



Cardiff School of Health Sciences

Post Graduate Certificate | Post Graduate Diploma | Masters of Science

OCCUPATIONAL SAFETY, HEALTH AND WELLBEING



Accredited by the Institution of
Occupational Safety and Health



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

1 COURSE AIM & MODULE CONTENT

THE AIM OF THE PROGRAMME IS TO ENABLE PRACTITIONERS TO DEVELOP HOLISTIC APPROACHES TO ENHANCING ORGANISATIONAL SAFETY AND HEALTH THROUGH IMPROVED WORKER ENGAGEMENT AND WELLBEING.

The programme is designed to enhance the students current understanding and application of occupational health and safety management by enabling him or her to develop a more holistic approach to influencing worker and organisational performance through the contemporary concepts of worker engagement and wellbeing.



TAUGHT MODULES:

- **ASSESSING THE IMPACT OF WORK ON HEALTH (10 Credits):**

The aim of the module is to evaluate the positive and negative influences the workplace has on the safety and health of workers and evaluate the impact of emerging wellbeing issues.

- **APPROACHES TO IMPROVING WORKER SAFETY, HEALTH AND WELLBEING (10 Credits):**

The aim of this module is to critically assess the scope of workplace safety, health and wellbeing programmes and evaluate the evidence for creating an all-inclusive approach to improving safety, health and wellbeing at work.

- **HEALTH RISK PERCEPTION & COMMUNICATION (10 Credits):**

The aim of the module is to enable students to critically appraise the impact of psychological and psychosocial factors upon the perception and communication of and response to, a range of risks and threats to health and wellbeing.

- **PRINCIPLES AND PRACTICE OF RISK ASSESSMENT (10 Credits):**

The aim of this module is to enable the student to examine theoretical and practical approaches to risk assessment, hazard identification and risk control and to evaluate their impact on the improving safety, health and wellbeing performance in the workplace.

- **APPLIED RESEARCH METHODS AND DESIGN (20 Credits):**

Develop the qualitative and quantitative research skills necessary to undertake research and evaluate interventions and day-to-day practice.

- **INFLUENCING INDIVIDUAL AND ORGANISATIONAL BEHAVIOUR (10 Credits):**

The aim of the module is to enable students to compare and contrast approaches to influencing worker behaviour and evaluate their effectiveness in improving health, safety and wellbeing performance in the workplace.

- **EVALUATING SAFETY, HEALTH AND WELLBEING PERFORMANCE (10 Credits):**

The aim of the module is to enable the student to evaluate and improve the effectiveness of health, safety and wellbeing programmes through the appraisal of individual and organisational performance outcomes.

- **DEVELOPING SAFETY, HEALTH AND WELLBEING STRATEGIES & INTERVENTIONS (20 Credits):**

The aim of this module is to enable students to construct a strategic response and multidisciplinary approach to improving safety, health and wellbeing in the workplace.

- **WORKER ENGAGEMENT AND WELL-BEING (20 Credits):**

The aim of this module is to enable students to develop strategies for improving worker engagement and wellbeing and to critically evaluate their influence on organisational outcomes.

SUPERVISED RESEARCH MODULE:

- **RESEARCH PROJECT (60 CREDITS):**

The aim of the research project is to enable students to demonstrate the ability to design, plan, and undertake research in a relevant study area, and present the findings.

2 AWARDS AND EXIT ROUTES

- **Postgraduate Certificate** - ANY 60 credits of taught modules
- **Postgraduate Diploma** - ALL 120 credits of taught modules
- **Masters** - ALL 120 credits of taught modules and a 60 credit research project.
- **Individual credit and non-credit bearing CPD**

3 COURSE LENGTH & INTAKES

The following study periods are available. Each route includes 120 credits of taught delivery and 60 credits supervised research project.

FULL TIME (ONE YEAR)

Completion of all taught credits and research in one year (Research project completed in the UK)

FULL TIME (15 months to two years)

Completion of all taught credits in year one followed by a research project taking between 6 to 12 months (research projects can be completed inside or outside the UK).

PART TIME (Between two and three years)

Completion of all taught credits over two years followed by a research project taking between 6 to 12 months (research projects can be completed inside or outside the UK).

INTAKES FOR ALL ROUTES ARE EITHER SEPTEMBER OR JANUARY

The programme is designed so that modules can be taken in any order.



4 ACCREDITED DEGREE - ENTRY REQUIREMENTS

We welcome applicants from all sectors: public, private and the voluntary and independent sector. The programme retains an international focus, addressing occupational safety, health and wellbeing issues faced around the world, as well as in Wales and the UK.

Potential students are normally expected to have a degree in a discipline relating to occupational safety and health. However, candidates with other relevant qualifications and/or experience will be considered if they are able to demonstrate experience in occupational safety and health or an allied profession.





5 CONTINUOUS PROFESSIONAL DEVELOPMENT

If you are interested in developing your professional skills all modules can be taken as individual CPD modules.

Modules can be studied as both credit bearing modules which require submission of assignments and none credit bearing which do not require assignments to be completed. A certificate of attendance only will be issued for modules taken as none credit bearing.

An understanding of health and safety terminology is beneficial when undertaking modules as CPD.

6 RECOGNITION OF PRIOR LEARNING

Where applicable candidates may apply for exemption from modules through the Recognition of Prior Learning (RPL) process. This may include credit transfer from another level 7 programme, recognition of prior credited learning and recognition of prior experiential learning’.

Details of the RPL process can be found on the Cardiff Metropolitan University website.

7 ENGLISH LANGUAGE REQUIREMENTS

Candidates whose first language is not English must be able to demonstrate on entry English language proficiency at or equivalent to an IELTS score of at least 6.0.

Pre-sessional English courses are available through Cardiff Met University for those who do not initially meet the requirement.



8 UNIQUE BENEFITS TO STUDYING OCCUPATIONAL SAFETY,

IN ADDITION TO HIGH QUALITY TEACHING FROM AN EXPERIENCED TEACHING TEAM STUDENTS HAVE ACCESS TO A NUMBER OF UNIQUE BENEFITS:

✓ FREE ACADEMIC SUPPORT PRIOR TO STARTING THE PROGRAMME OR MODULES

Successful applicants for the full programme or CPD modules will be provided with access to a pre enrolment online academic skills development package.

The online learning tool will guide perspective students through the key skills needed to study at masters level. If you have not studied at masters degree level this short online course will introduce you to all the skills that you need, including finding and reading appropriate literature, academic writing, citing and referencing and critical thinking as well as much more.

✓ FOCUS ON WORKER WELLBEING AND ENGAGEMENT

The MSc Occupational Safety, Health and Wellbeing programme is unique as the focus is on not only improving safety and health of workers but also improving worker wellbeing - the balance between the challenges workers face and the resources available to meet those challenges – and worker engagement – creating a valued and passionate workforce.

✓ WORK PLACEMENTS AND WORK BASED LEARNING

Work placements and work based learning opportunities are integrated throughout the programme. Students are encouraged to undertake and complete work based projects as part of several module assessments.

For those not in work we have a Placement Coordinator who works with students to obtain short placements and longer term internships whilst studying on the programme



✓ PORTFOLIO OF TOOLS

During the programme you will be introduced to a range of practical administrative tools which you can use to develop, implement, evaluate and improve employer safety, health and wellbeing and organisational performance. This 'portfolio of tools' provides students with the potential to apply what they are learning in a practical context. .

HEALTH AND WELLBEING AT CMU

✓ INTERNATIONALLY RECOGNISED AND HIGHLY REGARDED QUALIFICATION

The programme, and MSc award is internationally recognised by government bodies, public and private sector and employers from many countries across the world, including amongst others, UK, Oman, Libya, Lebanon, Nigeria and Germany..

✓ CLOSE LINKS WITH INDUSTRY

The programme maintains a very close relationship with its students and its graduates. In many cases graduates are now in senior positions within industry and keen to continue their relationship with the programme through ongoing collaboration.

Industry links include:

- BAE Systems
- EnerSys – Battery Manufacturer
- Network Rail
- HM Prison Service
- Welsh Assembly Government
- Cardiff Council
- Vale of Glamorgan Council
- Travis Perkins
- Public Health Wales
- POBL Group
- Disney
- Aza Group - Petroleum sector (Cameroon)
- Averda - Waste Management (Lebanon)

✓ ACCREDITATION BY IOSH - GRADUATE MEMBERSHIP OF IOSH

The MSc Occupational Safety, Health and Wellbeing is accredited by the Institution of Safety and Health (IOSH). Students who successfully complete the PgDip element of the programme will be eligible for Graduate membership and will subsequently be able to begin the Initial Professional Development (IPD) stage of their progression to gaining Chartered status.

✓ IMPROVED CAREER POTENTIAL

The most recent IOSH salary survey (2012) indicates that the average salary for a Health and Safety professional with a master's degree qualification is £50,000. This is commensurate with senior level positions and £10,000 more than those with an undergraduate degree or equivalent qualification.

Students who have completed the MSc at Cardiff Metropolitan University have gained senior management and Director Level positions. Other students have gone on to undertake a PhD or lecturer at university.



9 ADDITIONAL KEY FACTS

➤ **Accreditations: Institution of Occupational Safety and Health (IOSH)**

All modules have been mapped against Institution of Occupational Safety and Health (IOSH) Higher Level Qualification Accreditation Framework 2013.

➤ **Campus:** Llandaff Campus, Western Avenue, Cardiff

➤ **Modes of Study:**

The MSc includes both weekly afternoon and / or evening taught sessions, one and two-day block taught sessions and flexible and distributed learning sessions.

(See Appendix 1 for the typical time table).

➤ **Assessment:**

The programme is assessed by coursework. Examples of assessment tasks include reports, essays, case studies, oral presentations and an academic poster. Assessment tasks encourage students to select specific topics of study that are relevant to them and their practice.

10 HOW TO APPLY

Applications for this course should be made direct to the university. For further information please visit our How to Apply pages at www.cardiffmet.ac.uk/howtoapply

INTERNATIONAL STUDENTS:

Cardiff Metropolitan University is renowned for the support we give to international students. For further information about what support is on offer please go to www.cardiffmet.ac.uk/international/study/Pages/default.aspx

COST:

Full details on the cost of studying part or full time and as standalone CPD modules are available via the university finance website, select 'Tuition Fees' on the right of the page.

Please note: Unless otherwise stated the fee amount is the total cost of the entire programme.

STUDENT LOANS, SCHOLARSHIPS AND BURSARIES:

Postgraduate loans are available for studying at masters level. For more details, please go to Postgraduate student loans, scholarships and bursaries.

11 CONTACT US

For general enquiries please contact the Student Recruitment Team on **029 2041 6044** or email courses@cardiffmet.ac.uk

FOR COURSE SPECIFIC ENQUIRIES, PLEASE CONTACT:

Stuart Scott, Programme Director - Email: sscott@cardiffmet.ac.uk | Tel: **029 20 41 6872**

12 GRADUATE COMMENTS

My masters gave me a chance to open up debate, dig a little deeper and consider resourceful ways to implement health and safety strategies in different industries

DEAN BARNETT -
MSc OCCUPATIONAL HEALTH AND
SAFETY GRADUATE



Why did you choose this course over any alternatives?

One of the most attractive things about the course is its over-arching, strategic approach to management of health, safety and wellbeing in the workplace.

How did you find the support from teaching staff?

Second to none. Always available, good practical support and a friendly, but professional teaching approach.

CHRIS GARLICK (HEALTH AND SAFETY
MANAGER) - STUDENT 2017



The programme equipped me with the necessary knowledge to work within any health and safety management system, better yet to develop a system from scratch. As soon as I finished my degree, I was able to start my Health and Safety career in an OHSAS certified organisation.

DANIAH TURJMAN - ENVIRONMENTAL
HEALTH AND SAFETY SPECIALIST,
LEBANON - 2015 GRADUATE

If you had to describe the benefits of doing the MSc OHSW course in one sentence what would you say?

The knowledge gained is up to date and relevant to today's workplace and those of the future. Tutors and support provided has been second to none. Thoroughly enjoyed it. Hard work but worth it.

CATHY FISHER - STUDENT 2017



Weekly afternoon and/or evening taught sessions and one and two-day block taught sessions require attendance. Taught sessions are highlighted in grey in table 1 – Modes of Delivery

APPENDIX 1 - MODES OF DELIVERY

TERM 1 (October to December)

TERM 2/3 (January to April)

Applied Research Methods & Design (20 Credits)

Flexible and Distributed learning	Taught Session October - 1 x Saturday 9am to 4pm	Flexible and Distributed learning	Flexible and Distributed learning
Assessing the Impact of Work on Health (10 Credits)	Approaches to Improving Worker Safety and Health (10 Credits)		
5 Weeks - Tuesday 4:15pm to 7:15pm			

**YOU'VE SAID...
WE'VE LISTENED**
Flexible learning modules will
be available soon, contact
Stuart Scott for further details. ✉
sscott@cardiffmet.ac.uk
☎ 029 2041 6872

		Health and Interventions (10 Credits)	
		5 Weeks - Thursday 2pm to 4pm	
		Worker Engagement and Well-being (20 Credits)	
	January - 1 x Friday & Saturday 9am to 4pm	Flexible and Distributed learning	April - 1 x Friday & Saturday 9am to 4pm

OHS7008 Research project module (60 Credits)

Two ½ day workshops Dates vary depending on intake date	Meetings with supervisor as and when required
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