

## Introduction

Health and wellbeing has become an important strategic consideration for businesses, with multiple reports concluding that an organisation that is healthy and well is more likely to be productive, innovative and competitive.

This new IOSH approved course will provide managers with the tools and techniques to improve health and wellbeing throughout their organisation, delivering increased productivity due to fewer hours being lost through ill-health and absence from work.

In turn this will result in an enhanced reputation within your company's sector, increasing 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.

## Learning Outcomes

- ▶ 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.

## 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.

# Transforming productivity through improved workplace wellbeing.

## Award Winning Learning

Delegates benefit from a high quality learning experience developed by our full time team of CMIOSH course tutors, multimedia developers and learning designers.

All of our course materials are created, developed and maintained in house to ensure consistency, quality and currency of information.

Astutis consistently delivers first time pass rates above the national average across all courses, and has earned a reputation for providing the best online IOSH training available, becoming the number one choice for some of the largest companies in the UK.. If not already in a leadership role, this course offers the philosophies you need to safely lead a team in the future.



**“By far the best e-learning platform I have used. It is organised, systematic, informative and engaging. It was easy to learn through the Astutis online platform.”**

## Key Features

- ▶ Six months unlimited access to the course hosted on an award winning Learning Management System.
- ▶ Ongoing support from initial enrolment to certification.
- ▶ Diverse multimedia that is interactive and interesting to use and suitable for all learning styles.
- ▶ Fully downloadable course materials to your device of preference.
- ▶ Progress checks with feedback available throughout the course.
- ▶ Dedicated tutor and technical support to answer your questions throughout the course Examination hosted online on course completion.