



# MANAGING HEALTH IN THE WORKPLACE

## Course Overview

Investing in the Managing Health in the Workplace course will empower your managers with the skills and knowledge to foster a healthier, more resilient workforce. By improving understanding of physical and mental health in the workplace, this course will help reduce sickness absence, enhance productivity, and ensure compliance with legal and regulatory responsibilities.



**Duration**  
1 DAY

## What Will I Learn?

- ✓ How to identify and manage physical and mental health risks in the workplace.
- ✓ Effective strategies to reduce sickness absence and support employee well-being.
- ✓ Legal and regulatory responsibilities for managing workplace health.
- ✓ Best practices for handling return-to-work processes and long-term absence.
- ✓ How to create a structured, organisation-wide health framework.

## What Skills Will I Gain?

- ✓ The ability to recognise early signs of workplace ill-health and take proactive measures.
- ✓ Strong communication and leadership skills for supporting employees.
- ✓ Knowledge of compliance and risk management related to workplace health.
- ✓ Practical problem-solving techniques to implement effective health strategies.
- ✓ The skills to develop and apply a data-driven action plan for workplace well-being.

All of our short courses can be delivered in a classroom environment or via Microsoft teams. To discuss your training needs further please contact us here at: [training@clearquality.co.uk](mailto:training@clearquality.co.uk)