

## **Target Clients**

Fire Brigade in Public and Private Establishments  
OSH Committee Members

## **Course Duration**

3 days

## **Course Outline**

Introduction to Fire Safety  
Chemistry and Behavior of Fire  
Principles of Fire Prevention and Control

Fire Prevention and Control  
Fire Safety Legislations  
Means of Egress  
Approaches in Fire Fighting  
Fire Fighting Drill  
Fire Safety Inspection

Fire Safety Program  
Re-entry Planning

# Crane Safety



## OVERVIEW

One of the most hazardous activities in construction is crane operation. Accidents are usually fatal and cause damage to the crane and other properties.

## Course Objective

At the completion of the course, the participants will have:

- acquired basic knowledge on safe crane operation and its proper inspection procedure.

## Prerequisites

Professional Drivers License with Restriction Code 8 for Articulated Vehicles

## Methodology

- Lectures and Discussion
- Hands-on Operation
- Audio-Visual Presentations

## Target Clients

Crane operators

## Course Duration

One and one-half days

## Course Outline

- Types of crane
- Hazards in crane operation
- Rigging equipment inspection
- Actual inspection

# Forklift Safety

## OVERVIEW

Forklift truck is a machine used for lifting, piling, loading and unloading of cargos. Forklift safety training ensures safe operation of forklift at the workplace.

## Course Objective

At the completion of the course, the participants will have:  
acquired basic knowledge on safe operation procedures of a forklift truck.

## Prerequisites

Professional Drivers License with Restriction Code 8 for Articulated Vehicles

## Methodology

Lectures and Discussion  
Hands-on operation  
Audio-Visual Presentations  
Workshops

## Target Clients

Forklift operators

## Course Duration

Two days

## Course Outline

Functions of Forklift truck	Braking and safety device
Kinds of Forklift trucks	Loading and unloading
Parts of Forklift trucks	Safe work procedure
Inspection of Forklift truck	Pallets and racks

# Fundamentals of Industrial Hygiene



## OVERVIEW

Industrial Hygiene (IH) is concerned with the recognition, evaluation, and control of environmental factors in the workplace that could cause sickness and injury to workers. It is an essential preventive measure applied for effective monitoring of working conditions, evaluation of exposure and improvement of the work environment and hazard control.

## Course Objective

At the completion of the course, the participants will have:  
acquired knowledge on the basic concepts in industrial hygiene

## **Prerequisites**

None

## **Methodology**

Lecture and Discussions  
Audio-Visual presentations  
Demonstrations

## **Target Clients**

Potential Industrial Hygienists  
Members of the Health and safety committee  
Pollution Control Officers (PCO)  
Academe

## **Course Duration**

1 day

## **Course Outline**

Principles of Industrial Hygiene  
  
Recognition and Evaluation of Chemical Hazards  
  
Recognition and Evaluation of Physical Hazards  
  
Control of Exposures through Interventions  
  
The Industrial Hygiene Program  
  
Re-entry Plan



## Safe Use of Chemicals at Work

### OVERVIEW

In the Philippines, the recently concluded report on the national profile of chemicals lists 44,000 chemicals, many of which can be considered acute and persistently toxic chemicals, for example organic solvents, heavy metals, acids and pesticides.

While chemicals are highly important in industry, in farming, in transportation, and in other sectors, it is internationally agreed that they have to be managed soundly. The course covers basic concepts on chemical safety and its management, as well as on the Globally Harmonized System (GHS) of labeling chemicals, however Learning Sessions on GHS is also being offered.

### Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge on the basic concepts of chemical safety;
- gained skills in managing the safe use of chemicals;
- recommended control measures in preventing or reducing exposure to chemicals;
- drafted a re-entry program that could contribute to a company's chemical safety and health program.

## Pre-Requisite

Completion of Basic OSH or Fundamentals of Industrial Hygiene

## Methodology

Lectures and discussions  
Audio-Visual Presentations  
Workshop/demonstration  
Plant visit

## Target Clients

Industrial Hygienists  
Hazardous Waste Handlers  
Chemists / Laboratory Analysts  
Chemical Handlers  
Members of Safety and Health Committees  
Academe  
Industrial Supervisors

## Course Duration

3 days

## Course Outline

Situationer  
Chemicals in the Workplace

Basic Concepts, and Principles of Chemical Safety

Storage and Handling of Chemicals	Chemical Emergency Procedures
Toxic Effects of Chemicals	Principles of Operational Control
Fire and Explosion	Chemical Waste Management
Philippine Regulations on Chemicals	

Chemical Control Program

Globally Harmonized System (GHS) Labelling / SDS  
Chemical Handling and Usage

Re-entry Planning



# Fundamentals of Industrial Ventilation

## OVERVIEW

This course will cover basic understanding of the principles and applications of industrial ventilation in controlling emissions and exposure to airborne contaminants in the workplace. Concepts on properties of chemical hazards, physical agents, and dilution ventilation will be discussed. Principles of ventilation on velocity, flow rate and conservation of mass and energy will be explained.

## Course Objectives

At the completion of the course, the participants will able to:

- identify and select ventilation systems appropriate to the needs of the company;
- evaluate the performance of ventilation system;
- appraise industrial ventilation drawings and specifications;
- recommend control measures in eliminating airborne contaminants from industrial processes through effective ventilation.



## **Pre-Requisite**

Basic Occupational Safety and Health Course

## **Methodology**

Lectures and Discussions

Case study

Demonstrations

Workshop

## **Target Clients**

Academe

Members of the Health and Safety Committee

Industrial Hygienists

EHS Professionals

Plant and Facilities Engineers

## **Course Duration**

2 days

## **Course Outline**

Introduction to Industrial Ventilation

Chemical Hazards and other Physical Stressors

Control Measures

Principles of Industrial Ventilation

General Ventilation System

Dilution Ventilation

Ventilation for Health Control

Principles of Local Exhaust Ventilation

# Advance Course in Industrial Ventilation



## OVERVIEW

This advance course provides a more technical and in-depth study of industrial ventilation. Emphasis is placed on the practical aspects of local exhaust ventilation system design, operation, maintenance and testing. It will also cover operation and maintenance program of ventilation systems. Charts and tables on industrial ventilation shall be provided.

## Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge and skills in designing ventilation system;
- skills to appraise industrial ventilation drawings and specifications;
- technical knowledge to draft and implement a company's industrial ventilation program;
- capability to conduct ventilation testing, maintenance, improvement of existing ventilation systems.

## **Pre-Requisite**

Fundamentals of Industrial Ventilation  
Preferably Mechanical Engineers

## **Methodology**

Lectures and Discussions  
Case study  
Demonstrations  
Individual and Group Exercises / Workshop  
Plant Visit

## **Target Clients**

Industrial Hygienists  
EHS Professionals  
Plant and Facilities Engineers  
HVAC Engineers and Supervisors  
Employees Responsible for the design, testing or maintenance of industrial ventilation systems

## **Course Duration**

3 days

## **Course Outline**

Local Exhaust Ventilation Design  
Replacement and Recirculated Air  
Fans and Blowers  
Air Cleaning Devices  
Evaluating Ventilation System  
Plant Visit  
Re-Entry Planning



## Work Environment Measurement (WEM)

### OVERVIEW

This course uses a hands-on training approach on instrumentation aimed at recognizing, evaluating and controlling work environment hazards.

### Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge and skills in using industrial hygiene instruments for evaluating physical and chemical hazards in the working environment;

- gained skills in controlling hazards and improving the work environment;

- drafted a company's industrial hygiene program through the conduct of Work Environment Measurement.

### Prerequisites

Completion of Fundamental of Industrial Hygiene Course or BOSH

## Methodology

Lectures and Discussions  
Workshop / Demonstration  
Plant Visit

## Target Clients

Industrial Hygienists  
Industrial Supervisors  
EHS Practitioners  
Other Members of OSH Committee  
Academe

## Course Duration

3 days

## Course Outline

Introduction to WEM

Measurement and Evaluation of:

- Physical Hazards
- Illumination
- Noise
- Heat
- Radiation
- Vibration

Measurement and Evaluation of Chemical hazards

- Organic Solvents
- Acids
- Airborne Dusts
- Heavy Metals
- Toxic Gases

Control Measures

Plant Visit and Re-entry Planning

# Work Relatedness of Diseases

## OVERVIEW

Difficulties in associating hazards and risks to illnesses have contributed significantly to the underreporting of occupational and other work-related diseases. The need to continuously build the capabilities of health professionals in diagnosing work-related diseases is being addressed by this course.

## Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge on the concepts of occupational and work-related diseases;
- discussed the issues in employees' compensation of illnesses and injuries;
- acquired skills in assessing the effect of workplace exposure to workers' health and safety;
- drafted a re-entry plan aimed at contributing to their respective establishment's / organization's Occupational Health program.

## Prerequisites

None

## Methodology

Lectures/Discussions  
Case Studies  
Audio-Visual Presentations  
Workshops/Presentations

## Target Clients

Medical Evaluators from the Social Security System (SSS), Government Service Insurance System (GSIS) and Employees Compensation Commission (ECC).  
Health Practitioners  
Academe  
Health and Safety Committee Members  
Human Resource Personnel





## Course Duration

2 Days

## Course Outline

Introduction to Work-Related Diseases

Overview of the Health Situation in the Workplace

Analysis of Employees Compensation Claims

Establishing Work-Relatedness of a Disease

Basic Concepts and Principles of Work-Relatedness of Diseases

Risk Assessment of Occupational Hazards

Hazard Identification

Exposure Assessment

Dose Response/Dose-effect

Risk Characterization

Integrating Activity and Response

Medical and Legal Aspects of Compensable Illnesses

Workshop: Case Studies of Claims Filed for Compensation

Re-entry or Action Planning



# Prevention and Control of Lifestyle-Related Diseases in the Workplace

## OVERVIEW

Lifestyle-related diseases are initiated by certain behaviors such as cigarette and tobacco use, alcoholic beverage intake, poor dietary habits and lack of exercise, and stress. Common lifestyle-related illnesses include cardiovascular diseases, hypertension, diabetes and diseases highly associated with tobacco/ cigarette use.

Poor lifestyle habits have been noted to reduce productivity, early and premature disability among workers, and increased cost of medical services and health insurance.

## Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge on the common lifestyle-related diseases including risk factors and the means to control and prevent these illnesses;
- drafted a re-entry plan to contribute to a company's workplace policy and programs on lifestyle-related diseases.

## Prerequisites

None

## Methodology

- Lectures and Discussions
- Case Studies
- Audio-Visual Presentations
- Workshops

## Target Clients

- Safety and Health Committee Members
- Human Resource Personnel

## Course Duration

2 Days

## Course Outline

Situationer

Common Lifestyle-Related Diseases

Cardio Vascular Diseases

Diabetes Mellitus

Tobacco-Related Diseases

Lifestyle Related Diseases and the Workplace

Implementing Workplace-Based Program for Health Promotion

Roles of the Health Promotion Team

Re-entry Planning



# Blood Lead Analysis



## OVERVIEW

Lead is the most commonly used non-ferrous metal. It affects the blood and central and peripheral nervous systems. Long-term exposure causes renal damage and impairs the reproductive functions of both males and females.

Work exposure to lead is a continuing problem in many high-risk industries. The course is a response to the demand for more trained laboratory personnel in the analysis of lead in blood.

## Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge and skills in the analysis and interpretation of blood lead levels,
- drafted a plan to implement internal and external quality laboratory control methods.

## **Prerequisites**

Laboratory Personnel

## **Methodology**

Lectures and Discussion

Case Studies

Audio-Visual Presentations

Hands-on Application

## **Target Clients**

Medical Technologists and/or Industrial Hygienists who are doing or planning to do blood lead analysis

## **Course Duration**

3 Days

## **Course Outline**

Toxicology of Lead

Evaluation of Lead

    Biological Monitoring

    Environmental Monitoring

Laboratory Methods for Blood Lead (hands-on application)

Interpretation and Analysis of Data from Case Studies

Re-entry Planning

# Stress, Alcohol & Drugs, Violence, HIV and AIDS and Tobacco (SOLVE) (A Policy Training Program)



## OVERVIEW

Stress, Drugs and Alcohol, Violence, HIV and AIDS and Tobacco (SOLVE) are major threats to enterprise performance. Taken together they can be responsible for a great number of work accidents and diseases leading to incapacity, illness and death. These problems have a considerable impact on productivity, with direct and indirect costs for both the enterprise and the worker.

This training program is based on the ILO's program on SOLVE.

## Course Objectives

At the completion of the Course, the participants will have:

- acquired knowledge and skills needed to integrate all the five components of SOLVE into a comprehensive corporate policy.
- drafted a company's program of action to alleviate SOLVE issues and problems in their workplace.

## **Prerequisites**

Participants should be involved in policy formulation in OSH at national or establishment level;

Academe

Health and Safety Committee Members

## **Methodology**

Lectures and Discussions

Case Studies

Audio-Visual Presentations

Workshops / Simulation Exercises

## **Target Clients**

Program Planners and Implementors

Member of OSH Committee

Employers and Workers Group

## **Course Duration**

5 Days

## **Course Outline**

Introduction to SOLVE

Situationer

Basic Concepts and Principles of SOLVE

Stress at Work

The Effects of Stress on Health

Who is Affected by Stress?

Gender, Work and Stress

The Cost of Stress

Alcohol and Drugs at Work

Impact on the Individual

Implications for Co-workers

Costs to Employers

Violence at Work  
Women at Special Risk  
The Impact of Violence  
Forms of Violence  
Causes of Violence  
Dealing with Violent Incidents

HIV and AIDS at Work  
Impact on the Enterprise  
ILO Code of Practice  
Human Rights and HIV and AIDS

Tobacco at Work  
Its Impact on Health  
Tobacco Use Developing Countries  
Facts About Tobacco Smoking

Interventions and Response  
Managing Emerging Health Related Problems at Work  
Linkages to the Goals of the Enterprise  
The Management Model  
Sustainability  
Commitment Setting: Re-entry Planning

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*SOLVE is an international training program introduced by International Labour Organization in different countries. At present SOLVE is being taught in 37 countries and in different work settings, including the academe.*



# Work Improvement in Small Enterprises and the Informal Sector

## OVERVIEW

The informal sector accounts for at least 60% of the local workforce. Owing to their hand-to-mouth existence, the prevention of work hazards and illnesses are often neglected nor prioritized. Thus, the need for a stronger effort to mainstream safety and health in this sector.

## Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge on hazards and risks in their respective workplaces;
- identified work improvement measures on productivity, safety and health which they can apply at their workplaces.

## Methodology

- Lectures and demonstration
- Case Studies
- Use of checklists
- Workshops
- Audio-Visual Presentations

## Target Clients

Informal Sector Operators, LGUs , Associations and Organizations

## Duration

2 days





## Course Outline

### Option 1: WISE Course Outline

- Background
- Introduction of the WISE Checklist
- Application of the WISE Checklist
- Materials Handling and Storage
- Work Premises
- Work Organization
- Work Station
- Lighting
- Control of Hazardous Substances
- Welfare Facilities
- Productive Machine Safety
- WISE Checklist
- Workshop
- Re-entry Planning

### Option 2:

- Integration of Safety and Health Concerns in Livelihood
- Demonstration
- Re-Entry Planning



## **Occupational Safety and Health in Farms (OSH-WIND)**

### **OVERVIEW**

The farm is no different from other workplaces in terms of exposure whether it be physical, biological, chemical or ergonomic. Farmers, farm workers and all those who assist in their work are vulnerable to such exposures. Especially when work at the farm extends to the homes and most of the family members are involved in the process. This training intends to assist those who work and live in the farms, assess the workplace and home hazards and eventually, respond properly to such concerns.

### **Course Objectives**

At the end of the course, the participants would be able to:

- describe the OSH situation at the national and local levels;
- enumerate and explain the types of hazards at work and at home;
- describe the effects of hazards to the individual, family and the community;
- identify the range of control measures in response to such hazards;
- discuss the participation of women and children at work;
- list practical work and home improvements;
- identify follow-up activities.

## Prerequisites

None

## Methodology

Participative lectures and discussions

Participatory learning activities

Workshop / Exercises

## Target Clients

Key leaders in farming communities or cooperatives

Farmers and their wives

Community development officers of LGUs

Health Officers of LGUs

Agrarian Reform Officers and Beneficiaries

## Course Duration

2 Days

## Course Outline

1. Introduction
  - a. Overview
  - b. OSH Situationer
2. Basic OSH Concepts and Principles
  - a. Identification of Hazards and Risks
  - b. Effects of Hazards and Risks
  - c. Control Measures
3. Participation of Woman and Children in the Farms
  - a. Women and OSH
    - Gender and OSH
    - Mainstreaming gender and OSH
  - b. Children and OSH
    - Child work and child labor
    - Worst forms of child labor
    - What makes work hazardous to children
    - Measures to eliminate child labor
4. Work improvements as risk management measures
5. Re-entry Planning

# Child Labor: Understanding Health and Safety Predicaments

## OVERVIEW

The urgency for a network of preventive services catering for children in hazardous working conditions has long been a topic of advocacy against the worst forms of child labor. Advocates have lamented the inadequacy of health services for working children. The signing of RA 9231 in 2003 and the D.O. 65-04 have addressed this gap by prescribing, among others, free preventive medical and psychosocial services to working children to be provided for by the state.

The OSHC's role here is to develop competencies in identifying risks caused by the exposure of children to multiple hazards, and diagnosing work-related illnesses, understanding the synergies between prevalent public health problems such as TB, and malnutrition and workplace exposures.

Using the skills in health and safety, the long term objective of this training course is the development of a network which shall address the preventive, and potential short and long term consequences of hazardous and other forms of child labor.

## Course Objectives

At the end of the course, the participants will have:

- acquired or strengthened their knowledge and skills on the implications of hazardous work to children's health;
- drafted a plan of action to transfer knowledge acquired to beneficiaries in the context of preventive health care services to working children.

## Prerequisites

Policy and program implementors on child labor programs  
LGU, Academe

## Methodology

Lectures and Discussions	Roleplay
Case Studies	Workshops
Film Showing	

## Target Clients

Program Planners and Implementors (GOs, NGOs)  
Health Personnel

## Course Duration

3 Days

## Course Outline

Introduction to Occupational Safety and Health

Recognizing the working conditions in specific industries where child laborers abound

Effects of health and safety hazards on children

Synergies between work exposure and prevalent public health problems

Diagnostic methods

Mapping out the network needed

Re-entry Planning



# School Health and Safety

## OVERVIEW

Schools as in any workplaces should have a healthy and safe environment. Accidents and incidents are preventable or can be minimized. Providing information and education to school personnel will help limit undue eventualities. This course will help school officials to either develop or further enhance current programs to deal with such eventualities.

## Course Objectives

- acquired knowledge on the causes of and ways of preventing accidents / illnesses;
- gained information on the situation in schools as they relate to OSH;
- identified OSH hazards and the range of controls;
- developed a draft or enhanced OSH program in schools.

## Prerequisites

None

## Methodology

- Lectures and Discussions
- Workshops
- Plenary

## Target Clients

- Members of School's Safety and Health Committee
- Medical Personnel
- HR Personnel
- School Administrators



## Course Duration

2 Day

## Course Outline

Overview of the Course

Situationer

Case Studies

Causes / Preventions of Accidents and Illnesses

Recognition and Identification of Hazards and Risks

Risks Elimination & Control

Workshops and Plenary Discussions

OSH Policy and Program Checklist

    Organization of Safety and Health Committee

    Reporting / Recording

    Conduct of an Occular Survey

Commitment / Re-entry Planning

# Occupational Safety and Health- Management Systems Course

## OVERVIEW

Introducing an OSH-Management System at the organization level, both on the reduction of hazards and risks and on productivity, is now recognized by governments, employers and workers. This is a more advanced and larger training program adopted on OSH-MS developed by the ILO. Trainors have been trained by the ILO in Turin, Italy and Bangkok, Thailand.

## Course Objectives

After completing this course, the participants will be able to:

instill the necessary knowledge and skills to **develop** and **implement** an effective occupational safety and health management system; and  
apply the appropriate OSH management principles and methods for continuous improvement on OSH performance in establishments.

## Prerequisites

5-day BOSH Course or equivalent sectoral BOSH

## Methodology

Lectures  
Discussions  
Workshops  
Audio-Visual Presentations  
Role Play  
Case Studies  
Checklists

## Target Clients

Safety and Health Committee Members  
Supervisors with OSH-training functions  
Human Resource Officers





## Course Duration

2 Weeks

## Course Outline

Module 1: The OSH Management System: An Introduction

Module 2: Policy

Developing / Strengthening / Expanding / Updating

Module 3: Organizing

Responsibility and Accountability of Workers and Employers

OSH Competence and Training

OSH Management System Documentation

Effective Communication for Safety and Health

Module 4: Planning and Implementation

Initial Review

System Planning, Development and Implementation

Occupational Safety and Health Objectives

Module 5: Hazard Prevention and Control Measures

Environmental Risk Assessment

Occupational Health Assessment and Surveillance

Job Hazard Analysis

Module 6: Development of OSH Programs

Occupational Safety Program

Industrial Hygiene Program

Occupational Health Program

Emergency Preparedness and Response

Management of Change

Module 7: Evaluation

Performance Monitoring and Measurement

Investigation of work-related injuries, ill-health, diseases, etc.

Occupational Safety and Health Auditing

Management Review

Module 8: Action for Improvement

Preventive and Corrective Action

Continual Improvement

Module 9: Commitment Setting

Re-Entry Plan to be done within the next week. This will be assisted and monitored by the training team during the first 2 weeks.

# Prevention and Control of Tuberculosis in the Workplace

## OVERVIEW

Tuberculosis remains as one of the top 10 causes of illnesses and deaths in the Philippines. The country is also among the seven countries in the Western Pacific region considered to have a high TB burden.

The DOLE developed this Course to strengthen Tuberculosis prevention through enterprise policies and programs on TB. This is in line with Department Order 73-05 or the Guidelines for the Implementation of Policy and Program on Tuberculosis Prevention and Control in the Workplace signed in March 31, 2005. The DO was in response to implement the workplace provisions of Comprehensive and Unified Policy for Tuberculosis under Executive Order No. 187.



## Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge on Department Order 73-05 or the Guidelines for the Implementation of Policy and Program on Tuberculosis Prevention and Control in the Workplace;

- gained knowledge on the updated National Tuberculosis Program operations and policies as well as on the Philhealth Insurance Corporation TB Package;

- contributed to the formulation of a re-entry plan relating to the implementation of the Guidelines for the Implementation of Policy and Program on Tuberculosis Prevention and Control in the Workplace.

## Prerequisites

None

## Methodology

Lectures/Discussions

Case Studies

Audio-Visual Presentations

Workshops

Re-Entry Planning

## Target Clients\*

Company physicians and nurses

Health and Safety Committee

HR, Academe

## Course Duration

1 Day

## Course Outline

Introduction to the Course

Background

The National Tuberculosis Program

DO 73-05: Guidelines on the Implementation of Policy and Program on Tuberculosis  
Prevention and Control in the Workplace

Directly Observed Treatment Short (DOTS) Course: Evidence and Local Efforts

Philhealth TB DOTS Outpatient Benefit Package: Current Status

Re-Entry Planning

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*For non-medical staff, OSHC offers a 2-hour orientation on D.O. 73-05 for free*

# Asbestos

## OVERVIEW

Since 1954, asbestos and asbestos containing materials have been used among others, as construction materials in building offices and other establishments and in water pipelines. An estimated 1.3 million employees in construction and the general industry are possibly exposed to asbestos.

The Chemical Central Order (CCO) on Asbestos under the R.A. 6969 on the Toxic Chemicals and Hazardous Waste Act of DENR, regulates the management of asbestos in the Philippines. Since the chrysotile type of asbestos is still allowed, it should be handled and managed properly. This session covers basic knowledge and concepts about asbestos, its management and control.

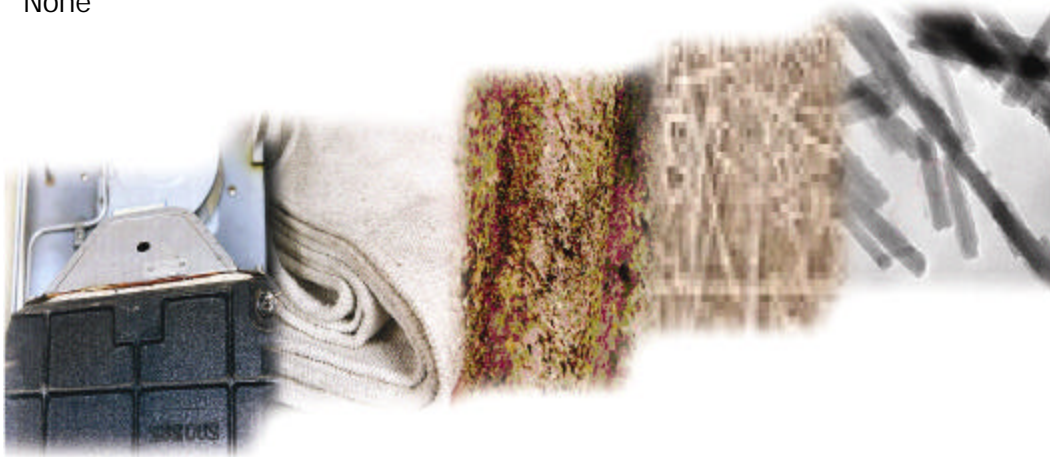
## Course Objectives

At the completion of the course, the participants will have:

- identified the different types and uses of asbestos
- gained awareness on the health effects of asbestos
- acquired knowledge on the control and management of asbestos

## Prerequisites

None



## Methodology

Lectures and Discussions

## **Target Clients**

Employees and workers dealing / handling asbestos in the manufacturing

Hazardous Waste Transporters

Workers involved in demolition of asbestos containing materials

Construction Workers

Transporters of Chemicals

## **Course Duration**

1/2 Day

## **Course Outline**

Types, Uses, Monitoring of Asbestos:

Health Effects:

CCO of Asbestos;

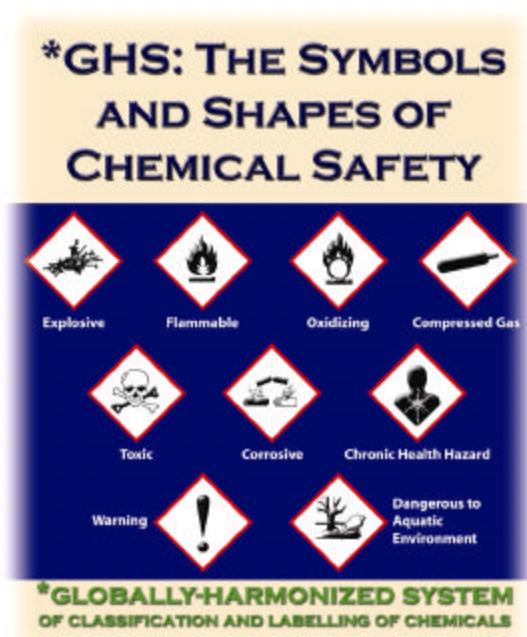
Control and Management of Asbestos

# Globally-Harmonized System

## OVERVIEW

Following extensive international consultations in 1992, the UN adopted a globally harmonized hazard classification system, this system covers among others, compatible labeling material safety data sheets and easily understandable symbols.

Labeling and Classification in 2008. This session covers the basic knowledge on GHS, the GHS Hazard classification and the GHS hazard communication.



## Course Objectives

At the completion of the course, the participants will have:

- gained knowledge on the application and benefits of GHS, the principles of harmonization and the GHS Elements;
- identified the different GHS Hazard Classification, the Health, Environmental and Physical Hazards;
- gained knowledge on the GHS Hazard Communication.

## Prerequisites

None

## Methodology

Lectures and Discussions  
Workshops

## **Target Clients**

Chemists / Laboratory Analysts  
Chemical Handlers  
Members of Health and Safety Committee  
Government Regulatory Agencies

## **Course Duration**

1 Day

## **Course Outline**

Background, Classification, Principles of Harmonization;  
Elements of GHS;  
GHS Hazard Communication;  
Health and Environmental Hazards;  
Physical Hazards;  
Hazard Communication

# Drug-Free Workplace

## OVERVIEW

The DOLE developed this Course to respond to the growing problem of drug abuse and to implement the workplace provisions of Republic Act 9165 or the Comprehensive Dangerous Drugs Act of 2002.



## Course Objectives

At the completion of the course, the participants will have:

- acquired knowledge on the facts and issues related to drug abuse in the workplace;
- become familiar with the assessment process, referral and case management and after-care re-entry program for workers afflicted with the drug abuse problem;

## Prerequisites

None

## Methodology

Lectures and Discussions  
Audio-Visual Presentations

## Target Clients

Potential Members of Assessment Team (per DO 53-03)  
Human Resource Managers  
Safety and Health Personnel  
Academe, NGG



## **Course Duration**

3 Hours

## **Course Outline**

Drug and Alcohol Abuse and Dependency (DAAD)

Attitudes and Misconceptions towards DAAD

Understanding the Effects of DAAD

Causes of DAAD

Drug Demand Reduction Program in the Workplace

DO 53-03 Guidelines for a Drug-Free Workplace

# HIV and AIDS and the Workplace and Republic Act 8504

## OVERVIEW

HIV and AIDS affect all sectors of the population. As early as 1997, a comprehensive workplace policy on HIV and AIDS was signed by the tripartite sector. These efforts were strengthened by RA 8504 which incorporated the contents of the national workplace policy on HIV and AIDS.

## Course Objectives

At the completion of the course, the participants will have:  
acquired knowledge on HIV and AIDS as an illness; its nature,  
detection, and prevention;  
recognized HIV and AIDS as a workplace issue

## Prerequisites

None

## Methodology

Lectures and Discussions  
Audio-Visual Presentations

## Target Clients

Human Resource Managers,  
Safety and Health Personnel, Academe, NGG

## Course Duration

3 Hours

## Course Outline

### Situationer

- Global data on HIV and AIDS
- National data on HIV and AIDS

### AIDS 101

- Cause
- Modes of transmission
- HIV testing and the importance of counseling
- Prevention strategies
- Sources of help

### Republic Act 8504 and the National Workplace Policy on HIV and AIDS

- Rationale
- Provisions which address workplace issue

### Interventions and Response

- Case studies of AIDS related problems
- Responses from legislators; governments; the Philippine National AIDS Council; employers and workers groups; and NGOs.

# Prevention and Control of Lifestyle-Related Diseases in the Workplace

## OVERVIEW

Lifestyle-related diseases are illnesses initiated by certain behaviors such as cigarette and tobacco use, alcoholic beverage intake, poor dietary habits and lack of exercise, and stress. Common lifestyle-related illnesses include cardiovascular diseases, hypertension, diabetes and diseases highly associated with tobacco/cigarette use.

Poor lifestyle habits have been noted to reduce national productivity, early and premature disability among workers, and increased cost of medical services and health insurance.

## Course Objectives

At the completion of the course, the participants will have:  
acquired knowledge on the common lifestyle-related diseases including risk factors and the means to control and prevent these illnesses;

## Prerequisites

None

## Methodology

Lectures and Discussions  
Audio-Visual Presentations



## Target Clients

Safety and Health Committee Members  
Human Resource Personnel

## Course Duration

3 Hours

## Course Outline

Situationer

Common Lifestyle-Related Diseases

Cardio Vascular Diseases

Diabetes Mellitus

Tobacco-Related Diseases

Lifestyle Related Diseases and the Workplace

Implementing Workplace-Based Program for Health Promotion

Roles of the Health Promotion Team

# Confined Space



## OVERVIEW

The learning session is designed as a practical guide for supervisors and workers to avoid or minimize accidents in confined spaces as part of their overall accident prevention program.

## Course Objectives

At the end of the session, participants will be able to:

- identify different types of confined spaces;
- understand the hazards in confined spaces;
- gain knowledge in controlling the hazards;
- develop a program on confined space entry.

## Prerequisites

None

## Methodology

Lectures and discussions  
Actual equipment presentations  
Question and answers

## Target Clients

Safety Officers  
Health & Safety Committee  
Site Supervisors

## Course Duration

Half-day (4 Hours)

## Course Outline

Introduction to Confined Spaces

- a. Definition of confined space
- b. Case Study
- c. Examples of confined Spaces

Hazards in Confined Spaces

- a. Physical hazards
- b. Chemicals in air
  1. Toxic gases
  2. Flammable/explosive chemicals

Control of Hazards

- a. Air monitoring
- b. Purging and ventilation
- c. Entry Permit System
- d. Lockout/Tagout

Personal Protective Equipment

- a. Respiratory protection
- b. SCBA
- c. Use of safety tripod

Confined Space Entry Program



# Violence



## OVERVIEW

Workplace violence is widespread and needs to receive increased attention in the light of vast changes in the workplace and in the work environment. Action on occupational violence should center around a risk management strategy, i.e. identifying and assessing risks and associated losses, both human and material, and developing strategies for action. A proactive approach on occupational violence must send clear messages of “zero tolerance” to all levels of an organization.

## Course Objectives

At the end of the session, participants will be able to:

- give a general background of workplace violence in selected developed countries;
- discuss determinants, forms and possible effects of violence on the individual and the company;
- share information on some practical measures in preventing and controlling violence in the workplace.



## **Prerequisites**

None

## **Methodology**

Lectures

Case studies

Audio-Visual Support

## **Target Clients**

## **Duration**

1 day

## **Course Outline**

- Nature of Workplace Violence
- Determinants of Workplace Violence
- Effects of Violence
- Possible Action at national and establishment levels

## Smoke-Free



### OVERVIEW

Tobacco is the leading cause of preventable and premature death worldwide. Tobacco use currently accounts for the death of one in ten adults worldwide (about 5 million deaths each year). If present smoking trends continue, by 2020 it will result in about 10 million deaths each year. Fifty percent (50%) of the people who smoke today - that is about 650 million people - will eventually die of tobacco-related diseases.

Tobacco smoke also damages the health of non-smokers exposed to second-hand smoke or environmental tobacco smoke (ETS). Exposure to ETS can cause ill effects not only bad smell and irritation to eyes, but it increases the risk of lung cancer and cardio-vascular and respiratory diseases.

## **Course Objectives**

At the completion of the course, the participants will have:

- acquired knowledge on the facts and issues related to tobacco use and workplace implications;
- gained an understanding of the interaction of tobacco use and occupational health and safety;
- become familiar with the smoke-free policy and smoking cessation program formulation and development.

## **Prerequisites**

None

## **Methodology**

- Lectures
- Case studies
- Audio-Visual Presentations

## **Target Clients**

- Safety and Health Committee Members
- Supervisors with OSH Functions
- Other Key Company Personnel

## **Duration**

2 Hours

# Training of Trainers Courses

The OSHC conducts Training of Trainers' (TOT) Courses to widen the base of qualified and competent trainers in the various areas of occupational safety and health.

The TOT courses are aimed at further enhancing the learners' knowledge and skills in the development, conduct and management of OSH courses on specific topics.

**At present, the OSHC offers TOT courses on the following:**

BASIC OCCUPATIONAL SAFETY AND HEALTH (BOSH) FOR SUPERVISORS

DRUG-FREE WORKPLACE

HIV AND AIDS PREVENTION IN THE WORKPLACE

IMPLICATIONS OF HAZARDOUS WORK ON CHILDREN'S HEALTH AND SAFETY

# The Distance Learning Mode as an Alternative Mode of Learning

Most of the training conducted by the OSHC currently uses the face-to-face approach where the learners and the trainers physically meet in a specific place and at specific schedules. However, in recent years, there had been an increased demand for many types of OSH trainings all over the country thus stretching the OSHC's resources at the most. It therefore called for the use of alternative modes of learning, the most popular today of which, involves the internet.

The internet has several desirable characteristics from the point of view of training. It is fast, cheap and an efficient method of transmitting and receiving information. Learners who have difficulty in going to urban areas where trainings are usually held face-to-face, can adjust the time and place of learning at their convenience. For the OSHC, it means it can reach a wider clientele, especially those in far-flung areas, as long as they have access to a computer with internet capability. It also means that in the future, the OSHC can now cut down on the number of regional face-to-face trainings.

The first course to be converted to the distance mode is the BOSH. Other courses are also to be converted to said mode in the coming years.

## Course Fee\*

### Basic Occupational Safety and Health (BOSH)

#### Course Fee

P3,500.00

(except in the regions where fee varies according to prevailing costs)

OSHC co-sponsors BOSH for the following:

Trade union/ federation

Companies under the Philippine Export Zone Authority and Industrial Estates

Informal Sector Groups

### Construction Safety

#### Course Fee

P3,500.00

### HIV and AIDS and the Workplace and Republic Act 8504

#### Course Fee

P1,400.00

### Training of Assessment Teams for a Drug-Free Workplace

#### Course Fee

P 2,800.00

### Appreciation Course on Occupational Safety and Health

#### Course Fee

Usually supported by the requesting organization

### Industrial Fire Safety

#### Course Fee

P2,500.00

### Crane Safety

#### Course Fee

Usually supported by requesting company

### Forklift Safety

#### Course Fee

Usually supported by requesting company

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\*Fee is subject to change. Kindly refer to the OSHC Website ([www.oshc.dole.gov.ph](http://www.oshc.dole.gov.ph)) from time to time.

Fundamentals of Industrial Hygiene

**Course Fee**

P1,000

Safe Use of Chemicals at Work

**Course Fee**

P3,000.00

Appreciation Course on Safe Use of Chemicals at Work

**Course Fee**

Usually supported by requesting company

Fundamentals of Industrial Ventilation

**Course Fee**

P1,500.00

Advance Course in Industrial Ventilation

**Course Fee**

P3,000.00

Work Environment Measurement (WEM)

**Course Fee**

P3,500.00

Work Relatedness of Diseases

**Course Fee**

P1,400.00

Prevention and Control of Lifestyle-Related Diseases in the Workplace

**Course Fee**

P1,400.00

Blood Lead Analysis

**Course Fee**

P3,000.00

Stress, Alcohol & Drugs, Violence, HIV and AIDS and Tobacco (SOLVE)

**Course Fee**

P3,500.00

Work Improvement in Small Enterprises and the Informal Sector

**Course Fee**

Sponsorship of Government, NGOs, External Donors, Private Sector

Occupational Safety and Health in Farms (OSH-WIND)

**Course Fee**

P1,400.00

Child Labor: Understanding Health and Safety Predicaments

**Course Fee**

P2,100.00

Assessment Team: School Health and Safety

**Course Fee**

P1,400.00

Prevention and Control of Tuberculosis in the Workplace

**Course Fee**

P700.00

Asbestos

**Course Fee**

P700.00

Globally-Harmonized System

**Course Fee**

P700.00

HIV and AIDS and the Workplace and Republic Act 8504

**Course Fee**

P700.00

Prevention and Control of Lifestyle-Related Diseases in the Workplace

**Course Fee**

P700.00

Confined Space

**Course Fee**

None

Violence in the Workplace

**Course Fee**

Smoke-Free Workplace

**Course Fee**



# About the OSHC...



The Occupational Safety and Health Center (OSHC) was established as the nationally recognized authority on safety and health research, training, information and technical expertise. The OSHC pursues partnership with the public and private sectors the attainment of a healthy and safe working environment through responsive and sustainable OSH programs and policies. It also targets the effective delivery of quality services. The OSHC aims to increase productivity through better working environment, decrease in manpower and economic losses caused by occupational accidents and diseases, and to improve welfare of workers and their families.

Other OSHC activities are on trainings (both basic and specialized); and conduct of technical services such as Work Environment Measurements, Safety Audits, and Testing of Personal Protective Equipment (PPEs).

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