



OH needs of offices, call centres and home/remote workers

Who is this course for:

This one-day course is suitable for all delegates (OH, HR & safety) who are interested in gaining a better understanding of the occupational health needs of staff who are in offices, call centres, designated home-based or remote workers.

It will provide underpinning knowledge of the hazards and risks associated with working in these environments. It aims to provide information to enable practitioners to reflect on their personal level of competency in this area and gain new knowledge or a reassuring update. This may help practitioners proactively influence workers, teams and organisations from strategic level down to include personal and team risk assessment, manager training and tailored health education activities for example.

Trainers:

The training team are experienced occupational health practitioners with training and management experience who have worked in a variety of workplaces placing differing demands on physical ability including emergency services, military, safeguarding, higher risk and safety critical work including horse racing, aviation, utilities, logistics and warehousing, heavy manufacturing, construction, retail, food & drink production, local government, NHS, social care, education & service sectors.

Why attend:

Workers who are predominantly office-based are generally considered to be working in lower risk environments. However, in reality supporting this group provides its own set of health and safety related challenges and associated knowledge in the following areas including:

- trends in workstation and chair designs
- considerations for hot desking
- implementing a get standing campaign
- environmental considerations in the workplace - light, noise, space, temperature
- identifying work-related symptoms including mental wellbeing and isolation
- increasing comfort levels in workers who are sitting for long periods - office and car drivers
- meeting the needs of home-based workers
- meeting the needs of sales and remote-based workers without a base
- equipment trends including smart phones, tablets and laptops & foreseeable health risks
- use of voice handwriting recognition tools
- voice care - warming up the voice and prevention of vocal strain
- loud noise exposures and risks of acoustic shock in telephone users and call centres

Note: The 'DSE (display screen equipment) risk assessor' workshop content is complimentary to this course. It usually runs on consecutive days and its focus is on the implementation of an organisational DSE assessment program and completion of DSE user risk assessments as well as selection of alternative data input equipment such as keyboards and mice.

Visit www.ohlearninghub.co.uk to book this course online