

# Pretoria Region



**SASOHN**  
SOUTH AFRICAN SOCIETY  
OF OCCUPATIONAL HEALTH  
NURSING PRACTITIONERS

## 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]
<b>TOPIC:</b>					
TBA					

## March

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
Regional Meeting	TBC	14.03.2026 1-4pm	Online	Virtual	[Link]
<b>TOPIC:</b>					
<b>Mental Health and Well-Being: OHN Interventions in the Workplace</b>					
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 Sepalamelo	00.04.2026 1-4pm	TBC	Face-to- Face	[Link]
<b>TOPIC:</b>					
<b>"Advancing Workplace Wellness: The Evolving Role of Occupational Health Nurses"</b>					
<ul style="list-style-type: none"> <li><b>Focus:</b> Highlight how OHNs are transitioning from reactive care to proactive health promotion and prevention.</li> <li><b>Key Topics:</b> <ul style="list-style-type: none"> <li>Integrating health promotion into workplace policies.</li> <li>Upskilling OHNs in areas like spirometry, audiometry, and mental health first aid.</li> <li>Case studies on successful wellness programs in diverse industries.</li> </ul> </li> </ul>					

## May

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link

<b>SASOHN ACADEMIC DAY</b>	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
SASOHN Pretoria workshop	Programme TBC	26.07.2026 10am-3pm	TUT main campus	Face-to-Face]	N/A

**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.

- **Key Topics:**
  - 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"**

- **Focus:** Highlight how OHNs can learn from international practices and adapt to multicultural workplaces.
- **Key Topics:**
  - 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	