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Work + Health

Diploma of Advanced Studies DAS
Faculty of Medicine, University of Zurich,
in Cooperation with
Faculty of Biology and Medicine,
University of Lausanne



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Table of Contents

Foreword / Welcome	6
Program Overview	11
Curriculum Overview	13
C Modules (Common)	15
OM Modules (Occupational Medicine)	26
OH Modules (Occupational Hygiene)	32

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Willkommen

Willkommen zu unserem interdisziplinären Nachdiplom-Studiengang im Bereich Arbeit und Gesundheit. Unser Programm umfasst die beiden Fachvertiefungen Arbeitsmedizin und Arbeitshygiene, als auch die Arbeitsergonomie.

Arbeit setzt Menschen zahlreichen Anforderungen und Gesundheitsgefahren aus – gleichzeitig kann sie auch wichtige Ressourcen für die Erhaltung der Gesundheit bieten. Beiden Dimensionen gerecht zu werden bedingt ein fundiertes Verständnis der physiologischen, psychologischen und sozialen Aspekte. Unter anderem werden sie durch den Arbeitsplatz, die jeweiligen Organisationsstrukturen, das Management und durch soziale Faktoren beeinflusst. Unser Nachdiplomstudiengang will Sie in die gegenwärtigen und zukünftigen Gesundheitsbedürfnisse der arbeitenden Bevölkerung einführen. Ferner werden Ihnen praktische Fertigkeiten vermittelt, um arbeitsbezogene Gesundheitsbeschwerden zu verhindern und um die Gesundheit am Arbeitsplatz zu fördern.

Dieses interdisziplinäre und breit gefächerte Programm hat zum Ziel, Sie zu einer motivierten und gut qualifizierten Fachperson im Bereich Arbeit und Gesundheit auszubilden.

Um das zu erreichen, werden Ihnen sowohl die notwendigen theoretischen Grundlagen als auch die praktischen Fertigkeiten nach neuestem internationalem Standard vermittelt. In den

Grundlagen-Modulen werden Themen behandelt, die Arbeitsmediziner:innen und Arbeitshygieniker:innen betreffen. Diese werden in den jeweiligen Fach-Modulen vertieft. Die gemeinsame Bearbeitung von Fallstudien und Gruppenarbeiten zu typischen Arbeitsplatzsituationen sind dabei wichtige didaktische Mittel, um erworbenes Wissen und Können zu erproben und zu festigen. Die Anwendung in der Praxis findet in der abschliessenden Projektarbeit ihren Höhepunkt. Hier beweisen Sie in interdisziplinären Kleingruppen, dass Sie sowohl als eigenständiger Spezialist als auch im Team reale Problemstellungen im Bereich Arbeit und Gesundheit erfolgreich lösen können.

Wir sind überzeugt, Ihnen mit diesem interaktiven Weiterbildungsprogramm eine gute Kombination aus angeleitetem Selbststudium, Präsenzunterricht, Erfahrungsaustausch und Exkursionen bei diversen Firmen zu bieten, damit Sie die komplexen Anforderungen in der Praxis im Bereich Arbeit und Gesundheit erfolgreich meistern.

Prof. Dr. David Vernez, Universität Lausanne
Prof. Dr. med. MPH Holger Dressel und
Sven Hoffmann, Universität Zürich
DAS Work+Health Studiengangkommission

Bienvenue

Bienvenue dans notre programme d'enseignement postgrade interdisciplinaire en santé au travail. Celui-ci inclut deux voies de spécialisation à choix, en médecine du travail et en hygiène du travail, ainsi que l'ergonomie du poste de travail.

Le travail expose les personnes actives à de nombreuses contraintes et dangers pour la santé, mais leur fournit également des possibilités d'épanouissement personnel. S'intéresser à ces deux aspects nécessite à la fois une compréhension de l'individu et des facteurs physiologiques, physiques et sociaux qui sont influencés par les pratiques managériales et une compréhension du contexte organisationnel et sociétal plus large. Notre programme a pour objectif de vous informer sur les besoins en santé actuels et futurs de la population active, de vous fournir les compétences pratiques qui permettront de prévenir les problèmes de santé liés au travail, et de promouvoir la santé au travail. Ce cursus vise à former la génération future de spécialistes hautement qualifiés en santé et sécurité au travail.

Pour atteindre cet objectif, le DAS Work+Health permet aux étudiants d'acquérir de solides connaissances académiques, et des compétences et outils de bonne pratique dans le domaine. Dans les modules communs aux deux spécialisations, les étudiants peuvent se familiariser avec les perspectives et procédures transversales. Ces acquis et réflexions sont ensuite approfondis dans les modules de spécialisation. Les échanges continus entre les

étudiants et les intervenants des deux disciplines garantissent la mise en pratique des connaissances tout au long du programme. Ce transfert de savoir et de savoir-faire se concrétise tout particulièrement dans le projet interdisciplinaire qui clôture le programme. Lors de ce projet qui prend la forme d'un travail de groupe, vous vous mettez en situation réelle d'analyse et de résolution d'une problématique de santé au travail, ce qui vous permettra de mettre en application les connaissances et compétences acquises dans le programme.

Nous sommes convaincus que le format d'enseignement offert par le DAS Work+Health, à savoir des cours magistraux interactifs associés à des travaux accompagnés à distance, des enseignements dispensés par des experts dans leur domaine, et l'expérience professionnelle préalable des participants, offre un environnement de formation enrichissant, dynamisant et efficace. Nous vous invitons à rejoindre cette aventure intellectuelle et formatrice, que vous soyez novice dans le domaine de la santé au travail ou que vous en ayez déjà une certaine expérience. Rejoignez le DAS Work+Health et devenez un acteur majeur du réseau de santé et sécurité au travail.

Prof. Dr. David Vernez, Université de Lausanne
Prof. Dr. med. MPH Holger Dressel et Sven Hoffmann,
Université de Zurich
Comité d'enseignement du DAS Work+Health

Welcome

Welcome to our interdisciplinary postgraduate program in work and health. Our program integrates the two specializations, Occupational Medicine and Occupational Hygiene, with workplace ergonomics.

Work exposes employees to numerous demands and health hazards, but at the same time provides an array of health-promoting resources. Addressing both requires an understanding of individuals and the physiological, psychological, and social aspects that are influenced by management practices and the broader organizational and societal context. Our program equips you with a deep understanding of the current and emerging health needs of the working population. You'll develop practical skills to prevent work-related health issues and promote well-being in the workplace. This comprehensive education prepares the next generation of dedicated, highly skilled professionals in work and health. During the joint modules, students become acquainted with common perspectives and procedures across disciplines, complemented by in-depth knowledge in the specialization courses. Continuous mutual exchange among students and lecturers in the different specialization areas ensures an ongoing application of knowledge to practice throughout the program. This knowledge transfer culminates in a project assigned to small interdisciplinary groups of students at the end of the program. During this group work, you will demonstrate your acquired knowledge and skills in solving real-life work and health issues in the field.

Overall, we are convinced that the combination of highly interactive on-campus courses, complementary guided distance learning, expert lecturers and the participants' prior on-the-job experience will provide a fruitful and enriching learning environment. We welcome you to this learning experience whether you are a newcomer to work and health issues or already have experience in the field. Join the work and health postgraduate program and become an important player in the work and health community.

Yours sincerely,
Prof. Dr. David Vernez, University of Lausanne;
Prof. Dr. med. MPH Holger Dressel and
Sven Hoffmann, University of Zurich
DAS Work+Health Program Commission

Programmübersicht

Ziel
Der Diplomstudiengang DAS Work+Health ist ein gemeinsames Weiterbildungsprogramm der Universität Zürich und der Université de Lausanne. Basierend auf 30 Jahren Erfahrung vermittelt der Studiengang fundierte theoretische und praktische Kenntnisse und Fähigkeiten in verschiedenen Bereichen der Arbeitsmedizin und Arbeitshygiene. Das vielfältige Programm umfasst ein breites Angebot an interdisziplinären Grundlagen im Bereich Arbeit und Gesundheit, sowie fachspezifische Kenntnisse und praktische Fertigkeiten im Bereich Arbeitsmedizin und -hygiene. Der praxisorientierte Studiengang vermittelt sowohl fachliche Grundlagen nach aktuellen Erkenntnissen als auch fachspezifisch-praktische, methodische sowie soziale Kompetenzen. Er verbindet weiter die arbeitsbezogene Gesundheit mit Aspekten des Managements und der Arbeitsorganisation. Die fachübergreifende Zusammenarbeit wird durch ein vielfältiges Lehrangebot in modularem Aufbau und durch eine abschliessende Gruppenarbeit gefördert.

Beschreibung
Das fachübergreifende Weiterbildungsprogramm vermittelt Ihnen fundierte theoretische und praktische Kenntnisse und Fähigkeiten in verschiedenen Bereichen der Arbeitsmedizin und -hygiene. Das Lehrangebot beinhaltet Grundlagen, welche die erfolgreiche Umsetzung von Arbeitssicherheit und Gesundheitsschutz im Unternehmen sichern. Dazu gehören z. B. die Prävention von berufsbezogenen Erkrankungen, das Management von arbeitsbezogenen Expositionen oder der interdisziplinäre Gesundheitsschutz am Arbeitsplatz. Der DAS Work+Health ist eine berufsbegleitende universitäre Weiterbildung. Der durchschnittliche Zeitbedarf entspricht einem Beschäftigungsgrad von ca. 20 bis 30 %.

Zielgruppe
Der DAS Work+Health richtet sich an alle an Arbeit und Gesundheit interessierte Personen, die ihre Fachkenntnisse und praktischen Kompetenzen in einem interdisziplinären Umfeld erweitern und vertiefen möchten. Um den universitären Abschluss zu erlangen, sollten Sie über eine hochschulbasierte Ausbildung im Bereich Medizin, Naturwissenschaften oder verwandte Gebiete, sowie über Berufserfahrung verfügen.

Zulassungskriterien
Die Studierenden verfügen über einen Hochschulabschluss auf Masterstufe sowie Berufserfahrung. In Ausnahmefällen können Personen mit einem Hochschul-Bachelor sowie spezifischer Berufserfahrung oder einer gleichwertigen Qualifikation zugelassen werden. Anmeldungen für einzelne Module werden in der Reihenfolge ihres Eingangs berücksichtigt, sofern es freie Plätze gibt.

Sprache
In den Modulen und ist die Unterrichtssprache grundsätzlich Englisch. Gruppenarbeiten und Diskussionen können je nach Sprachkompetenz in der Gruppe gerne in den Schweizer Landessprachen geführt werden. Die interdisziplinäre Abschlussarbeit wird in der Geschäftssprache des jeweiligen beauftragenden Unternehmens verfasst.

Abschluss/ECTS Credits
Diploma of Advanced Studies UZH UNIL in Work+Health (30 ECTS Credits)

Promotionsordnung
Jedes Modul besteht in der Regel aus einer vorbereitenden Hausaufgabe (Pre-assignment), der Präsenzunterrichts-Phase und der praktischen Anwendung des Gelernten in einer Modulprüfung.

Akkreditierung

Anerkennung durch die Schweizerische Gesellschaft für Medizin (FMH), die Schweizerische Gesellschaft für Arbeitsmedizin (SGARM) und die Schweizerische Gesellschaft für Arbeitshygiene (SGAH) für die Facharztausbildung Arbeitsmedizin respektive die Ausbildung zum Arbeitshygieniker. Der Studiengang wird turnusmässig vom BAG auditert und akkreditiert und erfüllt die Voraussetzungen, um Ärzt:innen, Ingenieur:innen und Naturwissenschaftler:innen zu ASA-Spezialisten auszubilden. Der Studiengang ist ferner bei der internationalen Gesellschaft für Arbeitshygiene-Ausbildung (OHTA) akkreditiert. Zudem ist der DAS Work+Health akkreditiertes Mitglied des Verbundes Swiss School of Public Health (SSPH+)

Trägerschaft

Universität Zürich, Medizinische Fakultät, Prof. Dr. med. MPH Holger Dressel und Prof. Dr. Milo Puhan; und Universität Lausanne, Faculté de Biologie et Medicine, Prof. Dr. David Vernez

Leitender Ausschuss

Prof. Dr. Milo Puhan, Universität Zürich; Prof. Dr. med. MPH Holger Dressel, Universität Zürich; Prof. Dr. Georg Bauer, Universität Zürich; Prof. Dr. David Vernez, Universität Lausanne; Dr. Anja Zyska Cherix, Suva

Beirat

Expert:innen aus dem Bereich Arbeit und Gesundheit, bzw. Vertreter:innen der schweizerischen Berufsverbände für Arbeitsmedizin (SGARM, SGAH, SwissErgo), der schweizerischen Unfallversicherung (SUVA) und der Eidgenössischen Koordinationskommission für Arbeitssicherheit (EKAS). Zusätzlich Delegierte der beteiligten Hochschulen.

Daten

05. Januar 2026 bis 12. Januar 2028 (4 Semester). Die Module dauern zwei bis zehn Tage und werden grundsätzlich von Montag bis Freitag durchgeführt.

Kursort

Zentrum für Weiterbildung in Zürich-Oerlikon (www.zwb.uzh.ch) und Unisanté in Epalinges-Lausanne. Zusätzlich werden Firmenbesichtigungen und begleitende Projekte in verschiedenen Betrieben in der Schweiz durchgeführt. Ein Modul und einzelne Vorlesungen können online stattfinden. Weitere Informationen folgen.

Kosten

CHF 22'000.–

Anmeldung/Website

Bewerbungen bitte via unserer Website einreichen: www.mas-workandhealth.uzh.ch/en/howtoapply/application2026-28fullprogram.html

Administration

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- Andrea Frederick, Administration UZH, andrea.frederick@uzh.ch
- Monica Eggler, Administration UNIL, monica-maria.eggler@unisante.ch
- Olga Stefan, Administration Assistant, UZH, olga.stefan@uzh.ch

Présentation du programme

But

Le Diploma of Advanced Studies Work+Health (DAS) est un programme de formation postgrade organisé conjointement par l'Université de Zurich et l'Université de Lausanne. Fort de près de 30 ans d'expérience dans le domaine, ce programme offre un enseignement académique de haut niveau en médecine du travail, en hygiène du travail et sur les thématiques associées. Le DAS Work+Health permet d'acquérir un savoir-faire pratique et approfondi avec la mise en application des acquis en situation réelle. Il fait le lien entre les défis de santé au travail et les pratiques managériales et plus largement avec le contexte organisationnel de l'entreprise. Les participants se familiarisent avec les perspectives et approches transversales aux deux disciplines dans des modules communs. La collaboration interdisciplinaire se concrétise tout particulièrement dans un projet de fin d'étude à réaliser en groupe.

Objectif

Ce programme interdisciplinaire permet d'acquérir de solides connaissances et compétences en santé et sécurité au travail. Il permet de développer les qualifications nécessaires pour diagnostiquer, gérer et supprimer les risques professionnels, et promouvoir la santé au travail. Le cursus complet nécessite une présence en classe à temps partiel et un investissement supplémentaire de 20 à 30% sur le temps de travail.

Public cible

Les études DAS Work+Health s'adressent aux personnes avec une formation académique en médecine, sciences naturelles ou dans un domaine similaire, et avec de l'expérience professionnelle, qui souhaitent élargir leurs compétences professionnelles dans un environnement d'apprentissage interdisciplinaire.

Conditions d'admission

Les candidats doivent être titulaires d'un diplôme de Master et avoir une expérience professionnelle confirmée. Dans des cas exceptionnels, les candidats avec un diplôme de Bachelor et une expérience professionnelle pertinente peuvent être admis. Sous réserve des places disponibles, les inscriptions aux modules individuels seront acceptées selon l'ordre de leur arrivée. Un nombre limité de places est disponible à cet effet.

Langues

Les cours seront dispensés en anglais. Les travaux de groupe et les discussions peuvent également se dérouler dans les langues nationales suisses, en fonction des compétences linguistiques du groupe. Le rapport du projet de fin d'étude doit être rédigé dans une langue officielle de l'entreprise dans laquelle se déroule le projet.

Diplôme délivré/Crédits ECTS

«Diploma of Advanced Studies in Work+Health/ Diplôme de formation continue en santé au travail», est délivré par les Universités de Zurich et de Lausanne. Le DAS Work+Health permet l'octroi de 30 crédits ECTS, qui correspondent à 900 heures de formation environ (enseignements et travaux personnels) sur 4 semestres.

Conditions d'évaluation

Chaque module comprend généralement un travail préparatoire à réaliser chez soi (Pre-assignment), des cours en classe et un examen final.

Accréditation/reconnaissance

Les modules du DAS Work+Health sont reconnus par l’Institut Suisse pour la Formation Médicale postgraduée et continue (ISFM-FMH) pour l’obtention du titre de spécialiste en médecine du travail, et par la Société Suisse d’Hygiène du Travail (SSHT/SGAH) pour l’obtention du titre d’hygiéniste du travail SSHT. Le programme est également accrédité par l’International Occupational Hygiene Training Association (OHTA). Pour les médecins, ingénieurs et experts en sciences naturelles, le DAS Work+Health remplit les critères de formation pour devenir spécialiste de la sécurité et de la santé au travail en Suisse. En outre, le DAS Work+Health est un programme accrédité par la Swiss School of Public Health (SSPH+). Plusieurs associations professionnelles suisses — telles que la Société Suisse de Médecine du Travail (SSMT), la Société Suisse d’Hygiène du Travail (SSHT) et l’Association Suisse d’Ergonomie (SwissErgo) — reconnaissent certains modules du programme comme des formations continues accréditées dans le cadre de la formation postgraduée des spécialistes.

Gouvernance

Université de Zurich, Faculté de Médecine, Prof. Dr. med. MPH Holger Dressel et Prof. Dr. Milo Puhan; Université de Lausanne, Faculté de Biologie et de Médecine, Prof. Dr. David Vernez

Conseil d’administration

Prof. Dr. med. MPH Holger Dressel, Prof. Dr. Milo Puhan et Prof. Dr. Georg Bauer, Université de Zurich; Prof. Dr. David Vernez, Université de Lausanne; Dr. Anja Zyska Cherix, Suva

Conseil consultatif

Le conseil consultatif est composé de spécialistes en santé et sécurité au travail, dont des représentants des universités partenaires, des associations professionnelles de santé et sécurité au travail (SGARM/SSMT, SGAH/SSHT, SwissErgo), de la Caisse nationale suisse d’assurance-accidents (Suva), et de la Commission Fédérale de coordination pour la Sécurité au Travail (CFST).

Dates

05 janvier 2026 à 12 janvier 2028 (4 semestres). Les modules durent de 2 à 10 jours et se déroulent du lundi au vendredi. Toutefois, des changements de dates peuvent avoir lieu.

Lieux des cours

Les cours ont lieu au Centre de Formation Continue de Zurich-Oerlikon (www.zwb.uzh.ch) et à Unisanté à Epalinges-Lausanne. Les visites de poste et les projets associés au programme, peuvent cependant se dérouler dans différents lieux en Suisse. Un module et certains cours individuels se dérouleront en ligne. Des informations supplémentaires à venir.

Frais d’inscription

CHF 22'000.–

Inscription/Website

Veuillez remplir le formulaire d’inscription en ligne : www.mas-workandhealth.uzh.ch/en/howtoapply/application2026-28fullprogram.html

Administration

- Sven Hoffmann, Program Manager, sven.hoffmann@uzh.ch
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- Olga Stefan, Administration Assistant UZH, olga.stefan@uzh.ch

Program Overview

Aim

The Diploma of Advanced Studies (DAS) in Work+Health is a collaborative program offered by the University of Zurich and the University of Lausanne. Building on nearly 30 years of experience in professional education, the program delivers a strong foundation in theoretical knowledge and hands-on practical skills in Occupational Medicine, Occupational Hygiene, and related fields. This comprehensive and interdisciplinary program provides broad perspectives alongside specialized, application-oriented approaches to workplace health. DAS Work+Health combines high academic standards with evidence-based best practices, ensuring effective translation into real-world work environments. It connects occupational health with management strategies, placing health and safety within a broader organizational framework. Interdisciplinary collaboration is a core element, supported through shared modules and a final group project that brings together participants from diverse professional backgrounds.

Objective

This interdisciplinary postgraduate program equips professionals with in-depth knowledge and skills in work and health. It develops competencies in identifying, managing, and mitigating work-related health risks, while also promoting workplace health and well-being. The program is designed for working professionals and follows a part-time structure, requiring on-campus attendance complemented by an additional workload of approximately 20–30%, making it well-suited for integration with professional commitments.

Target group

DAS Work+Health is tailored for individuals with an academic background in medicine, natural sciences, or related fields with professional experience, who want to broaden their professional competencies in an interdisciplinary learning environment.

Admission

Participants are required to hold a Master’s degree and professional experience. In exceptional cases, applicants with a Bachelor’s degree and specific professional experience may be admitted. If space allows, registrations for single modules will be accepted on a first-come, first-served basis. A limited number of places is available for this purpose.

Language

Lessons will be taught in English. Group work and discussions can also be held in the Swiss national languages depending on the language competence of the group. The final interdisciplinary project work will be written in the official language of the individual company hosting the project work.

Degree/ECTS Credits

Diploma of Advanced Studies (DAS) UZH and UNIL in Work+Health comprises 30 ECTS Credits, equaling a workload of approx. 900 hours of total study time, to be achieved during the 4 semesters of the program.

Assessment regulations

Each module typically comprises preparatory homework (Pre-assignment), a campus phase and practical application of both phases in a final assessment (exam).

Accreditation

The DAS Work+Health program is officially recognized by the Swiss Medical Association (FMH) for accreditation in Occupational Medicine FMH and by the Swiss Society of Occupational Hygiene (SGAH) for national accreditation as an Occupational Hygienist SGAH. It is also acknowledged by the international Occupational Hygiene Training Association (OHTA).

For physicians, engineers, and natural scientists, the DAS fulfills the requirements for recognition as an ASA specialist in Switzerland (ASA = Arbeitsärztinnen/Arbeitsärzte und andere Spezialistinnen/Spezialisten der Arbeitssicherheit).

In addition, the DAS Work+Health is an accredited member of the Swiss School of Public Health (SSPH+). Several Swiss professional associations—such as the Swiss Society of Occupational Medicine (SGARM), the Swiss Society of Occupational Hygiene (SGAH), and the Swiss Ergonomics Association (SwissErgo)—recognize selected modules of the program as accredited continuing education courses for postgraduate specialists.

Governance

University of Zurich, Faculty of Medicine, Prof. Dr. med. MPH Holger Dressel and Prof. Dr. Milo Puhan; and University of Lausanne, Faculty of Biology and Medicine, Prof. Dr. David Vernez

Leading Board

Prof. Dr. Milo Puhan, University of Zurich; Prof. Dr. med. MPH Holger Dressel, University of Zurich; Prof. Dr. Georg Bauer, University of Zurich; Prof. Dr. David Vernez, University of Lausanne; Dr. Anja Zyska Cherix, SUVA.

Advisory Board

The Advisory Board consists of work and health specialists, e.g. delegates from the professional work and health associations (SGARM, SGAH, SwissErgo),

the Swiss occupational accidents insurance company (SUVA), and the Federal Coordination Commission for Occupational Safety (EKAS). In addition, delegates from the cooperating universities will contribute to our advisory board.

Dates

05 January 2026 to 12 January 2028 (4 semesters). The modules last from 2 to 10 days each. Lectures are given from Monday to Friday. Please note that dates may change. Updated information will be provided on: www.mas-workandhealth.uzh.ch.

Location

Campus lectures will be held at the Center for Continuing Education in Zurich-Oerlikon (www.zwb.uzh.ch) and at Unisanté in Epalinges-Lausanne. In addition, site visits and accompanying projects may take place at different locations in Switzerland. One module and some individual lectures will take place online. More information forthcoming.

Costs

CHF 22'000.–

Application/Website

Please complete the online application at: <https://www.mas-workandhealth.uzh.ch/en/howtoapply/application2026-28fullprogram.html>

Administration

- Sven Hoffmann, Program Manager, sven.hoffmann@uzh.ch
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- Olga Stefan, Administration Assistant UZH, olga.stefan@uzh.ch

Curriculum Overview

Overview

The Diploma of Advanced Studies (DAS) in Work+Health integrates Occupational Medicine (OM) and Occupational Hygiene (OH) with workplace ergonomics. The interdisciplinary DAS Work+Health program consists of common and specialized modules. DAS Work+Health students may select one of these disciplines based on their educational and professional background and personal interest.

Common modules (C1 to C10)

Topics and practical approaches for both disciplines are introduced in the common modules.

The DAS Work+Health program emphasizes interdisciplinary group work, discussion rounds, and case studies.

Specialized modules

The specializations of DAS Work+Health are:

- Occupational Medicine (OM1 to OM5)
- Occupational Hygiene (OH1 to OH5)

Besides lectures and group work, you will also visit work sites to practice your skills and enhance your knowledge.

Group project (C11)

In the last module, C11, you will work in an interdisciplinary group in industry. Here you will be able to demonstrate your ability to transform your newly acquired knowledge into practice.

Supported and sponsored by EKAS



Schweizerische Eidgenossenschaft
Confédération suisse
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Eidgenössische Koordinationskommission
für Arbeitssicherheit EKAS
Commission fédérale de coordination
pour la sécurité au travail CFST
Commissione federale di coordinamento
per la sicurezza sul lavoro CFSL

Member of SSPH+



Module	Title	Date	ECTS	Page
C1	Introduction to the field of work and health	05.-07.01.26	1	15
C2	Risk analysis and risk management	16.-20.02.26	2	16
C3	Determinants of occupational diseases and work-related health problems	23.-27.03.26	2	17
C4	Communication	15.-17.04.26	1	18
OH1	Exposure-related health effects	04.-08.05.26	2	33
OM1	Occupational diseases and work-related health problems	11.-13.05.26 18.-20.05.26	3	27
C5	Occupational toxicology (AHLS training course)	01.-04.06.26 22.-23.06.26	2	19
C6	Ergonomics	24.-27.08.26	2	20
C7	Human factors	14.-17.09.26	2	21
C8	Legal framework	13.-15.10.26	1	22
OH2	Exposure assessment and hazard recognition	16.-20.11.26 30.11-04.12.26	3	34
OM2	Work ability and return to work	26.-29.10.26	2	28
C9	Occupational health interventions	25.-29.01.27	2	23
OH3	Control of the occupational environment	15.-18.03.27	2	35
OM3	Prevention and control of occupational risks and diseases	10.-13.05.27	2	29
OM4/OH4	Disaster management	23.-26.08.2027	1	30/36
C10	Biosafety	14.-15.06.2027	1	24
OH5	Risk policy, management, and communication	13.-16.09.27	2	37
OM5	Management of health in organizations	27.-30.09.27	2	31
C11	Interdisciplinary group project	06.10.27 and until 12.01.28	5	25

Introduction to the field of work and health

C1



Aim

To become acquainted with the course, program road map, as well as current work and health issues from different perspectives.

Upon completion, students will be able to:

- Contribute actively to the learning process and use the learning platform OLAT
- Distinguish levels of analysis and perspectives of various work and health disciplines
- Define work and health problems drawing on an interdisciplinary approach
- Describe the network of actors in the field of work and health

Contents

- Introduction to DAS Work+Health with presentations by program lecturers
- Structure, goals, and learning principles of the interdisciplinary study program
- Work and health policy (in Switzerland and Europe) and stakeholders
- Multidisciplinary perspectives (medicine, psychology, sociology, engineering, etc.)
- Role of different actors and professions in the field of work and health
- Models of health (physical, mental, social health) and diseases

Methods

Lectures; Group work; Discussion round

ECTS credits

1 ECTS credit = approx. 30 hrs. of workload

Target audience

Students in the DAS Work+Health program only

Module Managers

- Prof. Dr. med. MPH Holger Dressel; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
- Prof. Dr. David Vernez; University of Lausanne, Unisanté, Occupational and Environmental Health Department

Administration

Monica Egger; monica-maria.egger@unisante.ch
Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

05-07 January 2026 in Zurich

Fee

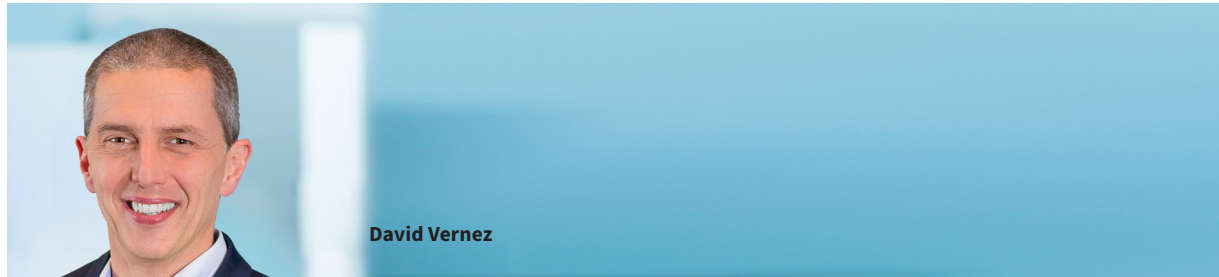
Only for DAS Work+Health students

Registration deadline

15 November 2025

Risk analysis and risk management

C2



David Vernez

Aim

This module instructs participants in the following areas:

- Assessing and documenting risks in the company,
 - Planning and reviewing measures for ASGS,
 - Moderating and communicating risk management and,
 - Exceptions to requirements for ASGS.
- Upon completion, students will be able to:
- Carry out a comprehensive risk analysis in the company
 - Apply various risk assessment methods in a situation-specific and practical manner
 - Systematically record chemical, biological, physical and psychosocial risk factors
 - Evaluate measures for technical, organizational and personal exposure protection, and apply them as appropriate to the situation
 - Interpret measurement results, derive and communicate measures
 - Apply basics of human performance and risk perception into practice

Contents

- Recognize relevant ASGS hazards throughout the company
- Planning and carrying out risk assessments
- Interpretation of measurements and hazard assessments in a systematic risk assessment
- Evaluation and practical implementation of measures to minimize risks
- Evaluation of the effectiveness of the implemented measures
- Audits & controls
- Exceptional situations from legal and operational requirements

Methods

Seminar; Group work; Case presentations and case studies

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- DAS Work+Health students
- Participants of the preparatory course Expert ASGS
- Occupational physicians and occupational hygienists
- Other people interested in occupational health and safety in the workplace

Module Manager

Prof. Dr. David ; University of Lausanne, Unisanté, Occupational and Environmental Health Department

Administration

Monica Eggler; monica-maria.eggler@unisante.ch

Dates and location

16-20 February 2026 in Lausanne

Fee

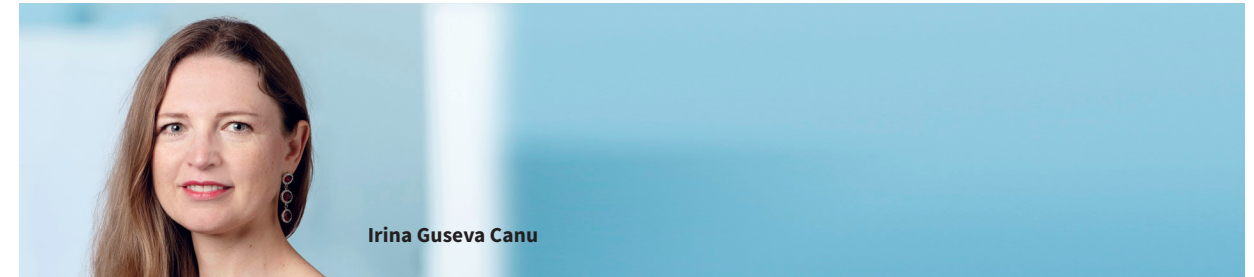
CHF 3'400.-

Registration deadline

15 December 2025

Determinants of occupational diseases and work-related health problems

C3



Irina Guseva Canu

Aim

The relationship between work-related exposures and the development of clinical symptoms or diseases is often complex and may not become evident until decades after the initial exposure. In this module, students will learn to identify and interpret evidence of work-related illnesses and associated risk factors. They will also examine how organizational structures and broader societal influences affect both negative and positive occupational health outcomes.

Upon completion, students will be able to:

- Understand the main determinants of occupational disease and work-related health
- Consider both health-related risks and resources on the individual, group, organizational and societal levels
- Conduct effective literature search and identify the relevant publications
- Make critical appraisals of publications
- Assess the overall evidence of an occupational disease or exposure according to the most relevant guidelines
- Write a simple literature review
- Evaluate specific work-associated health problems across population subgroups, sectors, industries, and countries
- Understand the functioning of organizations, management and leadership to tailor occupational health activities to this context

Contents

- Overview of the major occupational health problems and their risk and protective factors
- Occupational health research and study designs
- Observational versus interventional studies in occupational health
- Most common bias and errors in occupational health research

- Concept of causality
- Literature search, systematic reviews and meta-analysis
- Inequality of health and disadvantaged socio-economic and socio-cultural groups
- Concepts of organizations and implications for organizational change processes
- Role of management and leadership in organizations

Methods

Lectures; Group work; Discussion round

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational medics, occupational hygienists, psychologists
- Healthcare providers and other persons interested in work and health

Module Manager

Dr. Irina Guseva Canu; University of Lausanne, Unisanté, Occupational and Environmental Health Department

Administration

Monica Eggler; monica-maria.eggler@unisante.ch

Dates and location

23-27 March 2026 in Lausanne

Fee

CHF 3'400.-

Registration deadline

16 February 2026

Communication

C4



Peter Schulz

Aim

This module lasts 3 days and covers various aspects and methods of communication.

Upon completion, students will be able to:

- Communicate in the field of ASGS in a manner appropriate to the addressee and level
- Coordinate cooperation with other areas in relation to ASGS topics
- Decide whether and when to call in other specialists
- Analyze the status of work stoppages and derive necessary measures
- Support the company management in developing a crisis and emergency organization
- Develop crisis management measures and present them to the management
- Conduct periodic reviews and update the emergency and crisis management system

Contents

- Interdisciplinary and level-appropriate communication in the ASGS area
- Creation of targeted communication strategies
- Involvement and cooperation with external ASGS specialists
- Collaboration with external specialists and third-party companies
- Analysis of absenteeism figures and derive preventive measures
- Development of a crisis and emergency organization

Methods

Seminar; Group work; Practical exercises

ECTS credits

1 ECTS credit - approx. 30 hrs. of workload

Target audience

- DAS Work+Health students
- Participants of the preparatory course "Expert ASGS"
- Occupational physicians and occupational hygienists
- Other interested parties in the field of occupational safety and health protection in the workplace

Module Manager

Prof. Dr. Peter Schulz; Institute of Communication and Health at the Università della Svizzera italiana (USI)

Administration

Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

15-17 April 2026 in Zurich

Fee

CHF 2'040.–

Registration deadline

07 March 2026

Occupational toxicology

C5



Myriam Borgatta



Sven Hoffmann

Aim

This module provides a foundational understanding of toxicology and is structured in two parts:

- Part I: Chronic absorption of workplace chemicals
- Part II: Acute exposure and hazardous materials response (HAZMAT training)

Fundamental toxicology describes the disposition of a compound within the human body. This module focuses on how contaminants enter the human body (absorption), behave inside the body (distribution), transform (metabolism), and get eliminated.

Upon completion, students will be able to:

- Explain the concepts of absorption, distribution, metabolism and elimination (ADME), and the parameters influencing ADME
- Retrieve and link absorption to metabolite elimination and internal dose
- Understand organ toxicity such as neurotoxicity, hematotoxicity, hepatotoxicity, pulmonary toxicity and reprotoxicity
- Give examples of common chemicals used at the workplace and their organ toxicities
- Manage HAZMAT-events (AHLS)
- Treatment of acute intoxications in first aid settings (AHLS)

Contents

- Basic principles of toxicology
- Routes of absorption and possible effects of main toxic agents in the workplace in Switzerland
- Carcinogenic, mutagenic and reprotoxic chemicals
- Principles of regulatory toxicology
- Toxicological data bases for work and health specialist
- Official HAZMAT life support course (AHLS), including international certification

- Poisoning treatment paradigm, including specific antidotes (AHLS)

Methods

Lectures; Group work; Practical exercise

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational physicians and occupational hygienists
- Other occupational health specialists interested in toxicology and HAZMAT life support

Module Managers

- PhD Myriam Borgatta; University of Lausanne, Unisanté, Occupational and Environmental Health Department
- Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute

Administration

Part I: Monica Eggler; monica-maria.eggler@unisante.ch
Part II: Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

Part I: 01-04 June 2026 in Lausanne

Part II (AHLS): 22-23 June 2026 in Basel

Fee

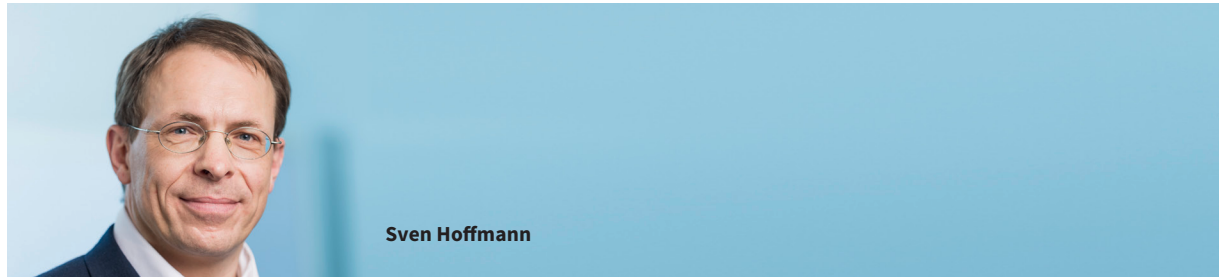
CHF 4'080.–

Registration deadline

01 May 2026

Ergonomics

C6



Sven Hoffmann

Aim

The field of workplace ergonomics evaluates the characteristics of human beings, their resources, and demands in relation to their working tasks, working environment, and working organization. The field further aims to evaluate work-associated risk factors and possible health hazards. It fosters healthy workspaces, e.g. through developing and optimizing human-machine interfaces, enhancing the usability of tools, and eliminating obstacles in working systems.

Upon completion, students will be able to:

- Understand and apply main human physiological and psychological functioning and limitations
- Analyze work tasks, tools, and working environments
- Assess ergonomic risk factors at work in standard situations
- Evaluate individual balances of work demands and resources

Contents

- Introduction to work physiology
- Ergonomic assessment tools and checklists
- Concepts of hazard, health risk, health resource, stress and strain
- Practical training in ergonomic risk assessment
- Introduction to design of work and working environments

Methods

Case studies; Practical instructions; Lectures; Group work; Discussion round

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Future and current work and health specialists
- Healthcare providers and other persons interested in work and health

Module Manager

Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute

Administration

Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

24–27 August 2026 in Zurich

Fee

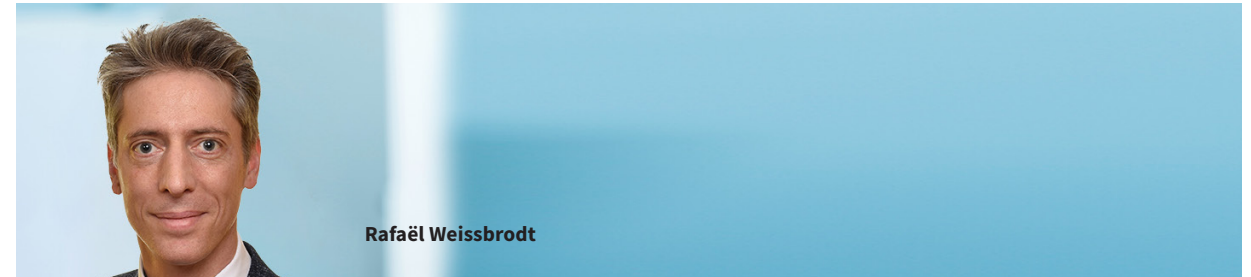
CHF 2'720.–

Registration deadline

14 July 2026

Human factors

C7



Rafaël Weissbrodt

Aim

Employees are exposed to a wide range of work-related demands and environmental factors. In addition, technological systems and human-machine interactions are continually evolving—often rapidly. To ensure health and safety in the workplace, it is essential to assess and manage human factors effectively.

Upon completion, students will be able to:

- Conduct ergonomic risk assessments
- Evaluate the balance between individual work demands and available resources
- Understand and apply key concepts related to human reliability and human error
- Identify and assess human-related risk factors in the workplace

Contents

- Ergonomic risk assessment on complex systems
- Ergonomic workplace interventions
- Human-machine interaction
- Basics of human reliability and human error
- Concepts of risk perception and risk behavior
- Introduction to Indoor Air

Methods

Lectures; Group work; Discussion round; Site visit

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Future and current work and health specialists
- Healthcare providers and other persons interested in work and health

Module Manager

Prof. Rafaël Weissbrodt; Associate Professor; HES-SO Santé Valais-Wallis

Administration

Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

14–17 September 2026 in Zurich

Fee

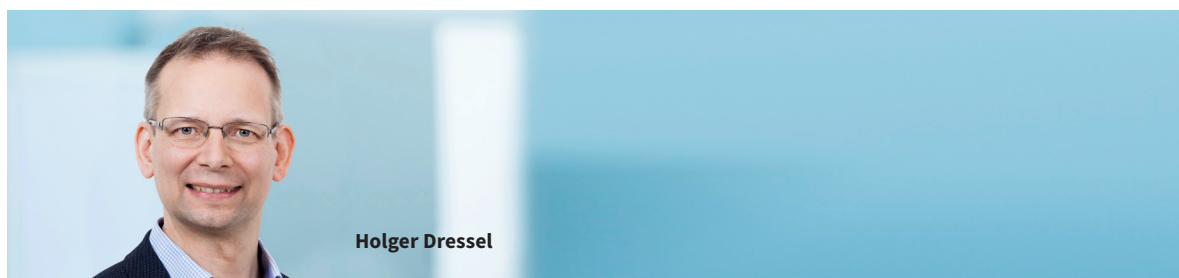
CHF 2'720.–

Registration deadline

07 August 2026

Legal framework

C8



Holger Dressel

Aim

Both professions, Occupational Hygiene and Occupational Medicine, are built on, and work in, a framework of Swiss and international laws, ordinances and best-practice guidelines. Keeping all relevant legal issues in mind and putting them into practice in the daily work of fostering and protecting health at work is a challenge.

Upon completion, students will be able to:

- Understand the basic Swiss legal framework in the field of work and health (ASGS)
- Develop ASGS objectives in line with requirements and implement them in practice in the company
- Apply relevant laws and ordinances specific to occupational hygiene and occupational medicine in different kinds of workplaces and industries
- Monitor ongoing changes in the relevant laws and ordinances for keeping the company's health and safety management system "up to date"

Contents

- Key stakeholders within the framework of Swiss laws and regulations
- Ethical principles in occupational health and safety, including relevant legislation
- Responsibilities of management and occupational health and safety professionals under Swiss laws and ordinances
- Legal foundations for occupational health and safety in Switzerland
- Integration of ASGS legal requirements into the company's health and safety system and overall corporate strategy
- Conducting company visits and inspections in collaboration with relevant stakeholders

Methods

Lectures; Group work; Discussion rounds; Case studies

ECTS credits

1 ECTS credit = approx. 30 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Future and current work and health specialists
- Healthcare provider and other people interested in work and health

Module Manager

Prof. Dr. med. MPH Holger Dressel; University of Zurich, Epidemiology, Biostatistics and Prevention Institute

Administration

Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

13-15 October 2026; Online

Fee

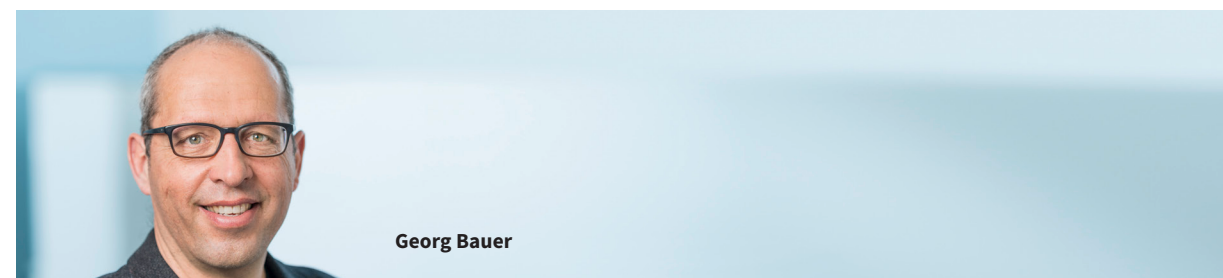
CHF 2'040.–

Registration deadline

01 September 2026

Occupational health interventions

C9



Georg Bauer

Aim

This module enables participants to follow a systematic action cycle for occupational health interventions: goal setting, assessment, planning, implementation, and evaluation. Such interventions include any activity to improve the physical, mental, and social health of employees. Throughout this action cycle, participants learn how to combine an evidence-based & participatory approach to achieve the best impact.

Upon completion, students will be able to:

- Assess the major individual, group, leader and organizational sources of health in companies
- Access and assess the overall published evidence on the effectiveness of specific interventions
- Clarify the value base and define goals of an intervention with key stakeholders
- Plan evidence-based, participatory development & implementation of occupational health interventions
- Design a process, context, and outcome evaluation, select appropriate methods, and specify data sources
- Draw conclusions based on evaluation results and develop recommendations for future interventions

Contents

- Scientific evidence of the effectiveness of interventions and relevant publication formats; article critique
- Overview of intervention principles, strategies, and levels of change applied by key occupational health disciplines
- Planning models and success factors of occupational health interventions
- Participatory priority setting, action planning, and reflection of values in interventions
- Consideration of individual and cultural diversity in interventions

- Running of future workshops as a participatory planning tool
- Changing individual health and safety behavior
- Purposes and methods of concept, context, process, and outcome evaluation
- Communication of evaluation results to diverse stakeholders
- Practical examples of conducting and evaluating interventions in occupational hygiene and medicine

Methods

Lectures; Group work; Discussion round; Case studies

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Future and current work and health specialists
- Psychologists and other persons interested in work and health

Module Manager

Prof. Dr. med. DrPH Georg Bauer; University of Zurich, Epidemiology, Biostatistics and Prevention Institute

Administration

Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

25-29 January 2027 in Zurich

Fee

CHF 3'400.–

Registration deadline

15 December 2026

Biosafety

C10



Aim This course is equivalent to the official Biosafety level II course. Upon completion, students will be able to: – Work as a biosafety officer on level II – Instruct lab workers on biosafety issues – Manage contagious waste – Manage contagious lab spills	ECTS credits 1 ECTS credits = approx. 30 hrs. of workload Target audience – Students in the DAS Work+Health program – Occupational hygienists, safety engineers, lab officers – Occupational physicians, occupational health nurses Module Manager Yves Hartmann; biosafety.ch Administration Andrea Frederick; andrea.frederick@uzh.ch Dates and location 14-15 June 2027
Contents – Fundamentals of biosafety and biosecurity – BSO tasks in lab environments – Working safely in a biosafety lab level II – Sterilization and decontamination – Personal protective equipment – Biohazards and lab spills Methods Practical on-site instructions; PPE exercises; Lab spill exercise; Interdisciplinary collaboration; Group discussions	Fee CHF 1'360.– Registration deadline 15 July 2027

Interdisciplinary group project

C11



Aim In this module, you will collaborate with colleagues from the other DAS Work+Health specialization, as well as with the company’s project owner, to address a real-world workplace health challenge. You will apply the knowledge and skills you have acquired so far, integrating them into an interdisciplinary project. Within your project group, you will define roles and responsibilities to ensure a successful outcome—for both your own learning and the company involved. Upon completion, students will be able to: – Translate customer needs and orders into a structured workplace analysis – Foster interdisciplinary cooperation and teamwork among occupational health specialists – Communicate assessment results and recommendations to different target groups and individuals	Methods Lectures; Site visits; Interdisciplinary group work; Communication of project work results and recommendations ECTS credits 5 ECTS credits = approx. 150 hrs. of workload Target audience Students in the DAS Work+Health program only Module Manager Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute Administration Andrea Frederick; andrea.frederick@uzh.ch Dates and location In Bern; project work lasts until 12.01.2028 Fee Included in the DAS Work+Health fee Registration deadline n/a
Contents – Ethics and legal boundaries – Mindsets, skills, and approaches of different teams – Team cooperation, coordination and leadership – Team-customer relationships and customer expectations – Development of project strategies – Practical independent group field work, communication, and reporting	

Occupational Medicine (OM)

Introduction



Holger Dressel

Welcome

Welcome to the DAS Work+Health specialization in Occupational Medicine (OM). This program is designed for medical professionals who are interested in promoting health in the workplace.

As a participant, you will receive specialized training in Occupational Medicine and develop practical skills to collaborate with other work and health experts—helping to improve health and well-being across various work environments.

What is Occupational Medicine?

Occupational Medicine is a medical specialty dedicated to preventing work-related harm and promoting health in the workplace. It takes both a population-wide and individual approach, with the primary goal of keeping people physically and mentally healthy at work.

This includes

- Evaluating and diagnosing health hazards in the workplace
- Advising companies and organizations on improving workplace safety and preventing occupational injuries and diseases
- Recommending appropriate interventions and adjustments in the workplace to help people with health problems stay at work
- Ensuring compliance with health and safety regulations, including minimizing and eliminating work-related health hazards
- Engaging in target-orientated interdisciplinary cooperation with other specialists in the field of work and health

What can DAS Work+Health graduates do after successful completion of the course?

- Survey the occurrence of, and reasons for, occupational diseases and work-related health problems
- Detect work-related health hazards and propose, organize, and evaluate appropriate interventions
- Advise individuals and organizations in the prevention of work-related health problems
- Work together with other specialists in the field of work and health as an interdisciplinary team, e.g. with occupational hygienists, occupational health managers, and occupational nurses

Our aim

- Keep people healthy at work
- Make occupational medicine services accessible to all workers who need it
- Detect and eliminate injuries and health problems caused or aggravated by work
- Improve and maintain health at work by forming a team of occupational physicians and other work and health specialists, including workers and employers

Our mission

We are calling on practitioners to join an interdisciplinary team to study work and health, share skills and expertise, and form a life-long partnership and network in the evaluation and prevention of occupational health hazards.

Occupational diseases and work-related health problems

OM1



Holger Dressel

Aim

Occupational diseases have a large variety of phenotypes and sometimes only become apparent several decades after actual exposure. In other cases, the association between work-related exposure and the development of clinical symptoms and diseases is not obvious at first glance. In this module, students learn about important occupational diseases and how to diagnose them. There will be practical elements in the module, e.g. a workplace visit. Emerging topics will be discussed.

Upon completion, students will be able to:

- Diagnose frequent occupational diseases
- Know and apply tools for determining occupational diseases and work-related health problems
- Deal with complex cases concerning occupational diseases and work-related health problems of individuals and groups

Contents

- Legal definitions
- Most important occupational diseases
- Making a diagnosis
- Practical parts

Methods

Lectures; Group work; Spirometry training; Site visits

ECTS credits

3 ECTS credits = approx. 90 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational physicians
- Physicians interested in occupational medicine

Module Manager

Prof. Dr. med. MPH Holger Dressel and PD Dr. Thomas Radtke; University of Zurich, Epidemiology, Biostatistics and Prevention Institute

Administration

Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

Part I: 11-13 May 2026 in Zurich

Part II: 18-20 May 2026 in Zurich

Fee

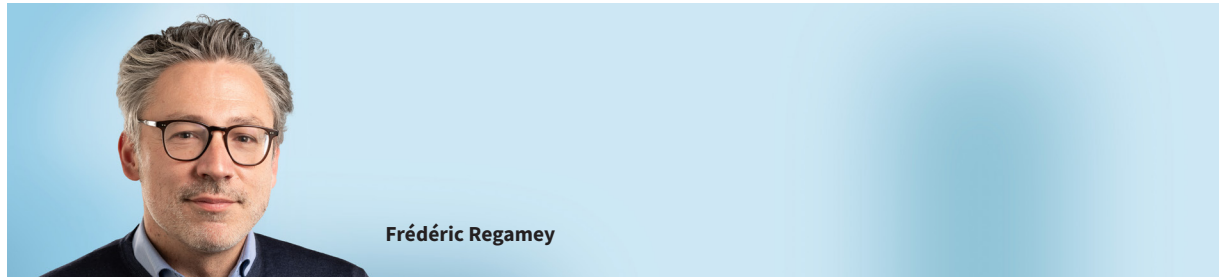
CHF 4'080.–

Registration deadline

03 April 2026

Work ability and return to work

OM2



Frédéric Regamey

Aim

In this module, students learn to assess and improve or maintain the ability and aptitude for work of individuals and special groups.

Upon completion, students will be able to:

- Examine, document, and analyze the data on biopsychosocial work demands and work ability of an individual
- Select and adapt effective interventions with the aim of maintaining or regaining an individual's work ability

Contents

- Work ability methods and instruments
- Assessment of work capacity and work demands
- Case approach
- Return to work instruments and strategy
- Legal, ethical and insurance framework

Methods

Lectures; Group work; Case studies; Site visits

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational physicians
- Occupational health nurses

Module Manager

Frédéric Regamey; University of Lausanne, Unisanté, Occupational and Environmental Health Department

Administration

Monica Eggler; monica-maria.eggler@unisante.ch

Dates and location

26-29 October 2026 in Lausanne

Fee

CHF 2'720.–

Registration deadline

15 September 2026

Prevention and control of occupational risks and diseases

OM3



Peggy Krief

Victor Dorribo

Aim

This module introduces you to the assessment and management of some common occupational risks and focuses on specific categories of workers.

Upon completion, students will be able to:

- Understand the basics of biological monitoring
- Understand the basics of risk assessment and management and their link to exposure assessment and occupational health surveillance
- Comprehend specific risks and challenges together with the legal framework for some different categories of workers

Contents

- Definition, use and interpretation of biomonitoring
- Implementation of preventive measures, risk analysis and control
- Legal framework, prevention and control of specific risks for special groups: night and shift workers, pregnant women, drivers, aging workers, travelers, and addicts.

Methods

Lectures; Group work; Practical exercise in different scenarios

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational physicians
- Occupational health nurses

Module Managers

Dr. Peggy Krief and Dr. Victor Dorribo; University of Lausanne, Unisanté, Occupational and Environmental Health Department

Administration

Monica Eggler; monica-maria.eggler@unisante.ch

Dates and location

10-13 May 2027 in Lausanne

Fee

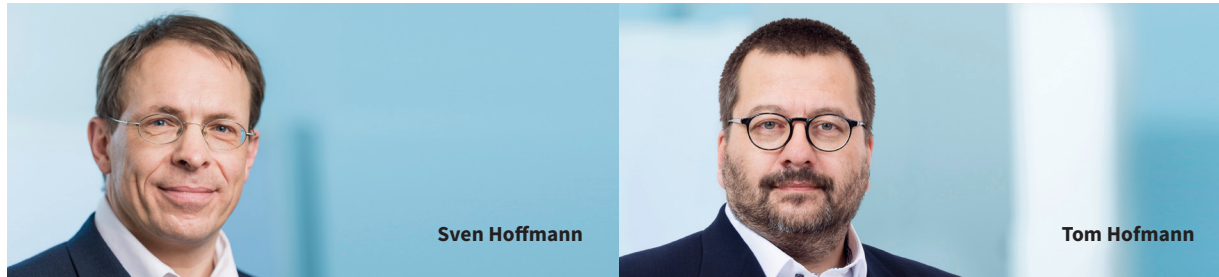
CHF 2'720.–

Registration deadline

02 April 2027

Disaster management

OM4 and OH4



Aim

To provide skills in practical interdisciplinary disaster management. Students will learn and practice controlling and managing mid- to large-scale industrial accidents in collaboration with external partners.

Upon completion, students will be able to:

- Select and properly use the suitable PPE
- Select, mobilize and cooperate with external partners, e.g. fire brigade troops, rescue troops, police, state government
- Evaluate personal contamination and perform decontamination
- Manage contagious lab spills

Contents

- Exposure-specific personal protective equipment (PPE) including ventilation
- Roles, resources and objectives of internal and external partners in managing industrial accidents
- CBR hazards
- Practical staff exercises on managing industrial accidents
- Practical interdisciplinary exercises on responding to industrial accidents
- Contamination and decontamination
- Biohazards and lab spills

Methods

Instructional presentations; PPE exercises; Staff exercises; Plant exercises; Interdisciplinary collaboration; Group discussions

ECTS credits

1 ECTS credits = approx. 30 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational hygienists, safety engineers, disaster managers
- Occupational physicians, occupational health nurses

Module Managers

- Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
- Tom Hofmann; VBS, Head of QT90, Safety Officer

Administration

Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

23-26 August 2027

Fee

CHF 2'720.–

Registration deadline

TBA

Management of health in organizations

OM5



Aim

In this module, students learn to manage work and health activities in organizations.

Upon completion, students will be able to:

- Know and implement key components of occupational health management
- Write a health report for an organization
- Know the Swiss insurance system concerning work and health

Contents

- Management of an occupational health service
- The outline and elements of a health report for an organization
- Approaches to changing individual health behavior, health promotion campaigns
- Assessment of psychological stress at work
- Swiss insurance system concerning work and health

Methods

Lectures; Group work; Site visit

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational physicians
- Physicians interested in occupational health

Module Manager

Prof. Dr. med. MPH Holger Dressel; University of Zurich, Epidemiology, Biostatistics and Prevention Institute

Administration

Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

27-30 September 2027 in Zurich

Fee

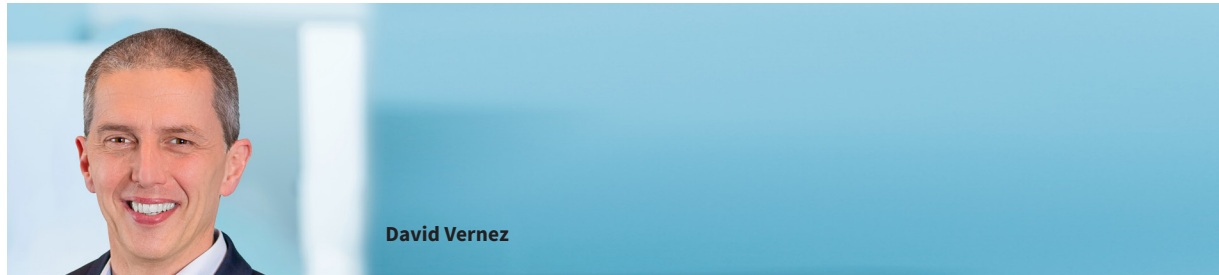
CHF 2'720.–

Registration deadline

15 August 2027

Occupational Hygiene (OH)

Introduction



David Vernez

Welcome

Welcome to the DAS Work+Health specialization of Occupational Hygiene (OH). This specialization is dedicated to all colleagues with a background in natural sciences, an interest in making work healthier and keeping health risks away from workers. Participating in the DAS Work+Health will train you as a work and health specialist and give you skills you can share and apply with other work and health specialists for the benefit of the entire workplace.

What is Occupational Hygiene?

Occupational hygiene is the science of detecting and managing work-related health hazards. To be effective, the occupational hygienist is required to co-work with other specialists in the field of work and health, e.g. occupational physicians, toxicologists, and safety engineers. Common to all hygienists is a strategic, pragmatic, and goal-oriented approach in evaluation and intervention to manage health risks at work.

This includes

- Surveying and monitoring new substances and deriving possible occupational health risks and safety procedures
- Assessing actual exposures in employees' daily work and taking proper action
- Ensuring compliance with health and safety regulations, including minimizing and eliminating work-related health hazards
- Working together with other specialists in the field of work and health to maintain worker health

What are our DAS Work+Health graduates able to do after successful completion of the course?

- Detect work-related health hazards
- Assess the exposure to chemical, biological, and physical risk factors by on-site measurements and theoretical modeling
- Control airborne hazards, evaluate ventilation systems, and develop effective interventions and containment strategies
- Assess chemical risks, initiate and conduct substitution processes
- Work together with other specialists in the field of work and health, e.g. occupational physicians, occupational health managers, occupational nurses

Our aim

- Keep health hazards away from workers
- Substitute safe materials for hazardous substances wherever possible
- Occupational hygienists, along with other work and health specialists, workers, and employers, working as a team to maintain and improve health at work

Our mission

We are calling on practitioners to join an interdisciplinary team to study work and health, share skills and expertise, and form a life-long partnership and network in the evaluation and prevention of occupational health hazards and work-related health problems.

Exposure-related health effects

OH1



Aurélie Berthet

Aim

People may be exposed to various contaminants in the workplace. A sound understanding of how people get in touch with these contaminants, how these substances enter the human body, and what effects they have is essential for the daily work of occupational hygienists. In this module, students learn to evaluate health risks at the workplace.

Upon completion, students will be able to:

- Find relevant information in literature and websites
- Determine where a biomonitoring survey is required
- Evaluate potential hazards and risks of known and unknown contaminants

Contents

- Exposure routes
- Health effects related to specific occupational exposures
- Dermal and respiratory health effects
- Biomonitoring
- Identification of relevant literature and databases

Methods

Lectures; Group work; Case studies

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational hygienists
- Occupational physicians
- Safety engineers and labor inspectors
- Interested individuals with a Master's degree in natural sciences

Module Manager

PhD Aurélie Berthet; University of Lausanne, Université, Occupational and Environmental Health Department

Administration

Monica Eggler; monica-maria.eggler@unisant.ch

Dates and location

04-08 May 2026 in Lausanne

Fee

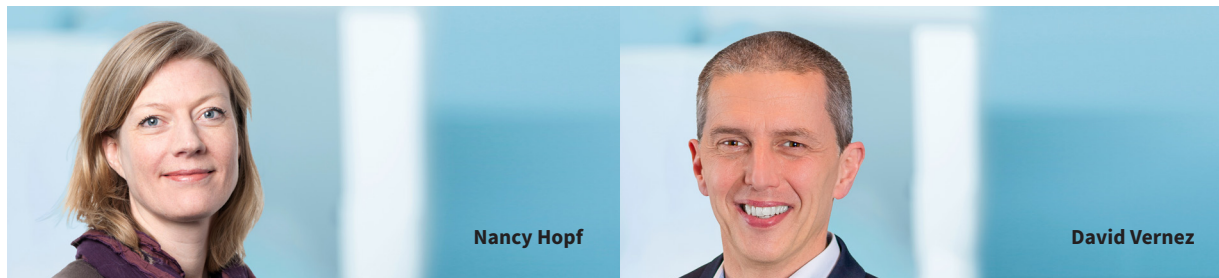
CHF 3'400.–

Registration deadline

01 April 2026

Exposure assessment and hazard recognition

OH2



Aim

You will learn how to anticipate, recognize, evaluate, and control hazards and exposures at work that may affect workers' health.

Upon completion, students will be able to:

- Identify exposure hazards
- Evaluate the work environment based on identified exposures
- Develop appropriate sampling strategies
- Analyze and interpret measurement results
- Critically discuss results and draw conclusions
- Write an occupational hygiene report

Contents

- Fundamentals of occupational hygiene and occupational hazards
- Inhalation exposures such as gas, vapors, particles (chemical and biological)
- Skin exposures (chemical)
- Exposures to physical agents (noise, vibration, light, thermal environment, radiation, extreme environments)
- Development of workplace measurement strategies and sampling

Methods

Group work; Case studies; Site visits

ECTS credits

3 ECTS credits = approx. 90 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational hygienists
- Current work and health specialists

Module Managers

- Prof. Nancy Hopf; University of Lausanne, Unisanté, Occupational and Environmental Health Department
- Prof. Dr. David Vernez; University of Lausanne, Unisanté Occupational and Environmental Health Department

Administration

Monica Eggler; monica-maria.eggler@unisante.ch

Dates and location

16-20 November 2026 and
30 November – 04 December 2026 in Lausanne

Fee

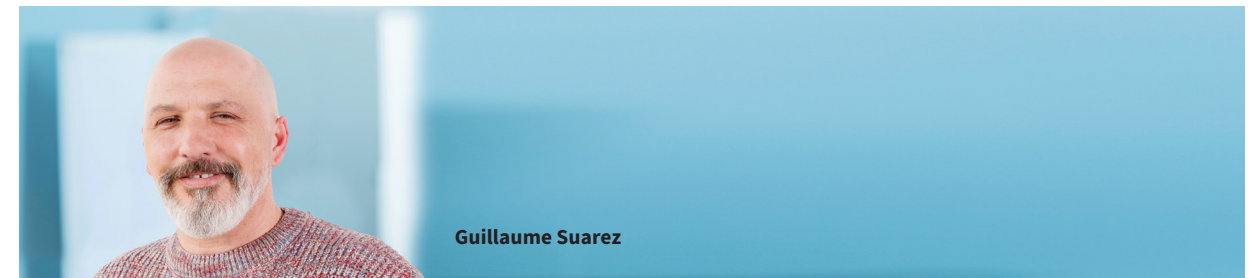
CHF 6'800.–

Registration deadline

07 October 2026

Control of the occupational environment

OH3



Aim

The focus of this module is on airborne contaminants. Students will acquire a sound understanding and practical skills in the relevant technical and organizational measures.

Upon completion, students will be able to:

- Evaluate and manage ventilation
- Manage airborne contaminants in various situations to reduce risk
- Evaluate and manage ventilation and containment
- Evaluate substitution as an option in exposure management

Contents

- Approach to controlling exposure and selection of control strategies
- Substitution
- Technical strategy with principles of ventilation and containment
- Ultra cleanliness concept and technology
- Practical exercises with tracer gas and flow rate measurements
- Organization: overview of the strategy and impact

Methods

Lectures; Lab work; Group work

ECTS credits

2 ECTS credits = approx. 60 hours of workload

Target audience

- Students in the DAS Work+Health program
- Occupational hygienists
- Work and health specialists with a background in natural sciences

Module Manager

Guillaume Suarez; University of Lausanne, Unisanté, Occupational and Environmental Health Department

Administration

Monica Eggler; monica-maria.eggler@unisante.ch

Dates and location

15-18 March 2027 in Lausanne

Fee

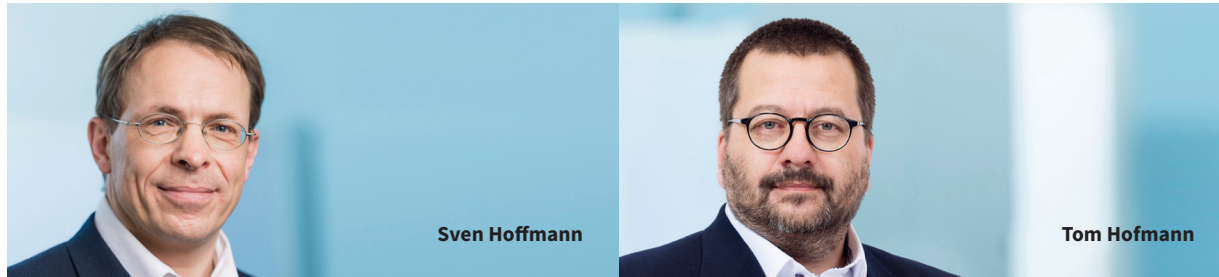
CHF 2'720.–

Registration deadline

07 February 2027

Disaster management

OM4 and OH4



Aim

To provide skills in practical interdisciplinary disaster management. Students will learn and practice controlling and managing mid- to large-scale industrial accidents in collaboration with external partners.

Upon completion, students will be able to:

- Select and properly use the suitable PPE
- Select, mobilize and cooperate with external partners, e.g. fire brigade troops, rescue troops, police, state government
- Evaluate personal contamination and perform decontamination
- Manage contagious lab spills

Contents

- Exposure-specific personal protective equipment (PPE) including ventilation
- Roles, resources and objectives of internal and external partners in managing industrial accidents
- CBR hazards
- Practical staff exercises on managing industrial accidents
- Practical interdisciplinary exercises on responding to industrial accidents
- Contamination and decontamination
- Biohazards and lab spills

Methods

Instructional presentations; PPE exercises; Staff exercises; Plant exercises; Interdisciplinary collaboration; Group discussions

ECTS credits

1 ECTS credits = approx. 30 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational hygienists, safety engineers, disaster managers
- Occupational physicians, occupational health nurses

Module Managers

- Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
- Tom Hofmann; VBS, Head of QT90, Safety Officer

Administration

Andrea Frederick; andrea.frederick@uzh.ch

Dates and location

23-26 August 2027

Fee

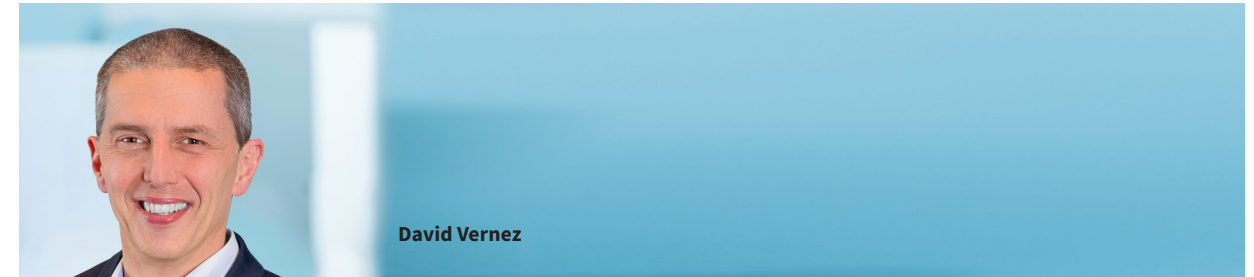
CHF 2'720.–

Registration deadline

TBA

Risk policy, management, and communication

OH5



Aim

Occupational Hygiene specialists must understand human risk perception and risk behavior, legal boundary conditions for chemicals handling, and risk management. This course will introduce students to human risk perception, the applications of the Swiss legal framework in work and health, and the training of workers in the application of safety rules.

Upon completion, students will be able to:

- Apply current national and international regulatory systems (e.g. REACH, MSDS)
- Apply OEL values and substance documentation for further interpretation of measurement data
- Write risk assessment reports according to recipients' expectations and regulations
- Communicate critical results to organizations and community («breaking bad news»)

Contents

- Human risk perception and risk behavior
- Occupational safety legislation and compliance control
- Implications of OEL values and substance documentation
- Principles and legislation of risk assessment reports
- Communication and reporting

Methods

Lectures; Group work; Discussion rounds with external experts

ECTS credits

2 ECTS credits = approx. 60 hrs. of workload

Target audience

- Students in the DAS Work+Health program
- Occupational hygienists
- Future and current occupational hygiene and work safety specialists
- Others interested in safety at work

Module Manager

Prof. Dr. David Vernez; University of Lausanne, Unisanté Department of Occupational and Environmental Health

Administration

Monica Eggler; monica-maria.eggler@unisante.ch

Dates and location

13-16 September 2027 in Lausanne

Fee

CHF 2'720.–

Registration deadline

07 August 2027

Continuing Education at the University of Zurich – Where Research and Scholarship meet Professional Practice

Even if you graduated only a few years ago, your degree may have lost some of its value due to knowledge attrition and new developments in the field. Keeping your knowledge up to date with regular continuing education and lifelong learning will help you hold your own and stand out in a competitive job market.

The University of Zurich offers a wide range of continuing education opportunities, from part-time programs that can be completed while you continue working, to one-day or several-day workshops. The Master of Advanced Studies (MAS), Diploma of Advanced Studies (DAS) and Certificate of Advanced Studies (CAS) programs are generally aimed at graduates with a Master's degree and professional experience, although exceptions may be made for people with other equivalent qualifications or considerable experience. As well as subject-specific courses for those working in particular fields, UZH also offers courses on general topics that are open to all.

Continuing education at the University of Zurich is not simply a one-way process of imparting knowledge, but offers the opportunity to exchange information and views with others in the field. Through the use of examples and exercises drawn from real life, participants discover new techniques, models and practices that they can put to use in their everyday careers. By choosing a continuing education program at the University of Zurich, you are signing up for a top-level and high-quality experience at an outstanding higher education and research institution.

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