

The eighth annual two-day seminar from The At Work Partnership  
in association with the journal *Occupational Health [at Work]*

# 2-DAY SEMINAR



## Workplace Health 2019

Wednesday 6 and Thursday 7 November 2019

Chesford Grange Hotel, Warwickshire

Chaired by: *Dr John Ballard, Occupational Health [at Work]*

With: *Dr Steve Boorman, Empactis* and *Dr Nerys Williams, independent occupational physician*

Organised by: *Janie Acton and The At Work Partnership Ltd*

**SAVE £70!**  
Early bird rate:  
£450 + VAT or £350  
+ VAT for self-funded  
delegates!

### CPD

FOM: 12½ points  
(applied for)

Self-accreditation  
schemes: 12½ hours

Additional CPD can  
be gained after the  
event via our CPD  
scheme.



Quality conferences  
at value for money  
prices

A **two-day** annual seminar from **The At Work Partnership** providing an in-depth clinical and management update on the cutting-edge issues in occupational health today

**This two-day seminar is run with the support of:**



The main area of interest for the Colt Foundation is to encourage research into health problems created by commerce and industry, and one of the criteria for selecting suitable projects to support is that the results of the research should have a practical and beneficial application. *Workplace Health 2019* provides an excellent forum for discussion on a wide range of topical and important occupational health concerns and the Colt Foundation is very pleased to support The At Work Partnership with this initiative.

**Seminar sponsors:**



Cohort, the occupational health software system, is pleased to support *Workplace Health 2019*.



Empactis is very pleased to again be supporting this leading conference, *Workplace Health 2019*, and contributing to a successful, entertaining and educational programme.

## DAY 1: Wednesday 6 November 2019

### 8.45 Registration and coffee

### 9.05 Welcome and introduction

*Dr John Ballard, Occupational Health [at Work]*

#### HEALTH AND WORK

### 9.20 Modern working practices and the role of OH

*Dr Oern Foss, independent occupational physician*

- The on-demand economy – impact on workers' health and safety
- Safety-critical work – is health screening really our best answer?
- Making modern work fit for modern workers

### 10.00 Colt Foundation Keynote 1: How can we reduce disability from musculoskeletal pain at work?

*Prof David Coggon, University of Southampton*

- Scale of problem
- Underlying pathology
- What causes have been identified and how much do they explain?
- What have we learnt from the CUPID study and other recent research?
- Implications for OH policy and practice

### 10.45 Coffee and exhibition

### 11.25 Occupational respiratory cancers: what the future holds

*Dr John Moore-Gillon, St Bartholomew's and Royal London Hospitals*

- Pathology
- Screening and diagnosis
- Advances in therapy

#### MENTAL HEALTH

### 12.10 PTSD and the updated NICE guideline

*Prof Gordon Turnbull, Nightingale Hospital London*

- Risk factors
- Signs and symptoms
- Treatment options
- Disaster planning – is there anything we can do to prevent PTSD?

### 12.45 Lunch and exhibition

### 13.50 Suicide

*Louise Aston, Business in the Community*

- Risk factors
- Warning signs
- Supporting the workforce in the event of suicide

### 14.25 Gambling addiction and work

*Annika Lindberg, chartered counselling psychologist*

- Scale of problem
- Impact on work and health
- Identifying signs of gambling addiction
- Role of OH

### 15.00 Tea and exhibition

#### OH LAW

### 15.25 Access to OH records, reports and data

*Nick Hanning, Anthony Gold Solicitors*

- Understanding the law and professional duties
- GDPR, the Data Protection Regulations and the Access to Medical Reports Act
- The importance of consent
- Subject access requests
- Information about third parties
- Timescales and costs

### 16.20 Legal Q&A

### 16.35 What matters to you in OH practice? Five-minute briefing sessions

Your chance to highlight some work that has helped improve health in your workplace, or share a great new idea – but you've only got FIVE minutes and 20 slides to do it!

### 17.30 End of day one

#### Conference dinner and entertainment

Network and chat with fellow delegates and speakers in a relaxed atmosphere at our conference dinner at 7.30pm on **Wednesday 6 November 2019**. Our entertainment will add a sparkle to the evening!

## DAY 2: Thursday 7 November 2019

### 8.00 Breakfast briefing: Noise at work

*Susan Donnelly and Chris Steel, HSE*

### 8.40 Registration and coffee

### 9.00 Welcome and introduction

#### HEALTHY WORK

### 9.05 Positive psychology at work

*Dr Karen Coomer, KC Business Health Ltd*

- Does happiness have a place in OH or is it a distraction?
- Sorting the evidence from the 'pink and fluffy'
- Key theories and models to use in OH practice

### 9.40 Colt Foundation Keynote 2: The joy of work

*Dr Clare Gerada, Practitioner Health Programme*

- Are OH doctors and nurses in despair?
- What can be done about this?
- Bringing the joy back into medicine

### 10.25 Tea and exhibition

#### FUTURE WORKING

### 10.55 The machine will see you now: technology in OH

*Dr Steve Boorman, Empactis*

- The role of technology in changing OH practice
- Why algorithms and Artificial Technology may be more reliable than traditional approaches
- Preparing for new ways of working in the future
- Ethical issues

### 11.25 Robots, cobots and OSH: how robotics will affect occupational H&S – an interactive session

*Jeremy Hadall, Manufacturing Technology Centre*

- Current capability and near-future developments
- Interaction with human workers – designing for health
- Impact on psychological health
- Risk assessment
- Can robots do the dirty work?

### 12.15 Future working Q&A

#### MATERNITY ISSUES

### 12.25 Post-natal depression, stillbirth and miscarriage

*Speaker tbc, Maternity Action*

- Post-natal depression, miscarriage, stillbirth and pre-term delivery
- Implications at work
- Protecting women's mental health
- New right to paid leave for bereaved parents

### 13.00 Lunch and exhibition

### 13.55 Introduction to afternoon

#### DISABILITY, LAW AND PRACTICE

### 14.00 Chronic fatigue

*Prof Trudie Chalder, King's College London*

- Why is CFS so controversial?
- What do – and don't – we know about it?
- Evidence-based interventions
- Job retention and return to work
- New NICE guidelines

### 14.35 Migraine and other headaches at work

*Dr Anna Andreou, Guy's and St Thomas' NHS Foundation Trust*

- What is migraine?
- Migraine at work – prevalence, costs and sickness absence
- Risk factors
- Interventions
- Workplace adjustments

### 15.10 OH Law: Disability and fitness for work

*Prof Diana Kloss, barrister*

- When is a worker disabled under the Equality Act?
- When is the duty to make reasonable adjustments triggered?
- What does OH need to determine when assessing the individual?
- What should OH advise employers?
- Confidentiality, consent and disclosure in disability cases

### 16.05 Close of seminar

# Workplace Health 2019

This two-day annual programme from **The At Work Partnership** provides an in-depth clinical and management update on some of the cutting-edge issues in occupational health today. We have assembled a group of leading experts to bring you an unparalleled seminar, with practical information on some of the most important topics affecting your work.

## This seminar is designed for:

- OH nurses and physicians from the UK and overseas
- HR managers • OH physiotherapists • Safety and health practitioners • Case managers • Occupational hygienists

## Recent delegates at this event said:

*"The amount of usable CPD is amazing compared to many events. Very relevant to day-to-day practice."*

Dr Robert Hardman, consultant, Workplace Health & Wellbeing

*"Highlight of the OH year for professional development & update, networking – and a lot of fun!"*

Norma MacPherson, Duradiamond Healthcare

*"A must for occupational health professionals – pertinent & relevant."*

Helen Riches, clinical services manager, Gipping OH Ltd

*"Very varied topics, interesting, enjoyable and good value for money."*

Dr Sarah Smallcombe, occupational health physician, Caer Health Services

## One of last year's speakers commented:

*"I have just returned from the 2018 @Work Conference. What a fantastic conference! It is without doubt the friendliest and best organised event that I get to attend in the annual calendar."*

Prof Karen Walker-Bone, University of Southampton

## How will attending this event benefit you?

### You will gain:

- Advice on reducing disability from musculoskeletal pain from Prof David Coggon, and a discussion on bringing the joy back into work from Dr Clare Gerada – in our two Colt Foundation keynote lectures
- Practical guidance on PTSD, gambling and suicide in our focus on mental health
- Advice on disability at work, in particular, chronic fatigue and migraines
- An examination of future technologies and their impact on OH – an interactive session
- An up-to-the-minute understanding of the latest developments in OH law, and how they affect your role and responsibilities
- Plenty of opportunities to network with speakers and fellow delegates – including at our conference dinner
- Opportunities to see new products at our OH exhibition

**Don't miss out – Workplace Health 2019 promises to be one of the most exciting OH events for 2019 – avoid disappointment by booking your place early!**

## Sponsorship and exhibition opportunities

To exhibit at this event or advertise in the delegate documentation, please contact Janie Acton on 07598 739 115 or email [janie.acton@atworkpartnership.co.uk](mailto:janie.acton@atworkpartnership.co.uk)

## About our expert speakers

### Seminar chairs:

**Dr John Ballard** is the editor of *Occupational Health [at Work]*.

**Dr Steve Boorman CBE** is director of employee health at Empactis, and is a former chief medical adviser at Royal Mail.

**Dr Nerys Williams** is an independent occupational physician and former deputy director (wellbeing) at the Department for Work and Pensions.

### Speakers:

**Dr Oern Foss** is an occupational physician and was previously president of the Norwegian Society of Occupational Medicine and head of OH at Norwegian State Railways

**Prof David Coggon OBE** is professor of occupational and environmental medicine at the University of Southampton.

**Dr John Moore-Gillon** is consultant physician emeritus at St Bartholomew's and Royal London Hospitals and is past president of the British Lung Foundation.

**Prof Gordon Turnbull** is the lead consultant in psychological trauma at Nightingale Hospital London.

**Louise Aston** is wellbeing director at Business in the Community (BITC).

**Annika Lindberg** is a counselling psychologist. She has worked for the National Problem Gambling Clinic, and ran a staff CBT service at Guy's and St Thomas' hospital.

**Nick Hanning** is a specialist personal injury and employment lawyer with Anthony Gold Solicitors.

**Dr Karen Coomer** is the director of KC Business Health Ltd. She has 25 years' experience in OH nursing and a PhD in applied psychology.

**Dr Clare Gerada MBE** is medical director of the Practitioner Health Programme and a former chair of the Royal College of General Practitioners.

**Jeremy Hadall** leads the intelligent automation group at the Manufacturing Technology Centre and has a special interest in robotics.

**Prof Trudie Chalder** is professor of cognitive behavioural psychotherapy, King's College London, and leads the CFS service at South London and Maudsley NHS Foundation Trust.

**Dr Anna Andreou** is the director of headache research at the Headache Centre, at Guy's and St Thomas' NHS Foundation Trust.

**Prof Diana Kloss MBE** is a barrister, former employment judge and honorary senior lecturer at the University of Manchester.

Breakfast briefing speakers:

**Susan Donnelly** is an occupational health inspector and **Chris Steel** is HM Inspector of Health & Safety (noise & vibration specialist). They both work at the HSE.

## About The At Work Partnership

Dedicated to providing high quality, good value conferences, **The At Work Partnership** researches the subjects that really matter to professionals in your field, and sources speakers who are true subject experts. We also publish the *Occupational Health [at Work]* journal.

# Booking Form

Workplace Health 2019 – 6 & 7 November 2019 Warwickshire

## Seminar attendance and prices. Please tick relevant box(es)

	Price per delegate if paid before 31/8/19 save up to £70!	Price per delegate if paid after 31/8/19	Price per delegate if paid before 31/8/19 save up to £70!	Price per delegate if paid after 31/8/19
	Main rate	Main rate	Self-funded rate*	Self-funded rate*
Both days	<input type="checkbox"/> £450 + VAT (£540)	<input type="checkbox"/> £520 + VAT (£624)	<input type="checkbox"/> £355 + VAT (£426)	<input type="checkbox"/> £415 + VAT (£498)
Day one – 6 Nov	<input type="checkbox"/> £300 + VAT (£360)	<input type="checkbox"/> £370 + VAT (£444)	<input type="checkbox"/> £250 + VAT (£300)	<input type="checkbox"/> £320 + VAT (£384)
Day two – 7 Nov	<input type="checkbox"/> £300 + VAT (£360)	<input type="checkbox"/> £370 + VAT (£444)	<input type="checkbox"/> £250 + VAT (£300)	<input type="checkbox"/> £320 + VAT (£384)
Full conference package: • attendance at both days • one night B&B on 6 Nov 2019 (subject to availability) • conference dinner on 6 Nov 2019	<input type="checkbox"/> £550 + VAT (£660)	<input type="checkbox"/> £620 + VAT (£744)	<input type="checkbox"/> £455 + VAT (£546)	<input type="checkbox"/> £520 + VAT (£624)

*\*The self-funded rate applies for sole traders or when your employer does NOT fund your fee.*



## Conference dinner

£32.50 + VAT (£39)

Please help us by selecting your main course preference below:

- Fish  Meat  
 Vegetarian

## Hotel rooms

We strongly advise booking accommodation early as availability is limited. All of the rooms are double rooms for single occupancy.

B&B – 5 Nov 2019  £90 + VAT (£108) if paid by 31/8/19.  £100 + VAT (£120) from 1/9/19

B&B – 6 Nov 2019  £90 + VAT (£108) if paid by 31/8/19.  £100 + VAT (£120) from 1/9/19

*B&B is at the conference venue and can be cancelled in writing up to 7 working days prior to the event.*

**On a budget?** There are a few smaller/darker rooms available. You will save £25 + VAT (£30) per night. Please call us for details.

**Attend day one FREE:** Submit your idea for a Five-Minute Presentation by 31 August 2019. If your presentation is selected, you can attend day one free of charge!

Title \_\_\_\_\_ First name \_\_\_\_\_ Surname \_\_\_\_\_

Position \_\_\_\_\_

Email \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Tel \_\_\_\_\_

To process your order, we keep your details securely on our database and we NEVER pass on your details to 3rd parties. We'd like to keep you updated about relevant events and information from the At Work Partnership. You can unsubscribe at any time by emailing [info@atworkpartnership.co.uk](mailto:info@atworkpartnership.co.uk). To receive our updates, please tick the boxes below:

- Yes – update via **post, email and phone**.
- Yes – by **post only** (for training info and journal samples – usually 5x per annum).
- Yes – by **email only** (for the free monthly OH email newsletter).
- Yes – by **phone only** (we are very unlikely to call unless it is for a specific reason)
- No, please do NOT contact me via any method.

**I have read and agree to the cancellation terms:** Authorised signature

.....  
*(This booking is not valid unless signed)*

## Administration

### Venue

Chesford Grange Hotel, Kenilworth, Warwickshire CV8 2LD. T: 01926 859331. This 4\* hotel is just over one hour from London by train. Advance peak fares are £40 return.

### Bookings

Places can be booked by post, telephone or email. In cases where your organisation's paperwork may take a couple of weeks to reach us, please telephone 0345 017 6986 or 0208 344 2328 to reserve a no-obligation provisional place.

### Seminar administration details

Please contact us if you do not receive written confirmation of your booking within two weeks of making the reservation. Details of the venue, a map and any final information will be sent to paid delegates approximately two weeks before the seminar. If you have not received these one week before the event, please contact us.

### Cancellation policy

For cancellations received in writing 14 days before the seminar, we will provide a refund, less a 25% administration fee to cover administration costs. If the cancellation is received within 14 days of the seminar, no refund will be made, but we will accept an alternative delegate from your organisation at the event. Refunds are not available to delegates who fail to attend after confirming a booking.

Accommodation at the conference venue can be cancelled in writing up to 7 working days prior to the event.

**This programme was correct at time of going to press. In unavoidable circumstances, we reserve the right to change or cancel this event. If we do need to cancel this event, our liability is limited to a refund of total fees invoiced by The At Work Partnership.**

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### Special requirements

If you have any special needs, please let us know in advance and we will be delighted to help.

### Payment information

Documentation, refreshments and buffet lunches are all included. Accommodation at the hotel and the conference dinner are optional extras and must be booked in advance. Booking the 'full conference package' (attendance at both days of the seminar, one night B&B on 6 November, and the conference dinner) will save a further £20, provided that all elements are booked at the same time.

**All early bird bookings must be paid by 31/8/19, or they will be charged at the higher rate.**

**The fee must be paid in advance of the event.** Invoices will be sent when a booking is received, and payment can be made:

- **By cheque** – payable to The At Work Partnership Ltd
- **By BACS** – please contact us for our bank account details.
- **By credit card** – Expiry date \_\_\_\_\_ / \_\_\_\_\_ 3 digit security number \_\_\_\_\_  
Card No. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**BOOK NOW** and return your completed form to:

**Post:** The At Work Partnership Ltd, Office 1(i), Highstone House, 165 High Street, Barnet, EN5 5SU

**Telephone:** 0345 017 6986 or 0208 344 2328 **e-mail:** [conferences@atworkpartnership.co.uk](mailto:conferences@atworkpartnership.co.uk)