

# IOSH Managing Occupational Health and Wellbeing

Managing Occupational Health and Wellbeing offers a new approach to health training. This one-day online course provides a blend of practical advice and tools for managers to help create a health and productive workplace. Delegates will experience an engaging programme, full of step-by-step guidance, and clear business focus.

### What you will learn:

- The importance of managing fluctuations in people's health at work
- How to recognise a 'well' employee
- Considerations when completing a health needs assessment
- How to support a co-workers return to work after an illness
- Tools and techniques to improve health and wellbeing across any organisation.
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### Who should attend:

Managing Occupational Health and Wellbeing is for managers and supervisors working in any sector or organisation.

If you have line management responsibilities or work within HR, this qualification has been designed to provide you with the tools to improve health and wellbeing in your organisation

### Course Content:

What health management is and models of health at work

The 5 health hazard categories: physical, ergonomic, psychosocial, chemical, biological  
Assessing the risk from health hazards

Types of non-work related physical and mental health conditions and how they impact fitness for work

Wellbeing strategy, benefits and promoting/monitoring a wellbeing programme

Promoting positive mental health

### Assessment

To assess your knowledge and comprehension of the course, you will be required to complete a 20 question exam paper. This assessment should take no more than 30 minutes and the facilitator will ensure you have all the information you need

You will also be required to complete a workplace health risk assessment using the standard IOSH form. This is to be completed within two weeks of the end of the course

**COURSE DURATION:** 1 DAY COURSE

[www.oaktree-training.co.uk](http://www.oaktree-training.co.uk)

