1. **Further information**
2. **Blogs**
3. **[Training](#_Training)**

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| 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) |

1. **Blogs**

**A person with a beard

Description automatically generated with medium confidenceOccupational Technician**

**OH Technician for an OH provider – Warren O’Neill**

**Diploma in OH**

[**https://www.linkedin.com/in/warren-o-neill-7a27a125/**](https://www.linkedin.com/in/warren-o-neill-7a27a125/)

**Member SOM, iOH**

I started in OH for a car manufacturing company in 2008 with no OH experience. My previous experience in a variety of roles such as Management, Healthcare and Customer Service enabled me to have relevant transferable skills. My remit was undertaking medicals and health surveillance in a brand-new role, allowing me the opportunity to develop myself and the role. To support that development, I went on to do the Diploma in OH at the University of Glamorgan, which is no longer running. The course covered OH practice, Health and safety, contemporary OH and a module-specific for technicians. The role is very practical, and a good dose of common sense is needed as well as great communication and documentation skills. I have never looked back! 14 years on, each day is a learning curve and no one day is the same. Some days I am working from a port and others from a manufacturing site.

A person taking a selfie

Description automatically generated with medium confidence

**Gosia Pietka**

**Senior Occupational Health Technician at Working Well GHC NHS Trust**

I have been working in Occupational Health service since 2015, in both private and NHS settings. With a background in Human Nutrition, I have always enjoyed working with others, and having a positive impact on someone’s life. Working as an OHT (Occupational Health Technician) means I am a part of a multi-disciplinary team, who makes a difference to employee’s physical and mental health. It is very rewarding.

Everyday I talk and listen to people, so great communication is key in my role. Us, technicians are usually working alone at client site, therefore being confident and able to work with a minimal supervision is crucial. Every day, we conduct a range of health assessments with employees to determine their health in relation to their workplace exposure. This could be Audiometry, Spirometry, HAVS or skin assessment, as well as Driver’s Medical, Biological Monitoring or a specific Fitness Assessment. Any many more.

It varies from day to day. If any results raise an alarm then I contact my manager or other OHA (Occupational Health Advisor) who makes a final decision, and either sign off the report or advise further referral. The employee’s health and well-being are our priority.

I joined Working Well team at GHC NHS Trust in 2019, and my role evolved a lot since then. Currently, I am in a Senior role and get involved in a variety of tasks along with health screening. I was a part of the team who created a well-being initiative for NHS staff, I joined a flu team coordinating Flu vaccination programme. Apart from that, I attend monthly meeting with our clients and schedule the annual Health Surveillance clinics. It is busy, but having the opportunity to build on my skills is very satisfying.

There are lots of opportunities in OHT role, you can learn new skills and build on those you already have. It is a great post for someone who cares for others and wants to make a difference.

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| **Training**  Some technicians come from a sports science degree or public health type background; others from a health care support worker or OH administration background. There is no set pre-requisite to being an OH technician. There are no current Higher Education courses specifically for technicians, but some providers may have their own training courses.  There are developments in this area as EOPH, an OH training provider has just opened their technician online course consisting of 16 modules found [here](https://bookwhen.com/eoph#focus=ev-sef7-20230112120000) and the SOM is supporting the development of an Ofqual accredited course via Open Awards. This should be available in the second half of 2023. Cumbria University’s Graduate Diploma is open to technicians who meet the entry requirements [Here](https://www.cumbria.ac.uk/study/courses/postgraduate/occupational-health-practice-development/)  A starting point for technicians may be to undertake an OH Spirometry course Royal Brompton Lungs at Work or an ARTP course) and an Industrial Audiometry course accredited by the BSA, as these are skills that are commonly required. Blood pressure, pulse, height weight and BMI plus Phlebotomy are also useful skills for Technicians. Having good customer service skills are seen as transferable.  To understand the skill requirement in more detail SOM has a skill matrix that technicians can use to support their development, [here](https://www.som.org.uk/oh-technician-skills-self-assessment). |