



Publications Catalogue

Updated February 2025

A compilation of publications produced by
The Society of Occupational Medicine



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SOM guidelines and publications advise the Occupational Health and wider work and health community on how best to apply statutory guidance such as from the Health and Safety Executive (HSE). If you or your organisation has concerns about the impact of HSE and statutory guidance, representations should be made directly to the HSE and statutory organisation concerned.



Careers in OH

Career Path of Occupational Health Technicians

Published: March 2024

Head to www.som.org.uk/careers for more helpful resources.

Construction

Construction Worker Health Assessment Guidance

Published: December 2021

Diversity, Inclusion, and Improving Workplaces

Creating better quality work and workplaces

Published: 2021

Supporting businesses to build back better: The benefits of age diversity

Published: 2020

Supporting your approach to workplace diversity and inclusion

Published: 2021

Driving

Driving and Occupational Health: An essential guide

Published: August 2024

Drugs and Alcohol

Top 10 tips for meeting drug and alcohol legal requirements for happy and healthy workplaces

Published: May 2022

Hand-Arm Vibration Syndrome (HAVS) and Related Conditions

Carpal Tunnel Syndrome and Work with Hand-Held Vibrating Tools

Published: January 2022

Dupuytren's Disease (DD) and Work with Hand-Held Vibrating Tools

Published: 2022

Hand Arm Vibration Syndrome (HAVS) and Whole Body Vibration (WBV)

Published: September 2023

Hand-Arm Vibration Syndrome (HAVS) Special Interest Group Delphi Study

Published: January 2024

ISBN 978-1-3999-8778-3

The Identification and Management of Hand Arm Vibration Syndrome (HAVS)

Published: 2019

Revised in March 2023 v21

Nerve Conduction Studies (NCS) in Workers Exposed to Hand-Transmitted Vibration (HTV) Referral Criteria and Interpretation of Results

Published: May 2023

Staging of Hand Arm Vibration Syndrome

Published: July 2022

Use of Photography in the Diagnosis and Staging of Hand Arm Vibration Syndrome (HAVS)

Published: February 2023

Vibration-related disease

Published: January 2025

Long COVID

Long COVID and Return to Work – What Works?

Published: August 2022

Long COVID A Manager's Guide

Published: April 2024

Long COVID Infographic

Published: February 2024

Long COVID Myth Buster

Published: March 2024



Mental Health and Wellbeing

A framework for managing the sudden and unexpected death of a colleague in a primary care setting

Published: December 2024

Burnout in healthcare: risk factors and solutions

Published: July 2023

The Future of Work, Health, Wellbeing and Sustainability: Time to Act on Climate and Health

Published: 2022

Looking after your mental wellbeing A guide for Occupational Health Practitioners

Published: September 2018

Managing stress, burnout and fatigue in health and social care

Published: 2021

Mental health and the workplace A guide for line managers

Published: 2019

Mental Health Support for Small Business Owners and Team Leaders

Published: 2021

Musculoskeletal Health

Better Musculoskeletal Health for Anaesthetists

Published: June 2021

Identifying work-related training and resources for workplace professionals

Published: January 2024

Neurodiversity

Evaluating and supporting Neurodifferences at work

Published: March 2022

ISBN 978-1-3999-2138-1

The Mental Health and Wellbeing of Nurses and Midwives in the United Kingdom

Published: July 2020

Responding to the death by suicide of a colleague in Primary Care: A postvention framework

Published: July 2020

Updated: January 2025

Supporting workplace mental health and wellbeing in COVID-19 and beyond

Published: 2021

The value of OH and HR in supporting mental health

Published: 2023

What could make a difference to the mental health of UK doctors? A review of the research evidence

Published: September 2018

The Musculoskeletal (MSK) Health Toolkit for Employers and Further Education Institution

Published: 2022

Noise-Induced Hearing Loss (NIHL)

Position Statement on the Implementation of HSE Noise Health Surveillance Guidance

Published: May 2023

Supplementary Guidance on Interpreting an Audiogram for Indications of Occupational Noise-Induced Hearing Loss (NIHL)

Published: May 2024

Revised in September 2024



Occupational Health Service Management

Buyers' guide Wellbeing products or services

Published: September 2024

Considerations When Purchasing Occupational Health Software

Published: July 2024

Guidance as to an Occupational Health report to management

Published: January 2020

Suggested steps to take when commissioning an occupational health service

Published: January 2019

Occupational Health Value and Advocacy

The Future of Occupational Health – building wellbeing into organisational life

Published: July 2019

Occupational Health: The Global Evidence and Value 2018

Published: April 2018

Occupational health: the value proposition (2017)

Published: May 2017

Occupational Health: The Value Proposition

Published: March 2022

Universal access to OH – Position Statement

Published: 2019

The Value of Occupational Health Research History, Evolution and Way Forward

Published: June 2019

The Value of Occupational Health to Workplace Wellbeing

Published: December 2019

Organisational Change and Remote Work

Managing change – restructuring, redundancy, and homeworking

Published: 2021

Meeting the impact of home learning on parents and employers

Published: February 2021

Professional Conduct

Social media guidance for health professionals

Published: 2019

Radiation Medicine

Knowledge and Skills Guidance for an Occupational Physician with a Specialist Interest in Radiation Medicine (OPSIRM)

Published: February 2023

Skin Health

Managing Skin Health at Work A Practical Guide for Those Managing Occupational Skin Disease and Those Undertaking Skin Health Surveillance

Published: November 2023

Sleep

What might best practice look like for managing good sleep practice for night workers at work?

Published: September 2022



COVID-19

COVID-19 Guidance Occupational Health and Staff Deployment

Published: 2020

COVID-19 return to work guide For recovering workers

Published: 2021

COVID-19 return to work guide For health professionals advising patients and employers

Published: 2020

COVID-19 Infection Control Measures in Occupational Health settings

Published: November 2020

COVID-19 return to work in the roadmap out of lockdown: guidelines for workers, employers and health practitioners

Published: March 2021

COVID: Return to work guide for managers

Published: 2021

Developing a COVID-19 secure mental health and wellbeing strategy

Published: 2021

Home Working and Display Screen Equipment (DSE) during COVID-19 Factsheet

Published: 2020

Presenteeism during the COVID-19 pandemic Risk factors and solutions for employers

Published: May 2021

Returning to the workplace after the COVID-19 lockdown A toolkit

Published: May 2020

Sustaining Work-Relevant Mental Health Post COVID-19 Toolkit

Published: June 2020

Special Interest Groups (SIGs)

SOM members have the opportunity to join Special Interest Groups (SIGs). These tackle pressing issues facing occupational health today and provide SOM members with opportunities to explore areas not necessarily covered through their training. They are an opportunity to agree best practice, enable networking and provide an invaluable source of expertise. Here are details of current SIGs:

- Allied Health Professional
- Construction Worker Health Assessment
- Dip Occ Med
- Drugs and Alcohol
- Functional Assessment
- HAVS
- Leadership
- Long Term Conditions
- Mental Health
- Mining
- Neurodiveristy
- Noise Induced Hearing Loss
- Nuclear Industry Ionising Radiation Occupational Health Professionals
- Occupational Health Technicians
- Occupational Health and Work Psychology
- OH Marketing
- Pensions
- Portfolio/CESR support group
- Skin

SOM also hosts wider groups, that include non-SOM members, such as:

- MSK at Work Network
- Sleep and Work steering
- The Independent Academic Forum on Work and Health



About the SOM

The Society of Occupational Medicine (SOM) is the largest and oldest national professional organisation of individuals with an interest in occupational health (OH). Membership is for anyone working in and with an interest in OH. Members are part of a multidisciplinary community –including doctors, technicians, nurses, health specialists and other professionals – with access to the information, expertise and learning needed to keep at the forefront of their role. Members benefit from career development opportunities alongside practical, day-to-day support and guidance, through local and national networks that are open to all. Through its collective voice, SOM advances knowledge, increases awareness and seeks to positively influence the future of OH.

You can view SOM's membership leaflet [here](#) and for nurses [here](#).

Access to Insurance for nurses - to find out more [click here](#).

Insurance for doctors - a 5% discount on an already very competitive subscription level with MDDUS. View the leaflet [here](#).

Professional Partner Membership

Work in HR, Wellbeing, Employee assistance or responsible for workplace health? SOM is delighted to launch Professional Partner Membership, to keep you up to date with the latest workplace health resources and guidance –from mental health to neurodiversity and Long COVID. For only £50 per year, membership offers knowledge, tools, and connections to help you do the best job you can in improving health and work. It is not open to occupational health or other health professionals who are welcome to Join as Full, International, Student or Associate members. Benefits:

- A curated monthly update with key resources and guidance
- Discounts on SOM events including six free webinars a year
- Exclusive workplace health offers
- Invitation to the SOM Christmas drinks and Awards

The introduction of this new membership category demonstrates SOM's commitment to supporting as many organisations and people as possible in its aim to improve workplace health for all.

www.som.org.uk

Queries? Email admin@som.org.uk



Supporting occupational health
and wellbeing professionals