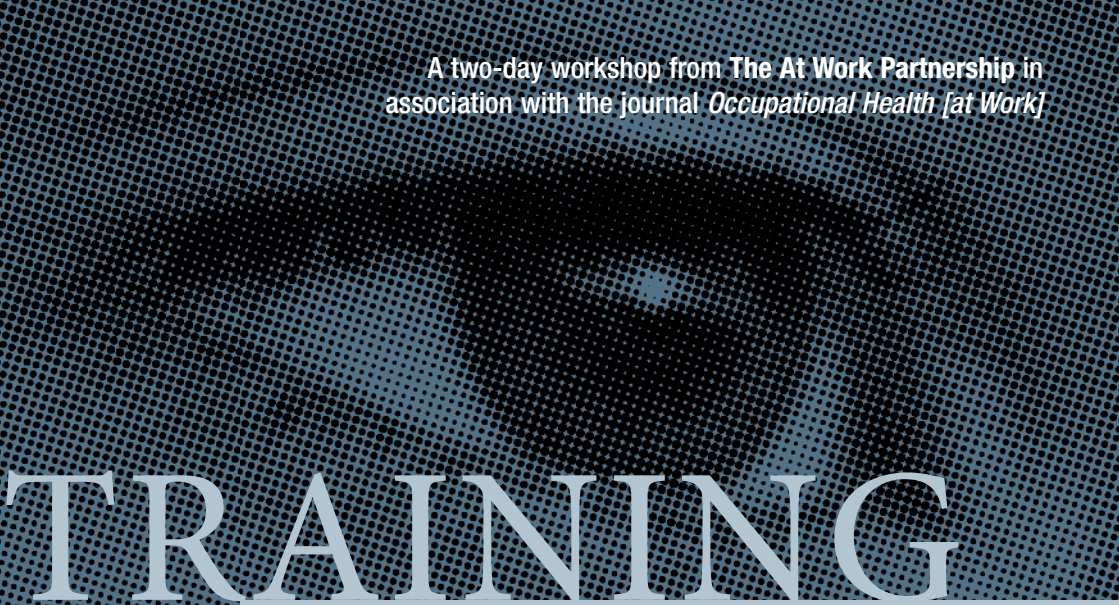
A two-day workshop from **The At Work Partnership** in association with the journal *Occupational Health [at Work]*



TRAINING

Foundation Course in Occupational Health

2 – 3 December 2026 – A Two-Day Virtual Event

An introductory course for those who are new to the OH profession.

Course chair: Sandra Winters, independent specialist (OH) practitioner

- Key concepts in OH
- The OH consultation
- The OH report
- OH legal and ethical issues
- Wellbeing and health promotion
- Fitness for work and managing disability
- Sickness absence
- Work-related ill health
- Good OH practice
- Managing cases

SPECIAL OFFER
Book and pay by 19 October 2026 to **SAVE up to £50** + VAT!
Self-funded delegates from only £435 + VAT!

CPD:
Self-certification schemes: 13 hours

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

THE @Work PARTNERSHIP

Quality conferences at value for money prices

Recent delegates said:

"Interesting, engaging, very informative, very relevant and one of the best foundation courses I have attended in my 20 years career as a nurse"
Matomi Thomas, OH nurse, Collingwood Health

"Excellent course, varied, highly knowledgeable and qualified speakers"
Andrew Hewitt, OH physiotherapist, Stockport NHS Foundation Trust

"The perfect introduction to a field that is so essential to the economy"
Natalie Price, occupational health nurse, RNN Group

Foundation Course in Occupational Health

How will attending this course benefit you and your organisation?

The Foundation Course in Occupational Health is designed to fast-track your knowledge and understanding of occupational health (OH).

Starting from first principles, it brings together important concepts including developing your legal and ethical knowledge, and taking an evidence-based approach to the OH management of fitness for work, sickness absence and disability.

It will give you tips for getting the most out of OH consultations, and gives you the essential building blocks to best manage cases in practice, and write OH reports. It also gives you advice on best practice in the profession, and on how to be an effective OH team member.

It will also be valuable for those planning further study in the field.

Course format and teaching:

This is a virtual course on Zoom. Most of the teaching is lecture based, but there is also plenty of interactive learning, from group work to optional multiple-choice questions, which are designed to test students' progress and understanding.

Who should attend:

The course is designed for registered practitioners working in an OH setting, or planning on doing this. This includes nurses, doctors, and allied health professionals who:

- are new to OH, or who would like to learn more about it
- or have less than two years' experience, but have not had formal training.

If the course is of interest, and your job role is not listed above, email info@atworkpartnership.co.uk to enquire. Unfortunately, it is not suitable for OH technicians without a nursing qualification.

Programme

DAY ONE

08.55 Registration

09.00 Welcome and introduction

***Sandra Winters,* independent specialist OH practitioner**

09.10 OH scope, context and key concepts

Dr John Ballard, Occupational Health [at Work]

- Defining OH – impact of work on health, and of health on work • Scale and causes of occupational ill health
- Models of OH provision • OH roles and qualifications
- Evidence-based practice • Key concepts – including fitness for work, disability, and sickness absence, return to work and the biopsychosocial model

12.00 Occupational health vs clinical care

***Sandra Winters,* independent specialist OH practitioner**

• Similarities and differences • Understanding your workplace • Working with other professions

12.45 Lunch

13.35 The OH consultation

***Sandra Winters,* independent specialist OH practitioner**

• The referral process • Consent issues • Methods of consultation • Shared decision-making in OH • Using the biopsychosocial approach in practice • Providing the right advice to managers and HR

14.25 The OH report

***Sandra Winters,* independent specialist OH practitioner**

- Purpose • Fact vs opinion; function not diagnosis
- Release of report to management • Disputes

15.15 OH legal and ethical issues – part 1

***Prof Diana Kloss,* barrister**

• Duty of care • Consent • Confidentiality • Data protection • Disability discrimination and reasonable adjustments • Knowledge of disability • OH reports as evidence to an employment tribunal

16.20 Wellbeing and health promotion

***Sandra Winters,* independent specialist OH practitioner**

- Role in workplace • What works at work
- Is there a business case?

17.05 End of day

DAY TWO

8.55 Registration and introduction

9.05 OH legal and ethical issues – part 2

***Prof Diana Kloss,* barrister**

• Health and safety legislation • Risk assessment • Health surveillance • RIDDOR • Prescribed occupational diseases • Personal injury and negligence

9.45 Fitness for work & managing disability

***Dr Sarwar Chowdhury,* Work Doctor Occupational Health**

• Assessing fitness for work and the impact of disability on work • Advising on disclosure to management • Reasonable adjustments in practice

11.15 Sickness absence

***Sandra Winters,* independent specialist OH practitioner**

Assessing and understanding the case: • Exploring beliefs and expectations • Addressing barriers and facilitators to recovery • Guidance on likely return-to-work times. **Return to work and job retention:** • The Fit Note • Graded returns • The return-to-work plan • Review

12.25 Lunch

13.15 Work-related ill health overview

***Dr Sarwar Chowdhury,* Work Doctor Occupational Health**

• Impact on work – and impact of work – from issues such as musculoskeletal conditions, mental health disorders, noise-induced hearing loss, hand–arm vibration syndrome, occupational asthma and skin disease

13.45 Prevention and management

***Dr Sarwar Chowdhury,* Work Doctor Occupational Health**

• Risk assessment in practice • The COSHH regulations • Noise and vibration • Eyesight • Shiftwork/nightwork • Stress • When is immunisation appropriate in OH?

15.05 Good OH practice

***Dr Sarwar Chowdhury,* Work Doctor Occupational Health**

• Clinical supervision • Ethical guidance • CPD • Indemnity insurance • How to avoid complaints • Peer support • OH professional bodies • Careers in OH

15.50 Managing cases: Interactive session

***Sandra Winters,* independent specialist OH practitioner**

16.30 Optional test and Q&A

17.05 End of course

ABOUT OUR EXPERT TUTORS

Course chair: Sandra Winters

Sandra Winters is an independent specialist (OH) practitioner, and was previously head of health and wellbeing for NHS England. She is a nurse consultant in OH, and specialises in the strategic development of workplace health and wellbeing.

Dr John Ballard

John has been researching and writing on OH and disability issues for over 30 years. He edits the *Occupational Health [at Work]* journal from The At Work Partnership.

Prof Diana Kloss MBE

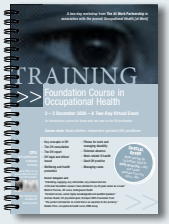
Diana is a barrister, former employment judge and honorary senior lecturer in OH Law at the University of Manchester. She is an honorary fellow of the Faculty of Occupational Medicine, an ACAS arbitrator, and in 2009, was awarded an MBE.

Dr Sarwar Chowdhury

Sarwar is medical director of Work Doctor Occupational Health and is an independent OH physician currently working for the NHS and various private industry clients. He is a former medical director for Medigold Health and is an experienced OH trainer and co-founder of The Occupational Health Academy.

Course Documentation

All delegates will receive a detailed course binder, to which they can refer during and after the course.



The full course programme can be found on our website:

www.atworkpartnership.co.uk

Booking information

Foundation Course in Occupational Health
A two-day virtual event: 2 – 3 December 2026

SPECIAL OFFER: SAVE UP TO £50 + VAT WITH OUR EARLY BIRD RATES!

Early bird rate (for payment **before** 19 October 2026)
£515 + VAT (£618) per delegate

Main rate (for payment **after** 19 October 2026)
£565 + VAT (£678) per delegate

Self-funded delegates* £435 + VAT (£522) if paid **before** 19 October 2026 OR £485 + VAT (£582) if paid **after** 19 October 2026 *(*rate applies to sole traders or when your employer does NOT fund your fee)*

ADMINISTRATION

Format: The event will be held virtually on Zoom.

Bookings: Places can be booked online or by telephone. In cases where your paperwork may take time to reach us, please contact us to reserve a no-obligation provisional place. Please contact us if you do not receive written confirmation of your booking within two weeks of making the reservation. To process your order, we keep your details securely on our database and we NEVER pass on your details to 3rd parties. At the time of booking, you will be given options to choose your preferred methods of communication with The At Work Partnership.

Conference administration details: Full instructions will be sent with your administration details. Zoom links will be sent to paid delegates approximately one week before the event. If you have not received these 3 days before the event, please telephone us on 0208 344 2328, or email conferences@atworkpartnership.co.uk.

Cancellation policy: For cancellations received in writing 14 days before the workshop, we will provide a refund, less a 25% administration fee. If the cancellation is received within 14 days of the workshop, no refund will be made, but we will accept an alternative delegate. Refunds are not available to delegates who fail to attend after confirming a booking.

Printed documentation: This will be posted to arrive with paid delegates 3 working days before the event. Please provide a preferred delivery address at the time of booking for receipt of your documents.

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

HOW TO BOOK

To secure your place use one of the 3 methods below

1. Book online: **www.atworkpartnership.co.uk**
2. T: 0208 344 2328
3. E: conferences@atworkpartnership.co.uk

BOOK ONLINE NOW
www.atworkpartnership.co.uk

ABOUT THE AT WORK PARTNERSHIP

Dedicated to bringing high quality, good value conferences and courses to OH and allied health professionals, **The At Work Partnership** researches the subjects that really matter to professionals in your field, and sources speakers who are true subject experts.

All delegates receive a Certificate of Attendance and can gain additional CPD by participating in further learning after the conference/course, via The At Work Partnership's CPD scheme.

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 fees

© The At Work Partnership 2026