

# 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
Lorato Makweya	Chairperson	071 881 7299	Lorato.makweya@prasa.com
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Elizabeth Sebata	Co-opted Member	078 918 9746	Mpatile164@gmail.com

#### 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 you attend 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	Dr M. Rossouw	11.02.2026 10h00 – 14h00	Ampath Conference center, Centurion	Face to Face	[Link]
<b>TOPIC: Ampath Lab Tour and Information Session on Drug testing Methodologies</b>					

## March

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
Regional Meeting	TBC	11.03.2026 1-4pm	Online	Virtual	[Link]
<b>TOPIC: 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 Sepalamele	00.04.2026 1-4pm	TBC	Face-to- Face	[Link]
<b>TOPIC: "Advancing Workplace Wellness: The Evolving Role of Occupational Health Nurses"</b>					
<b>Focus:</b> Highlight how OHNs are transitioning from reactive care to proactive health promotion and prevention.					
<b>Key Topics:</b>					
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
SASOHN ACADEMIC DAY	See National Programme	TBA	TBA	Face-to- Face	[Link]

## June

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
Community Project		00.06.2026 1-4pm	TBA	Face to face	[Link]

## July

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
SASOHN Pretoria workshop	Programme TBC	29.07.2026 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	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
<b>Pretoria AGM</b>	TBA	16.09.2026 1-4pm	Online	Virtual	[Link]
<p><b>"Future-Proofing Occupational Health: Technology and Innovation"</b></p> <p><b>Focus:</b> Explore how technology, such as wearables, telehealth, and data analytics, is transforming OH practice.</p> <p><b>Key Topics:</b></p> <ul style="list-style-type: none"> <li>Using wearables for health monitoring (e.g., fatigue, stress).</li> <li>Implementing telehealth for remote OH consultations.</li> </ul>					

## October

Topic	Speaker	Date & Time	Venue	Mode of Meeting	Meeting Link
<b>TBA</b>	TBA	14.10.2026	End of Year Party	Face-to-Face	
<p><b>TOPIC: "Global Perspectives in Occupational Health Nursing"</b></p> <p><b>Focus:</b> Highlight how OHNs can learn from international practices and adapt to multicultural workplaces.</p> <p><b>Key Topics:</b></p> <ul style="list-style-type: none"> <li>Applying global standards</li> <li>Addressing health needs in diverse, multicultural workforces.</li> </ul>					

## November

Date & Time	Venue	Date & Time	Venue	Mode of Meeting	Meeting Link
<b>National Conference and AGM</b>	Vaal Region	18-20.11.2026	TBA	Face-to-Face	