

Pretoria Region

Academic Program – 2026

Enhancing knowledge sharing and professional development for Occupational Health professionals across regions.



PRETORIA Regional Committee Members 2025-2026

Name	Position	Contact Number	Email Address
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Notes:

- All events are subject to change. Please check for updates as needed.
- For virtual events, meeting links will be sent prior to the session.
- If attending in person, please RSVP to secure your spot.
- All secretariat duties are shared amongst the EXCO Members

February

	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
TBA	Ampath	00.02.2026 1-4 pm	Online	Ampath Conference centre, Centurion	[Link]
TOPIC: TBA					

March

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
Regional Meeting	TBC	14.03.2026 1-4pm	Online	Virtual	[Link]
TOPIC: Mental Health and Well-Being: OHN Interventions in the Workplace Explore how OHNs can lead initiatives to support mental health, reduce stress, and promote psychological stability.					

April

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
Workshop Northern Cape	Ms B Sepalamele	00.04.2026 1-4pm	TBC	Face-to- Face	[Link]
TOPIC: "Advancing Workplace Wellness: The Evolving Role of Occupational Health Nurses" <ul style="list-style-type: none">• Focus: Highlight how OHNs are transitioning from reactive care to proactive health promotion and prevention.• Key Topics:<ul style="list-style-type: none">○ Integrating health promotion into workplace policies.○ Upskilling OHNs in areas like spirometry, audiometry, and mental health first aid.○ Case studies on successful wellness programs in diverse industries.					

May

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
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SASOHN ACADEMIC DAY	See National Programme	TBA	TBA	Face-to- Face	[Link]
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June

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
Community Project		00.06.2026 1-4pm	Online	Virtual	[Link]

July

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
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SASOHN Pretoria workshop	Programme TBC	26.07.2026 10am-3pm	TUT main campus	Face-to-Face]	N/A
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TOPIC:

"The Business of Health: Proving the Value of Occupational Health Nursing"

Focus: Equip OHNs to advocate for their role by demonstrating the ROI of OH programs to employers.

- **Key Topics:**
 - Calculating ROI for OH initiatives (e.g., reduced absenteeism, improved productivity).
 - Overcoming employer misconceptions about OH costs.
 - Tools like SOM's business case templates for OHNs.

August

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
TBA		00.08.2026 1-4pm	Online	Virtual	[Link]

TOPIC

"Preventing Occupational Hazards: From Assessment to Action"

Focus: Focus on identifying and mitigating workplace hazards to protect employee health.

- **Key Topics:**
 - Conducting risk assessments for physical, chemical, and psychosocial hazards.
 - Health surveillance techniques (e.g., lung function testing, hearing conservation).
 - Engineering and medical controls to reduce exposure

September

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
Pretoria AGM		11.09.2026 1-4pm	Online	Virtual	[Link]
"Future-Proofing Occupational Health: Technology and Innovation" Focus: Explore how technology, such as wearables, telehealth, and data analytics, is transforming OH practice.					
<ul style="list-style-type: none"> • Key Topics: <ul style="list-style-type: none"> ○ Using wearables for health monitoring (e.g., fatigue, stress). ○ Implementing telehealth for remote OH consultations. 					

October

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
TBA	TBA	17.10.2026	End of Year party	Face-to-Face	
TOPIC "Global Perspectives in Occupational Health Nursing" <ul style="list-style-type: none"> • Focus: Highlight how OHNs can learn from international practices and adapt to multicultural workplaces. • Key Topics: <ul style="list-style-type: none"> ○ Applying global standards ○ Addressing health needs in diverse, multicultural workforces. 					

November

Date & Time	Venue	Date & Time	Venue	Mode of Meeting	Meeting Link
National Conference and AGM	Vaal Region	20-22/11/2026	TBA	Face-to-Face	