

# 2026 Training Schedule



Apex Environmental is an Approved Training Provider of the BOHS M-series. We equip health and safety professionals, occupational health specialists, engineers, and others with skills to assess, control, and manage workplace hazards like dusts, chemicals, noise and ventilation.

**M 200**

**BASIC PRINCIPLES OF OCCUPATIONAL HYGIENE**  
19 – 26 JAN | 6 – 13 JUL | 5 – 12 OCT

**M 501**

**MEASUREMENT OF HAZARDOUS CHEMICAL SUBSTANCES**  
13 – 20 APR | 30 NOV – 7 DEC

**M 502**

**THERMAL ENVIRONMENT**  
1 – 8 JUN

**M 503**

**NOISE MEASUREMENTS AND ITS EFFECTS**  
2 – 9 MAR

**M504**

**ASBESTOS AND OTHER FIBRES**  
31 AUG – 7 SEPT

**M 505**

**CONTROL OF HAZARDOUS SUBSTANCES**  
4 – 11 MAY

**M 506**

**ERGONOMICS ESSENTIALS**  
3 – 11 AUGUST

**M 507**

**HEALTH EFFECTS OF HAZARDOUS SUBSTANCES**  
2 – 9 FEB | 2 – 9 NOV

**031 914 1004****samantha@apexenviro.co.za**

# BOHS M200 & M500 Series

*Professional Training*

## Your Facilitator



### **Samantha Basson**

Approved BOHS Facilitator

Registered Occupational Hygienist (SAIOH)

BHSc Occupational Hygiene (NWU)

Samantha Basson is an experienced occupational hygiene and training specialist with a strong track record in delivering high-quality BOHS courses and workplace competency development. She has trained professionals across the world in a wide range of industries, helping them build practical, applicable skills in exposure assessment, risk management, and occupational hygiene fundamentals. Samantha is known for her clear, engaging teaching style and her ability to break down complex technical concepts into practical, real-world learning. She is committed to raising standards in the profession and supporting learners at every stage of their development.

Online training that feels face-to-face — Samantha makes it stick.

# BOHS M200 & M500 Series

*Professional Training*

## BOHS Training Overview

**M200 Series:** Entry-level/foundation module.

**M500 Series:** Advanced/professional modules (7 in total, typically 6 required for CertOH).

**Purpose:** Equip health and safety professionals, occupational health specialists, engineers, and others with skills to assess, control, and manage workplace hazards like dusts, chemicals, noise, and ventilation.

**Format:** Usually 5-day courses with open-book written exams at the end. Some include practical assessments. Available in-person, online, or hybrid.

**Recognition:** Internationally recognized modules.

**Cost:** Please contact us for current pricing and availability.

# BOHS M200 & M500 Series

*Professional Training*

## M200: Basic Principles in Occupational Hygiene

**Focus:** Core concepts—hazard recognition, risk assessment, exposure limits, basic control strategies (e.g., hierarchy of controls, PPE).

**Who it's for:** Beginners or those from related fields (e.g., H&S managers, nurses, engineers) seeking a broad intro.

**Duration/Exam:** 5 days; 3-hour open-book exam (pass mark ~60%).

**Outcomes:** Enables entry to BOHS M500 series. Allows for registration as an Occupational Hygiene Assistant with SAIOH.

**Cost:** Please contact us for current pricing and availability.

## M501: Measurement of Hazardous Substances

**Focus:** Core techniques for assessing workplace exposures to hazardous substances, including sampling strategies, direct-reading instruments, biological monitoring, and exposure modeling.

**Who it's for:** Technicians and technologists conducting measurements and testing in workplaces, such as those in manufacturing, construction, or chemical industries.

**Duration/Exam:** Typically 5 days; 3 hour open-book exam (pass mark 50%).

**Outcomes:** Builds skills for accurate exposure assessments; contributes to ROHT and CertOH core requirements.

**Cost:** Please contact us for current pricing and availability



# BOHS M200 & M500 Series

*Professional Training*

## M502: Thermal Environment

**Focus:** Evaluation and control of thermal stresses, including heat and cold exposure, use of indices like WBGT, physiological responses, and environmental monitoring methods.

**Who it's for:** Technicians and technologists assessing thermal comfort in workplaces like foundries, outdoor sites, or cold storage facilities.

**Duration/Exam:** Typically 5 days; 3–4 hour open-book exam (pass mark 50%).

**Outcomes:** Enables practical application of thermal risk assessments; optional module for CertOH.

**Cost:** Please contact us for current pricing and availability.

## M503: Noise – Measurement and Its Effects

**Focus:** Noise measurement techniques, audiometric testing, health effects of noise exposure, and control measures including engineering solutions and hearing conservation programs.

**Who it's for:** Technicians and technologists performing noise surveys in noisy environments like construction, engineering, or entertainment venues.

**Duration/Exam:** Typically 5 days; 3–4 hour open-book exam (pass mark 50%).

**Outcomes:** Supports compliance with Noise at Work Regulations; contributes to ROHT and CertOH core requirements.

**Cost:** Please contact us for current pricing and availability.

# BOHS M200 & M500 Series

*Professional Training*

## M504: Asbestos and Other Fibres

**Focus:** Occupational hygiene practices for fibrous dusts, emphasizing asbestos identification, sampling, analysis, health risks, and controls; also covers other fibres like MMMF and carbon.

**Who it's for:** Professionals in asbestos management, remediation, or industries using fibrous materials, such as construction or insulation.

**Duration/Exam:** Typically 5 days; 3–4 hour open-book exam (pass mark 50%).

**Outcomes:** Enhances expertise in fibre-related hazards; optional module for CertOH.

**Cost:** Please contact us for current pricing and availability.

## M505: Control of Hazardous Substances

**Focus:** Engineering and administrative controls for hazardous substances, including local exhaust ventilation (LEV) design, enclosure systems, process modifications, and PPE integration.

**Who it's for:** Technicians and technologists implementing controls in high-risk settings like laboratories, pharmaceuticals, or welding operations.

**Duration/Exam:** Typically 5 days; 3–4 hour open-book exam (pass mark 50%).

**Outcomes:** Provides tools for effective risk reduction; contributes to ROHT core module for CertOH.

**Cost:** Please contact us for current pricing and availability.

# BOHS M200 & M500 Series

*Professional Training*

## M506: Ergonomic Essentials

**Focus:** Ergonomic risk assessment for musculoskeletal disorders, covering manual handling techniques, display screen equipment (DSE) setups, physical factors, and legal/social aspects of workplace design.

**Who it's for:** Technicians and technologists evaluating ergonomic hazards in offices, warehouses, or assembly lines.

**Duration/Exam:** Typically 5 days; 3–4 hour open-book exam (pass mark 50%).

**Outcomes:** Aids in preventing work-related injuries under DSE Regulations; optional module for CertOH.

**Cost:** Please contact us for current pricing and availability

## M507: Health Effects of Hazardous Substances

**Focus:** Toxicology principles, dose-response relationships, health surveillance, and epidemiological aspects of chemical, biological, and physical agents' effects on workers.

**Who it's for:** Technicians and technologists involved in health monitoring and risk communication in diverse industries.

**Duration/Exam:** Typically 5 days; 3–4 hour open-book exam (pass mark 50%).

**Outcomes:** Strengthens understanding of substance-induced illnesses; contributes to ROHT and core module for CertOH.

**Cost:** Please contact us for current pricing and availability.



# BOHS M200 & M500 Series

*Professional Training*

## Next Courses 2026 – Online

- M200: 9 – 26 Jan | 6 – 13 Jul | 5 – 12 Oct
- M501: 13 – 20 Apr | 30 Nov – 7 Dec
- M502: 1 – 8 Jun
- M503: 2 – 9 Mar
- M504: 31 Aug – 7 Sept
- M505: 4 – 11 May
- M506: 3 – 11 August
- M507: 2 – 9 Feb | 2 – 9 Nov

## Contact Us

samantha@apexenviro.co.za

031 914 1004

Occupational Hygiene Training - through Apex Environmental

**Scan to Enquire: Contact - Apex Environmental**

