



**The Institution of Occupational
Safety and Health**
Tailored Health and Safety Training –
Syllabus

**Université Cheikh Anta Diop
Dakar, Senegal**

**Course on Workplace Health
Promotion, Psychosocial
Issues and Communications
for Occupational Doctors**

Introduction

This four-day training programme was designed by Dr David Gold and is licensed to the University of Dakar. The purpose of this course is to develop a culture of prevention of non-communicable diseases and psychosocial issues in the workplace. It is designed to provide occupational doctors with the knowledge and skills to develop, promote, stimulate and reinforce workplace health through the identification of psychosocial issues and non-communicable diseases and the means to prevent them through effective communications, facilitation, being a role model, and actively promoting health at work. This four-day training programme and its accompanying assignments is designed to initiate and strengthen this capacity.

This course is accredited by the (UK) Institution of Occupational Safety and Health (IOSH). Only trainers qualified to instruct this course may certify participants (through IOSH) upon successful course completion.

Goal

The goal of the *Course on Workplace Health Promotion, Psychosocial Issues and Communications* is that the participant will develop a clear understanding of the role of the occupational doctor in preventing non-communicable diseases and psychosocial issues and address them by developing a health-oriented culture in the workplaces which is done in full concert with the development of an occupational safety and health culture.

Learning objectives

On successful completion of the course, participants will have the required knowledge, skills and information to:

1. Verbally define the role of the occupational doctor in workplace health promotion.
2. Describe how stress, heart disease, diabetes and addictions impact on health.
3. Verbally describe how adequate nutrition and participating in regular exercise impact on health.
4. Explain the link between musculoskeletal disease and stress.
5. List three negative impacts of the lack of adequate sleep.
6. Describe what management should do at a policy level to address addictions.
7. Actively demonstrate the process of developing and presenting key messages for both motivating employees as well as getting commitment from senior management.
8. Construct a written mission / vision policy statement.

Université Cheikh Anta Diop de Dakar - Sénégal
Course on Workplace Health Promotion, Psychosocial Issues and Communications
IOSH Course Syllabus

9. Describe the steps to construct a proposal to allow top management to consider the merits of implementing a workplace health promotion programme.

Participant prerequisites

Medical doctors, public health practitioners, occupational safety and health practitioners or equivalent with experience in occupational medicine or occupational health.

Who should attend?

The target audience for this training programme is the person wishing to develop competencies in workplace health promotion, dealing with psychosocial issues at work and effective communications.

Duration

Four consecutive days

Programme

- Pre-test and introduction
- The role and responsibilities of the occupational doctor vis-à-vis workplace health promotion
- Defining Workplace Health Promotion
- The impact of stress, heart disease, and diabetes on health
- Measuring stress at work
- The importance of regular exercise
- The importance of adequate nutrition
- Understanding sleep and its relation to health
- Addictive behaviour
- Effective communications and key messages
- Developing information and awareness raising tools.
- Presentation skills
- Developing mission / vision statements
- Adjusting policy to include workplace health promotion
- Post-test and concluding remarks
- Evaluation

Université Cheikh Anta Diop de Dakar - Sénégal
Course on Workplace Health Promotion, Psychosocial Issues and Communications
IOSH Course Syllabus

Certification

A completion certificate is awarded to all those who attend the course and successfully complete the written assessments through the (UK) Institution of Occupational Safety and Health.

Understanding of the course material is evaluated by means of a 30-minute written assessment paper, including 15 multi-format questions, and the evaluation of two participant papers, an information sheet and an action plan.

Approval criteria for course providers

- A suitably qualified person should deliver or supervise the course and will normally be: A senior safety and health practitioner (such as CMIOSH, RSP or FIOSH, RSP) or occupational physician.
- It is the responsibility of the course provider to ensure that suitable tutors are used.