
Occupational Health Strategy

28 March – 1 April 2027
Muscat





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Occupational Health Strategy is a five-day senior course delivered by Mars Training Centre UK in London, Amsterdam, Dubai and Cairo — for HSE leaders, HR directors, occupational health managers and operational leaders building an occupational health strategy that actually changes outcomes for the workforce and the business.

Occupational health has been the quiet sibling of occupational safety for decades. Safety counts; health is hard to count. The cost of unmanaged occupational health, however, is enormous — long-term sickness absence, presenteeism, premature exit from the workforce, occupational disease claims, and the slow loss of organisational capability that an unhealthy workforce produces. Modern employers, supported by clearer regulatory expectation and a louder conversation about workforce wellbeing, are now expected to treat occupational health as strategy, not a free flu jab in November.

Across five focused days you work through the architecture of a credible occupational health strategy, examine the specific hazard categories that produce most long-term harm, and practise the leadership conversations that connect health to operational performance. You leave with a personal action plan to take back to your own organisation.

What You Will Learn

- Distinguish occupational health from occupational safety and from general wellbeing.
- Diagnose the occupational health profile of your own organisation using available data.
- Design an occupational health strategy aligned to operational risk and workforce demographics.
- Manage the specific hazard categories that produce most occupational disease.
- Build a credible health surveillance programme and use its results properly.
- Address mental health, fatigue and psychosocial risk as operational issues.
- Manage long-term sickness absence and return-to-work cases with structure.
- Commission and supervise occupational health service providers.
- Communicate occupational health performance to senior leadership and the board.
- Build a personal action plan for raising occupational health maturity.

How You Will Benefit

You will leave with a working strategic command of occupational health, a personal toolkit for stewardship of the programme, and a Mars Certificate of Completion.

Your organisation will gain a more credible occupational health strategy, better management of long-term sickness absence and disease risk, sharper engagement with employees on health, and a deeper bench of leaders capable of holding the brief.



Who This Programme Is For

The course is designed for HSE directors and managers with occupational health responsibility; occupational health managers and coordinators; HR directors and HR business partners; wellbeing programme owners; operations directors with workforce-health accountability; medical and nursing professionals stepping into management roles; and senior public-sector employee-health managers. The seniority floor is manager level and above, with workforce-health responsibility.

A recurring theme of the week is measurement. Health outcomes emerge over years rather than quarters, which makes them easy to deprioritise and easy to misreport. Delegates work on the indicators that genuinely signal whether a health strategy is working, and on how to present them to a board accustomed to lagging safety metrics.