



Occupational Health and Safety Training Programs at USF:

***A great way to make a difference
and a great place to study!***



What is Occupational Health and Safety?

Occupational health and safety is the broad field of study and practice in which professionals from a variety of disciplines work together to protect and enhance the health, safety and well-being of people working in all types of jobs.



Why Do We Need Occupational Health & Safety Professionals?

People are injured, sick and distressed on the job at an alarming rate. In 2006:

- 4,085,400 workers encountered nonfatal injuries and illnesses in private industry.
- 5,703 workers in private and public sectors encountered fatal injuries.

Source: US Department of Labor, Bureau of Labor Statistics
http://www.bls.gov/news.release/archives/osh_10162007.pdf



Can Occupational Health and Safety Professionals Make a Difference?

- Yes! Occupational health and safety professionals help to lower injuries and illnesses among workers through research and practice.
- In 2006, the incidence rate of injuries and illnesses in private industry was the lowest since 1972.

Source: 2006 Survey of Occupational Injuries and Illnesses
<http://www.dol.gov/cio/programs/pia/BLS/BLS-SOII.htm>



Who are the Occupational Health & Safety Professionals?

- **Clinical professionals** (occupational health physicians & nurses) treat workers who become ill or injured on the job.
- **Safety and engineering experts** (occupational safety professionals & industrial hygienists) identify hazardous workplace situations and design equipment and work settings to keep people safe.
- **Behavioral experts** (occupational health psychologists) recommend new practices and policies to help organizations be safer and 'friendlier' places to work.



How Do Occupational Health and Safety Professionals Help?

They all work together as a TEAM to evaluate and design the work environment and equipment to prevent employees from being hurt, sick or distressed on the job.



How Can I Determine Which Occupational Health and Safety Career is Best for Me?

This presentation can help you learn about these different occupational health and safety professions as well as the different academic training programs offered by USF's Sunshine Education and Research Center.



What is the Sunshine ERC?

- The purpose of the Sunshine Education and Research Center is to promote graduate training and research related to occupational health and safety.
- Academic training programs are provided in Occupational Medicine, Occupational Health Nursing, Safety Management, Industrial Hygiene, and Occupational Health Psychology.
- The ERC is funded by the National Institute for Occupational Safety and Health (NIOSH).



Consider a Career in Environmental & Occupational Medicine

and

How to Apply to USF's Occupational & Environmental Residency Program



What Will I Learn About If I Become an Occupational Health Physician?

The illnesses, chronic diseases and injuries that people may encounter in different jobs, including:

- Repetitive motion injuries to upper extremity & back;
- Exposure to toxic chemicals;
- Chronic pollution and health risks;
- Environmental threats to people living near industries;
- Newly emerging occupational infectious diseases.

How to diagnose, treat and prevent work-related illnesses, diseases and injuries.

Where Can I Work as an Occupational Health Physician? You Can:

- Serve as the medical director/physician for an industry (e.g. an automobile manufacturer) or a large firm (e.g. a health insurance company);
- Work for an American/international government agency on workforce health issues (NIOSH, OSHA, WHO);
- Serve as a consultant and expert witness to law firms representing clients who are hurt on the job; and
- Serve as an occupational health physician and faculty member in a university and conduct research.





How Do I Apply to the Occupational Medicine Residency Program?

Prerequisites: You need to first complete 4 years of college and 4 years of medical school.

1st Step:

- Clinical Internship (prelim or transition year- match through ERAS ([Electronic Residency Application Service \(ERAS®\)](#)) or
- Prior Residency

2nd Step:

- Occupational Medicine - Year-1: Master of Public Health
- Occupational Medicine - Year-2: Practicum Year

(Apply to the Occupational Medicine residency 1 year before you want to start)



What Degree and Licensures Can I Earn?

- After you complete the Occupational Medicine Residency Program, you will earn your MSPH from the College of Public Health.
- You can then apply to become board certified in occupational medicine by taking the exam through the American Board of Preventive Medicine.



Additional Resources For You!

- For information about occupational and environmental medicine, see <http://www.acoem.org/> and click on career development tab.
- For information about the OHM program, contact Sandra Cordova, scordova@health.usf.edu or visit our website at http://health.usf.edu/publichealth/catalog_current/programs/eohohmsph.pdf.



**Consider a Career in
Occupational Health Nursing...**

and

*How to Apply to USF's Dual Degree
(MS/MPH) Program in Occupational
Health Nursing*



What Will I Learn About if I Become an Occupational Health Nurse?

- The types of illnesses, chronic diseases and injuries that people can encounter in different jobs (e.g. schools, clinics, industries, hospitals).
- How to treat occupational illnesses and injuries.
- How to educate workers to adopt behaviors to lower their risk of work related illnesses and injuries.
- How to prevent work-related illnesses and injuries by designing safer workplaces and work procedures.
- How to work with industry and community partners to design wellness programs.



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Where Can I Work as an Occupational Health Nurse Practitioner? You can:

- Work as a nurse practitioner at an on-site employee health clinic for a large industry (Provide emergency care, case management/referrals and follow up care);
- Work as a nurse practitioner at a community clinic that provides care and consultation for employees working at various companies/ workplaces;
- Plan infection control programs for health professional staff and student trainees in a large hospital;
- Work as a nurse practitioner consultant to a government agency or non-profit organization; and
- Teach and conduct research at a university.



How Do I Prepare For/Apply to the Dual Degree (MS/MPH) Master's Program in Occupational Health Nursing/Adult Nurse Practitioner?

- The program is open to registered nurses with a baccalaureate degree in nursing or another discipline. An admission option for the Associate Degree Nurse is also available.
- Occupational Health Nursing trainees complete core courses in nursing and public health and specialty courses in adult primary care and occupational health/occupational health nursing.



What Degree and Licensures Can I Earn?

- You will earn two degrees: a Master of Science (M.S.) from the College of Nursing as an Occupational Health Nurse Practitioner and Adult Nurse Practitioner (ANP) and the Master of Public Health (M.P.H.) from the College of Public Health in Occupational Health.
- Graduates are eligible to write the CCNE certification examination as an adult nurse practitioner, state of Florida licensure as an Advanced Registered Nurse Practitioner (A.R.N.P.), and to write the ABOHN certification examination as an occupational health nurse.



Additional Resources For You!

- For information about occupational health nursing careers, see: <https://www.aaoan.org/fact-sheets/the-occupational-and-environmental-health-nursing-profession.html>
- For information about the CON/COPH dual degree program, contact Dr. Candace Burns at cburns@health.usf.edu or visit our website at: http://health.usf.edu/nocms/nursing/Programs_of_Study/mshealth.html



Consider a Career in Occupational Safety

and

*How to Apply to USF's Graduate Program
in Occupational Safety*



What Will I Learn About if I Become an Occupational Safety Professional?

- In general, you will learn how to promote workplace safety and injury prevention.
- Specifically, you will learn how to prevent work-related injuries, illnesses, and physical or psychological discomfort in the workplace by recognizing, evaluating, and controlling hazards (physical, ergonomic, and psychological factors).
- You will also learn how to evaluate the need for/ manage the use of appropriate types of personal protective equipment to control workers' exposures to hazards in a variety of work settings.



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Where Can I Work as an Occupational Safety Professional?

- Occupational safety professionals can work in a variety of workplaces, wherever there is a need and a demand for safety experts to identify hazards and design programs to keep workers safe and healthy. Occupational safety professionals are ‘workplace detectives’!
- Occupational safety professionals may work in plants that manufacture vehicles, tools, or furniture; utility companies; construction industry; chemical plants; and agriculture/horticulture.



How Do I Prepare For/Apply to the Master of Public Health Program in Safety Management?

- Take college courses in the basic sciences (e.g. biology, chemistry, physics).
- Chemistry and biology courses will help you learn about hazardous substances and their impacts on the body. Physics courses will inform you about electricity, radiation and other forms of energy that can be unsafe if not used properly.
- Apply to the College of Public Health - EOH Department.



What Degree and Certifications Can I Earn?

- You will earn your MPH in Safety Management through the College of Public Health, Department of Environmental and Occupational Health.
- You can become a Certified Safety Professional (CSP) by taking the exam offered by the Board of Certified Safety Professionals.



Additional Resources For You!

- For information about occupational safety careers, see <http://www.osha.gov/SLTC/teenworkers/index.html> and an excellent video about teen worker safety at <http://www.cdc.gov/niosh/talkingsafety/video.html>
- For information about the COPH's graduate programs in safety management, contact Dr. Thomas Bernard@ tbernard@health.usf.edu or visit our website at <http://health.usf.edu/publichealth/eohsafetyymph.html>.



Consider a Career in Industrial Hygiene

and

*How to Apply to USF's Graduate
Program in Industrial Hygiene*



What Will I Learn About if I Become an Industrial Hygienist?

- You will be trained to apply scientific and engineering principles to anticipate, recognize, evaluate and control health hazards in the workplace. These hazards are chemical, physical and biological agents.
- You will learn to quantify workers' exposures to hazardous agents by using sampling and analytical techniques and how to interpret the results (e.g. measuring exposure to excessive noise or chemicals)
- You will learn to identify and design engineering controls, including personal protective equipment, to prevent or reduce workers' exposure to these hazards.

Where Can I Work as an Industrial Hygienist?

- You can work in a wide variety of companies where there is a need for scientists to identify chemical, physical and biological hazards, and to design engineering controls to minimize risks.
- Your expertise is required by nuclear power plants, petroleum and chemical companies, coal mines, public utilities, agribusinesses, government agencies, and consulting firms.
- You may also work in academia or research institutions.





How Do I Prepare For/Apply to the COPH Program in Industrial Hygiene?

- Take college courses in the basic sciences (e.g., biology, chemistry, physics) and mathematics.
- Apply to the College of Public Health- EOH Department.



What Degree and Certifications Can I Earn?

- You will earn your MSPH in Industrial Hygiene through the College of Public Health, Department of Environmental and Occupational Health.
- You can become a Certified Industrial Hygienist (CIH) by taking the exam offered by the American Board of Industrial Hygiene.



Additional Resources For You!

- For information about industrial hygiene careers, see www.aiha.org and search for 'student information'.
- For information about the COPH's graduate programs in industrial hygiene contact Dr. Steve Mlynarek at smlynare@health.usf.edu or visit our website at: <http://health.usf.edu/publichealth/eohindustrial.html>.



**Consider a Career in
Occupational Health Psychology
and
*How to Apply to USF's
Doctoral Program in
Industrial/Organizational Psychology***



What Will I Learn About if I Become an Occupational Health Psychologist (OHP)?

- Psychology is the study of people's behavior (how they feel, how they think, why they do what they do)
- Psychology has many areas: clinical, research, educational, etc. and OHP is a new specialization.
- OHP focuses on psychological factors in the workplace (e.g. why people get into accidents, what causes stress, what causes violence between people, and how working affects a person's family.)
- OHP involves the application of psychology to improve the quality of work life, and protect/ promote the safety, health and well-being of workers.



Where Can I Work as an Occupational Health Psychologist (OHP)?

- You can work as a psychologist for a large company, business or industry and be responsible for:
 - ✓ Human resources and staff development
 - ✓ Conflict resolution and violence prevention
 - ✓ Wellness programs
- You can serve as a consultant to a number of companies or government agencies.
- You can conduct research and work as a university professor.



How Do I Prepare For/Apply to USF's Industrial/ Organizational Psychology Program (With OHP Specialization)?

- **Step 1:** Earn a bachelor's degree, usually in Psychology. Earn good grades, gain research experience and score well on entrance exam for graduate school.
- **Step 2:** Apply to the USF doctoral program in industrial/organizational psychology -very competitive.
- **Step 3:** Completion of doctoral program requires 5-6 years of study after bachelor's degree including coursework and dissertation research.



Additional Resources For You!

- For information about occupational health psychology (OHP), see <http://www.sohp-online.org/> or <http://www.cdc.gov/niosh/topics/ohp/>.
- For information about industrial/organizational psychology, see <http://www.siop.org>.
- For information about USF's doctoral program in Industrial/Organizational Psychology with OHP specialization, contact Dr. Paul Spector at pspector@usf.edu or visit our web site at <http://psychology.usf.edu/grad/io/app.aspx>.



In Summary.....

If You Decide to Become an Occupational Health and Safety (OH&S) Professional:

You really can make a difference and keep your friends and family healthy and happy on the job! You can be:

- A clinical professional (occupational health nurse or physician)
- A safety expert (occupational safety professional)
- An exposure assessment and control expert industrial hygienist)
- A behavioral expert (occupational health psychologist)



And Finally...

- You can prepare for these OH & S careers by studying at USF's superb *Sunshine Education and Research Center* in Tampa, Florida!
- The job 'market' is very good - there are many jobs to select from in these different occupational health and safety professions.
- You can work with people in different OH&S fields to make the workplace safer and healthier and friendlier for all!