



# **IOSH Managing Occupational Health and Wellbeing** —

The IOSH Managing Occupational Health and Wellbeing course aims to provide individuals with the essential expertise and abilities to efficiently oversee health and well-being at work. It stresses the importance of understanding health fluctuations among staff, conducting thorough health assessments, and implementing strategies that enhance overall well-being. This program underscores a proactive approach to maintaining a healthy workforce, ensuring that managers can lead well-being initiatives with confidence, resulting in a resilient and thriving organizational environment.

## **Course Syllabus** —

- Module 1: Understanding the significance of health management and the essential health needs of the organization.
- Module 2: Identifying various health hazards, and evaluating methods to control and monitor the risks
- Module 3: Recognizing different personal or health conditions influencing work fitness, along with assessing and handling their impact
- Module 4: Defining well-being, elucidating its value within the organization, and cultivating healthy lifestyles and positive mental health to foster a thriving workplace culture.

## **Prerequisites** —

- A minimum standard of proficiency in English is required

**Training Methodology**



**Virtual**



**Face to Face**

## Duration

Type	Time	Training Days	Training & Exam Duration
Day	10:00 am to 5:00 pm	1	8 hrs

## Assessment and Certification

All learners will be assessed in two ways:

- An invigilated, closed-book, end-of-course multi-format question paper consists of 20 questions completed on the last day of the course.
- A health risk assessment project.

## Assessment Method

To be eligible for a Managing Occupational Health and Wellbeing certificate, delegates must:

- Attend all four sections.
- Achieve a minimum mark of 25 out of 41 on the multi-format assessment paper.
- Achieve a minimum mark of 26 out of 44 on the project, with at least one full risk row on the health risk assessment (Part A) and one full risk row on the health action plan (Part B) being correctly completed.
- Have a total score of 51 or more.

## Target Audience

Irrespective of the organization and sector, the following personnel can take up the course.

- Managers
- Supervisors
- Team leaders
- Directors
- Owners of smaller organisations

## Course Benefits

- Facilitates effective oversight of health risks
- Aids to manage fluctuations in people's health status and assess fitness for work
- Ensures understanding of personal responsibilities for health and well-being and highlighting their business significance
- Enables the opportunity to contemplate effective practices at both individual and organizational levels
- Provides an internationally recognized certification and guarantees improved health and wellbeing awareness across the organisation

## Further Progression

- IOSH Managing Safely
- NEBOSH International General Certificate in Occupational Health and Safety (IGC)
- NEBOSH Level 6 International Diploma for Occupational Health and Safety Management Professionals (IDIP)

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