



IOSH Managing Occupational Health and Wellbeing (E-Learning)



Course Aim

This new IOSH approved course aims to provide delegates with the tools and techniques to improve health and wellbeing throughout their organization. It provides an intimate understanding of how to influence workplace mental health and how to improve internal well-being.

The IOSH Managing Occupational Health and Wellbeing course continues to be utilised globally as a positive mental health support tool, delivering increased productivity due to fewer hours being lost through ill-health and absence from work.



Who Should Attend?

The course is aimed at those in a manager, supervisory role or responsible for managing risk and resources.

This online course aims to provide delegates with tools to ensure high levels of productivity when they are away from the workplace. Also making it ideal for people that work remotely.



Course Duration

This is a 6-8 hour course.



Agenda

- Understand the importance of health management and the key health needs of the organisation.
- Recognise the types of health hazards and how to access, control and monitor the associated risks.
- Recognise types of personal or health conditions that affect fitness for work and how to assess and manage their impact.
- Understand what wellbeing is, how it adds value to the organisation and how to promote healthy lifestyles and positive mental health to enable a healthy workplace culture.



Certification

Upon the successful completion of this course delegates will receive a IOSH Accredited Programme Certificate.