

Support the Future of Occupational Health!

Host a shadow day and inspire the next generation

Are you passionate about Occupational Health? Do you want to help shape the future of OH by offering a practical insight to those considering a career in our vital field?

Consider hosting shadow days!

What are shadow days?

Shadow days give individuals interested in OH the chance to:

- Observe professionals in action
- Gain first-hand experience of an OH environment
- Understand the diverse roles and responsibilities within OH
- Ask questions and explore the role

Why should you get involved?

By hosting a Shadow Day, you'll:

- Promote awareness of the OH profession
- Help attract and inspire future talent
- Support OH workforce development and sustainability
- Showcase the impact and value of OH work
- Support the development of your team
- Obtain different perspectives and a fresh set of eyes

How to go about it?

- Choose a structure that works for your team or a team member, for example an onsite clinic day which could be immunisations, management referrals, health surveillance, pre-placement assessments, safety critical type work
- Agree a date
- Welcome a shadowing participant for a half or full day Share your knowledge, experience, and enthusiasm

Register your interest in supporting a shadow day with admin@som.org.uk or janet.oneill6@nhs.net and be added to our contact list.

Additional tools on request

- Shadow Workbook for observers to widen their understanding
- Template non-disclosure and confidentiality agreement

Feedback

- “ *I really enjoyed the shadowing day and found it incredibly insightful. It gave me a much clearer understanding of the role of occupational health. I learned about various screening tools, as well as different vaccines, immunity, rapid vaccination schedules and contraindications.*
- “ *I used the workbook you kindly provided and filled it out during the day; it was a great resource to guide my learning.*
- “ *I'm grateful for this experience. It has deepened my interest in occupational health and given me a better sense of the practical aspects of the field.*

Be a catalyst for change in Occupational Health.