

## OH Workshops

InterHealth Occupational Health (OH) has developed a series of workshops that are focused on occupational health management in the workplace and provide employers with tools to manage staff health and wellbeing. The workshops are designed to provide information on a range of topics to help enable managers and Human Resources to develop health-related policies and procedures in their organisations that aim to prevent ill-health and potential associated costs and also support their staff effectively.

Workshops are run on a periodic basis and organisations invited to attend. Organisations can also request an OH Workshop for members of their management teams or HR. Workshops are usually delivered from the InterHealth office in London. Workshops are usually run for a minimum of 8 attendees and a maximum of 15. Sessions usually last for 3 hours and refreshments are provided.

Topics include:

- Absence management
- Rehabilitation in the workplace
- Stress management
- Prevention and management of musculoskeletal disorders

Information is provided in the context of employment and health & safety legislation and the OH team's professional knowledge and experience. Underlying the provision of information is a practical application so attendees can return to their organisations with solutions and/ or ideas on how to develop, improve or change their current health management policies and procedures. Sessions are aimed to be interactive with time included for questions and discussion. Attendee participation is encouraged; we all have valuable experiences and knowledge to share and learn from. Handouts are provided to delegates to provide and summary and confirm key points of the Workshop.

All workshops are evaluated by delegates using a simple questionnaire. This enables the OH team to review and develop the Workshops to help ensure that they are clear and informative, meet delegates' expectations and have a practical focus that is beneficial to attendees and their organisation(s).

Workshops can also be developed according to specific organisational requirements.