

IOSH Managing Occupational Health and Wellbeing



Introduction

Health and wellbeing have become an important strategic consideration for businesses. Increasingly organisations need to focus on both what they do now and how they do it. According to the IOSH report *The Health Profit*, sickness absence due to mental ill health alone costs the UK economy more than £8bn per year. An organisation that is healthy and well is more likely to be productive, innovative and competitive.

IOSH Managing Occupational Health and Wellbeing offers a fresh approach to health training and is designed to provide delegates with the tools and techniques to improve health and wellbeing across their organisation.



Course Duration

SOG offer this course over one day.



Who Should Attend

The course provides essential information for managers and supervisors working in any sector, and for any organisation.



Course Programme

The course will be broken down into the following modules:

- A healthy company
- Health risk management
- Fitness for work
- Wellbeing

On completion of the course delegates 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
- 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
- Explain ways to monitor health risks in a risk management process and state who can provide help with managing occupational health and wellbeing issues
- 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 benefits 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 easy health choices and how they can enable a healthy lifestyle
- Recognise mental health issues and explain how to approach the employee to find a way forward
- Describe how the workplace culture and leaders' attitudes and behaviours influence overall wellbeing.



Certification and Assessment

On course completion, delegates will undertake a short assessment and conduct a workplace practical project. Delegates who successfully complete this course are issued with an IOSH certificate.



Suggested Follow on and Complementary Courses



IOSH
Managing Safely



IOSH Safety for Executives
and Directors



Mental Health
First Aid Courses