1. **Information**
2. **Blog**
3. **Training**

|  |
| --- |
| 1. **Where to find more information on Occupational Health (OH)**  * [**WHO (World Health Organisation) Occupational Health**](https://www.who.int/health-topics/occupational-health) **-** * [**CIPD (Chartered Institute of Personnel Development) Occupational Health**](https://www.cipd.co.uk/knowledge/culture/well-being/occupational-health-factsheet#gref) **-** * [**SOM (Society of Occupational Medicine) Work and Health**](https://www.som.org.uk/work-and-health) **-** * [**SOM Careers**](https://www.som.org.uk/careers) * [**NSOH**](https://www.eastmidlandsdeanery.nhs.uk/occupational-health/national-school-occupational-health)link to useful websites relating to OH |

1. **Blog**

**Occupational Health Wellness/public health specialist**

**Health and wellness team manager, Wellness provider – Hannah Graham**

**MSc Physical Activity, Nutrition and Health Promotion**

**Member RSPH**

[**https://www.linkedin.com/in/hannah-graham-46195953/?originalSubdomain=uk**](https://www.linkedin.com/in/hannah-graham-46195953/?originalSubdomain=uk)

After qualifying, I worked as a Lifestyle advisor and coordinator for the NHS, followed by a Community Exercise professional before moving into Occupational Health. My role is never boring as it is field based, going to different organisations to undertake health screenings or supporting my team to do this. I am heavily involved in building training, and procedures, monitoring and supporting my team, and undertaking competency and audit assessments. I also deliver training for our clients and support my team to build and deliver training to provide the education on health and wellbeing that is required by organisations, managers, and employees. It is a very fulfilling role.

|  |
| --- |
| 1. **Training**   Sometimes called well-being professionals, health and wellness experts cover a preventative role in workplace health promotion following guidance from the Royal College of Public Health (RCPH).  [RSPH](https://www.rsph.org.uk/our-services/training/programmes/workplace-health-and-wellbeing.html) have training sessions which support upskilling in workplace health.  Other health professionals working in this space are   * Physiologists – BASES registered * Sports science graduates and CIMSPA-registered individuals * Dieticians or nutritionists or AfN registered individuals   Many are also members of the Royal College of Public Health  Qualifications specific to OH can also be obtained via Cumbria University – Graduate Diploma in Policy and Practice, Robert Gordon University BSc Occupational Health, Nottingham University MSc in Workplace health and wellbeing |