

IOSH Managing Occupational Health and Wellbeing

Health and wellbeing are now key strategic elements for businesses, as various studies have shown that a healthy and well workforce is often more productive, creative, and competitive. This latest IOSH-approved course equips managers with the necessary strategies and methods to boost health and wellbeing across their organization. This leads to heightened productivity through a reduction in hours lost to sickness and absenteeism. Consequently, this enhances your company's reputation in its industry, potentially leading to more business opportunities.

Who is the course for?

The course is designed for those in a Manager or Supervisory role or responsible for managing risk and resources.

What will you learn?

- ▶ Comprehend the significance of health management and identify the organization's primary health requirements.
- ▶ Identify various health hazards and learn the methods to assess, control, and oversee the risks they pose.
- ▶ Acknowledge different personal and health conditions that influence work fitness and learn to evaluate and mitigate their effects.
- ▶ Grasp the concept of wellbeing, its contribution to the organization's value, and strategies to encourage healthy living and positive mental health, fostering a culture of health in the workplace.

**Transforming
productivity
through improved
workplace
wellbeing.**

Course Key Facts

Duration: Six hours

Course Content

This course is split into four modules:

- A Healthy Company
- Health Risk Management
- Fitness for Work
- Wellbeing

Assessment

There is a 30 minute test which consists of 20 questions in different formats and is completed at the end of the course. A practical workplace health risk assessment assignment is then completed within two weeks of the course ending.

