

Acceptable Use Policy (Website)

These acceptable use standards apply to any material you upload or share to our site or generate on our site (**User Content**). They also apply to any contact you make with other users on our site, links to our site, and any other ways you use our site.

www.som.org.uk is a site operated by The Society of Occupational Medicine (“SOM”). We are registered in England and Wales under company number 11380861 and a charity registered under number 1184142. Our registered and trading office is at 2 St Andrews Place London NW1 4LD.

To contact us, please email admin@som.org.uk or telephone us on +44 (0)203 910 4531.

You must comply with these standards in spirit as well as to the letter.

The Society of Occupational Medicine (“SOM”) will determine, in its discretion, whether any User Content or your use of our site breaches these acceptable use standards.

You may not use our site:

- In any way that breaches any local, national, or international law or regulation.
- In any way that is unlawful or fraudulent or has any unlawful or fraudulent purpose or effect.
- For the purpose of harming or attempting to harm minors in any way.
- To bully, insult, intimidate or humiliate any person.
- To send, knowingly receive, upload, download, share, post, use or re-use any material which does not comply with our content standards.
- To transmit, or procure the sending of, any unsolicited or unauthorised advertising or promotional material or any other form of similar solicitation (spam).
- To knowingly transmit any data, send or upload any material that contains viruses, Trojan horses, worms, time-bombs, keystroke loggers, spyware, adware or any other harmful programs or similar computer code designed to adversely affect the operation of any computer software or hardware.

User Content:

- Must be accurate (where it states facts).
- Only contain opinions that are genuinely held.
- Must comply with the law applicable in any country from which it is posted and to which the website is targeted.

User Content must not:

- Be defamatory of any person.
- Be obscene, offensive, hateful, or inflammatory.
- Infringe any copyright, database right or trademark of any other person.
- Include video content that has been or would be likely to be given an R18 certificate by the British Board of Film Classification (BBFC).

- Include video content not suitable for BBFC classification.
- Include material that might impair the physical, mental, or moral development of persons under the age of 18.
- Be likely to deceive any person.
- Breach any legal duty owed to a third party, such as a contractual duty or a duty of confidence.
- Contain illegal content or promote any illegal content or activity.
- Be in contempt of court.
- Be threatening, abuse or invade another's privacy, or cause annoyance, inconvenience, or needless anxiety.
- Be likely to harass, upset, embarrass, alarm, or annoy any other person.
- Impersonate any person or misrepresent your identity or affiliation with any person.
- Give the impression that the User Content emanates from SOM, if this is not the case.
- Advocate, promote, incite any party to commit, or assist any unlawful or criminal act such as (by way of example only) copyright infringement or computer misuse.
- Contain a statement which you know or believe, or have reasonable grounds for believing, that members of the public to whom the statement is, or is to be, published are likely to understand as a direct or indirect encouragement or other inducement to the commission, preparation or instigation of acts of terrorism.
- Be pornographic.

Illegal content

In addition, you must not use our site in any way that involves:

- Terrorism offences.
- Child sexual exploitation or abuse offences including grooming and child sexual abuse material.
- Encouraging or assisting suicide (or attempted suicide) or serious self-harm offences.
- Harassment, stalking, making threats or abuse offences.
- Hate offences.
- Controlling or coercive behaviour offence.
- Drugs or psychoactive substance offences.
- Firearms or other weapons offences.
- Unlawful immigration or human trafficking offences.
- Sexual exploitation of adult's offences.
- Extreme pornography offence.
- Intimate image abuse offences.

- Proceeds of crime offences.
- Fraud and financial services offences.
- Foreign interference offences.

Content very harmful to children

The following must not be uploaded, shared, or generated directly on this service:

- Pornographic content.
- Content which encourages, promotes, or provides instructions for suicide.
- Content which encourages, promotes, or provides instructions for an act of deliberate self-injury.
- Content which encourages, promotes, or provides instructions for an eating disorder or behaviours associated with an eating disorder.

Other content harmful to children

You must not upload, post, create on our site or share any of the following:

- Content that is abusive and which targets any of the following characteristics: race, religion, sex, sexual orientation, disability, gender reassignment.
- Content which incites hatred against people:
 - of a particular race (including colour, nationality, and ethnic or national origins, religion (including lack of religion), sex or sexual orientation.
 - who have a physical or mental disability; or
 - who have the characteristic of gender reassignment (meaning the person is proposing to undergo, is undergoing, or has undergone a process (or part of a process) for the purpose of reassigning the person's sex by changing physiological or other attributes of sex).
- Content which encourages, promotes, or provides instructions for an act of serious violence against a person.
- Bullying content.
- Content which:
 - depicts real or realistic serious violence against a person (real or not).
 - depicts the real or realistic serious injury of a person (real or not) in graphic detail.
- Content which:
 - depicts real or realistic serious violence against an animal (real or not).
 - depicts the real or realistic serious injury of an animal (real or not) in graphic detail.
 - realistically depicts serious violence against a fictional creature or the serious injury of a fictional creature in graphic detail.

- Content which encourages, promotes, or provides instructions for a challenge or stunt highly likely to result in serious injury to the person who does it or to someone else.
- Content which encourages a person to ingest, inject, inhale or in any other way self-administer:
 - a physically harmful substance.
 - a substance in such a quantity as to be physically harmful.

Offences

You must not upload, post, create on our site, share, or cause any uploading, posting, creation or sharing, of any of the following:

- A grossly offensive, indecent, obscene, or menacing message intending to cause offence, menace, distress, or anxiety.
- A false message knowing it to be false, intending to cause non-trivial psychological or physical harm to a likely audience, and with no reasonable excuse.
- A message threatening death or serious harm while intending or being reckless as to whether the object of the threat would fear that the threat would be carried out.
- Flashing images when it is foreseeable that an individual with epilepsy will see it and the sender intended that the individual would suffer harm, and the sender has no reasonable excuse for sending the images.
- A communication that intends to encourage serious self-harm.
- An unsolicited sexual image, including a manufactured intimate image or "deepfake" intending the recipient to be caused alarm, distress, or humiliation, or for the purpose of sexual gratification and being reckless as to whether the recipient will be caused alarm, distress, or humiliation.
- A sexually explicit deepfake.

Additional provisions for video content

You must comply with our guidance on use of maturity or sensitivity ratings on video content.

For the avoidance of doubt, for any User Content in the form of video content:

- You must tell us immediately, if you upload a video containing any of the following: criminal material (relating to terrorism, sexual exploitation of children, child pornography, racism and xenophobia), unclassified or unclassifiable videos, videos rated R18 or suitable for R18 rating and other material that might impair the physical, mental or moral development of persons under the age of 18 (restricted material).
- You must not upload a video containing material likely to incite violence or hatred against a group of persons or a member of a group of persons based on any of the following grounds: sex, race, colour, ethnic or social origin, genetic features, language, religion or other belief, political opinion, membership of a national minority, property, birth, disability, age or sexual orientation.

Advertising

You must not upload, post, create on our site or share content containing any advertising or promoting any services or web links to other sites.

You must not upload a video containing advertising for any of the following:

- Cigarettes and other tobacco products, electronic cigarettes or electronic cigarette refill containers, and prescription-only medicine; or
- Alcoholic drinks that are not aimed specifically at under 18s and do not encourage immoderate consumption of alcohol.

Any advertising included in a video you upload must not:

- Prejudice respect for human dignity.
- Include or promote discrimination based on sex, racial or ethnic origin, nationality, religion or belief, disability, age, or sexual orientation.
- Encourage behaviour prejudicial to health or safety.
- Encourage behaviour grossly prejudicial to the protection of the environment.
- Cause physical, mental, or moral detriment to persons under the age of 18.
- Directly exhort such persons to purchase or rent goods or services in a manner which exploits their inexperience or credulity.
- Directly encourage such persons to persuade their parents or others to purchase or rent goods or services.
- Exploit the trust of such persons in parents, teachers, or others.
- Unreasonably show such persons in dangerous situations.

You must use the functionality provided on our site to declare whether, as far as you know or can be expected to know, any video contains advertising.

We may amend these terms.

We amend these terms from time to time. Every time you wish to use our site, please check these terms to ensure you understand the terms that apply at that time. These terms were most recently updated on 15 November 2025