



IOSH Managing Occupational Health and Wellbeing



Accredited by IOSH, the Institution of Occupational Safety & Health

1 Day Course

Aim

To provide Managers with the tools and techniques to improve health and wellbeing across their organisation.

Objectives

By the end of this course you will be able to:

State what health management is and explain why it makes good business sense to have a good health profile

Summarise occupational safety and health and employment requirements and describe what to consider in a health needs assessment

Describe how the vision and direction of an organisation influence health and wellbeing in the workplace

Explain ways to monitor health risks in a risk management process and state who can provide help with managing occupational health and wellbeing issues

Relate health hazards to different categories and explain their causes and impact

Carry out a health risk assessment identifying the hazards, risks and controls and recognise any specific health risks that need to be prioritised

List types of common non-work-related physical and mental health conditions and describe how they impact fitness for work

Describe the requirements and types of health assessments for specific worker groups

Describe the components of a drug and alcohol policy and testing process and explain how to manage results

Explain ways to conduct absence management and recognise the benefit of getting people back to work

Explain the aims and business benefits of a workplace wellbeing programme and how to promote and monitor it

Describe health choices and how they can enable a healthy lifestyle

Recognise mental health issues and explain how to approach the individual to find a way forward

Describe how the culture, attitudes and behaviours of leaders influence overall wellbeing

Description

This Managing Occupational Health and Wellbeing course is certified by the Institution of Occupational Safety and Health (IOSH). At the end of this course delegates complete a two part assessment in order to receive a certificate from IOSH. The first part of the assessment is a short multiple choice written assessment at the end of the course. The second part is completed after the course, with the participants carrying out an assessment in their workplace and sending it in for marking.

Content

Key elements of the course are:

- A healthy company and why it makes good business sense to manage workplace health and wellbeing
- Health risk management
- Fitness for work and the importance of managing the fluctuations in people's health
- How the promotion of a wellbeing programme can influence and add value to an organisation

Full workbooks provided

Programme

0845 Registration, tea and coffee

0915 Welcome and introduction

0930 A healthy company

1030 Tea & coffee

1045 Health risk management

1230 Lunch

1330 Fitness for work

1445 Tea & coffee

1500 Wellbeing

1600 Feedback and questions

1700 Close

IOSH Managing Occupational Health and Wellbeing Certificate



This course is certified by the Institution of Occupational Safety and Health (IOSH) and presented by System Concepts Limited, an IOSH approved training provider. Upon successful completion of a two-part assessment at the end of the course a certificate generated by IOSH will be awarded to you stating that you have passed the course.

How do I book?

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