

Occupational Health & Hygiene Specialist

Location: Fenchurch Avenue, London

Directorate: System Safety and Health

Reports to: Professional Head of Health & Wellbeing

Date: July 2026

About the team

The Rail Safety and Standards Board is the independent safety, standards and research body for Great Britain's rail network. We help to make an evolving railway safer, more efficient and more sustainable. We manage a research programme; collect, collate and analyse data; and develop standards for the railway across Great Britain. We deliver standards, information and guidance for all aspects of railway operations, as well as health and wellbeing, sustainability, infrastructure and rolling stock asset integrity, customer satisfaction, performance, and safety. Through our Affiliation programme we also make some of that information and guidance available to overseas organisations and other industries.

The role

The Occupational Health and Hygiene Specialist is a key member of the System Safety and Health Directorate, supporting the delivery of Occupational Health and hygiene activities across the rail industry. Working as part of the wider health and wellbeing team, the role provides specialist expertise in the identification, assessment and control of workplace health risks.

Working collaboratively with colleagues and industry partners, the role will support the development and delivery of initiatives that promote both physical and psychological health, helping to create healthier, safer and more resilient working environments.

The postholder will focus on priority health issues for the industry including; noise, vibration, welding fume, respiratory hazards and topics such as fatigue risk and musculoskeletal disorders. Contributing to a preventative, evidence-based approach that protects workforce health and supports delivery of the Rail Health and Safety Strategy.

Key responsibilities

- Provide specialist occupational health and hygiene advice to support the management, assessment and control of health risks arising from workplace exposures, including noise, welding activities, hazardous substances and other physical and chemical agents.
- Contribute to the development and application of risk-based approaches to health risk management, supporting the use of tools such as health risk profiling, exposure assessment and control verification.
- Contribute to the application of health surveillance and monitoring approaches where exposure risks remain, supporting early identification of potential work-related ill health.
- Contribute to the development and promotion of fatigue and manual handling risk management guidance and tools.
- Support the delivery of technical projects and research activities by providing occupational health and hygiene input, including data, evidence and good practice relating to health hazards and their control.
- Assist in the development of standards, guidance and practical tools that help organisations comply with legislation and improve management of occupational health risks.
- To ensure value and benefit of interventions can be quantified and evaluated
- Work collaboratively with colleagues across the health and wellbeing team and wider directorate to integrate occupational hygiene into broader safety, health and wellbeing programmes.
- Use data, insight and industry intelligence to identify emerging health risks and opportunities for improvement, supporting a more preventative and system-wide approach to workforce health.
- Support industry members and clients in understanding occupational health risks and implementing proportionate control measures, promoting a preventative approach to managing exposure.
- Contribute to continuous improvement by supporting innovation, data use and learning that strengthens how occupational health risks are understood and managed across the industry.

Requirements

Essential:

- Experience in a safety-critical industry (e.g. rail, construction, infrastructure or heavy engineering), with a demonstrable understanding of associated occupational health risks and working environments.

- Relevant academic or professional qualification in occupational health, hygiene or a related discipline (e.g. occupational hygiene degree, ergonomics, science-based degree with relevant experience).
- Knowledge of occupational health risk management principles, including the identification, assessment and control of exposure to chemical, physical and biological hazards.
- Practical knowledge of assessing workplace exposures, including areas such as noise, vibration, welding fume respiratory and musculoskeletal hazards.
- Understanding of relevant UK legislation and standards, including: Control of Substances Hazardous to Health (COSHH) Regulations, Control of Noise at Work Regulations, Control of Vibration at Work Regulations
- Experience of supporting risk-based approaches to health management, including interpretation of data and identification of proportionate controls.
- Ability to interpret technical information and translate it into practical guidance for non-specialists.
- Strong analytical and problem-solving skills, with the ability to draw evidence-based conclusions on occupational risks.
- Effective communication and stakeholder engagement skills, able to work collaboratively within multidisciplinary teams.
- Understanding of health surveillance principles and when they should be applied to support early detection of occupational ill health.
- Adapt and respond effectively when embracing new opportunities, change and in navigating uncertainty.
- Actively contribute as part of a team and work towards achieving team goals and outcomes.
- Take responsibility and demonstrate accountability in completing tasks and achieving objectives, actively seeking to resolve problems and identify opportunities.
- Committed to customer service and placing customer satisfaction at the heart of our success to ensure we deliver against our shared goals.
- Can work collaboratively within an evolving industry, gaining stakeholder confidence through understanding their goals and motivations and demonstrating credibility as an expert.
- Make timely, informed decisions taking account of the benefits and constraints involved.

Desirable

- Ergonomics degree or post graduate qualification

- Professional membership or working towards membership of a recognised body (e.g. BOHS – British Occupational Hygiene Society, chartered institute of ergonomics and human factors - CIEHF.)
- Experience within the rail industry and understanding of rail-specific risk profiles (e.g. track environment, depots, construction and maintenance activities).
- Familiarity with health risk profiling tools, hazard matrices or similar structured approaches to prioritising risk.
- Understanding of the relationship between occupational health, hygiene and wider health and wellbeing outcomes, including links to musculoskeletal disorders, fatigue and psychosocial risk.
- Experience contributing to technical guidance, standards or research outputs.
- Knowledge of data-led approaches to managing health risks, including use of monitoring data, trend analysis and reporting.
- Awareness of emerging occupational health risks and innovations (e.g. new technologies, evolving exposure risks, digital monitoring tools).