



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd



Accredited by the Institution of
Occupational Safety and Health

Post Graduate Certificate | Post Graduate Diploma | Masters of Science

OCCUPATIONAL SAFETY, HEALTH AND WELLBEING

CARDIFF SCHOOL OF SPORT & HEALTH SCIENCES

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:

- **OSH7017 WORKER SAFETY, HEALTH AND WELLBEING (20 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 evidence for creating an all-inclusive approach to improving safety, health and wellbeing at work.

- **FST7008 RISK PERCEPTION, ASSESSMENT & COMMUNICATION (20 Credits):**

The aim of the module is to enable the student to evaluate the impact a wide range of factors including psychological and psychosocial influences have on the perception, assessment and communication of risk. The module will include hazard identification, risk assessment, mitigation factors and their general impact on safety, health and wellbeing.

- **SHS7000 APPLIED RESEARCH METHODS AND DESIGN (20 Credits):**

The aim of the module is to enable students to develop their research skills in order to apply principles of evidence-based practice, and design and carry out robust research projects.

- **OSH7018 DEVELOPING INTERVENTIONS & INFLUENCING BEHAVIOUR (20 Credits):**

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

- **OSH7012 MEASURING SAFETY, HEALTH AND WELLBEING PERFORMANCE (20 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.

- **OSH7015 WORKER ENGAGEMENT AND WELLBEING (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.

- **OSH7016 RESEARCH PROJECT (60 Credits):**

The aim of the module is to enable students to design, plan, undertake and present research in a relevant study area, demonstrating a systematic understanding and critical awareness of their discipline and area of professional practice.

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 (Between one and 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 above the course requirements. Details of the IELTS level can be found on the Programme Website.

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:

✓ ACADEMIC SUPPORT UPON STARTING THE PROGRAMME OR MODULES

Prior to starting lectures successful applicants will be invited to attend a series of face to face taught academic skills development sessions. Designed to help develop academic skills and improve confidence and ability to study at Masters Level, the sessions are an invaluable tool for both those returning to academia and those who have entered via the professional experience route. The sessions culminate in the completion of a practice essay where each student is provided with personal feedback by their personal tutor.

Applicants completing modules as CPD will be invited to complete a shorter online academic skills development package.

✓ 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 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 Office who work with students to potentially obtain placements 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. .

✓ 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, India 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 sectors such as:

- Waste and recycling industry
- Heavy industry
- Oil and gas
- Manufacturing
- Public sector
- Health care
- Transport

✓ 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 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.

➤ **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



Why did you choose this course over any alternatives?

The programme allowed me to develop an in-depth knowledge of key health and safety topics such as Risk Management, Improving safety culture and other interventions for a safer workplace.

I am now working as a Health and Safety Compliance Co-ordinator at Celsa Steel UK - I am involved in a legal compliance project examining practical approaches to health and safety. I can confidently say that I wouldn't have secured this role without my MSc from Cardiff Met.

NIREEKSHA NADIG

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)

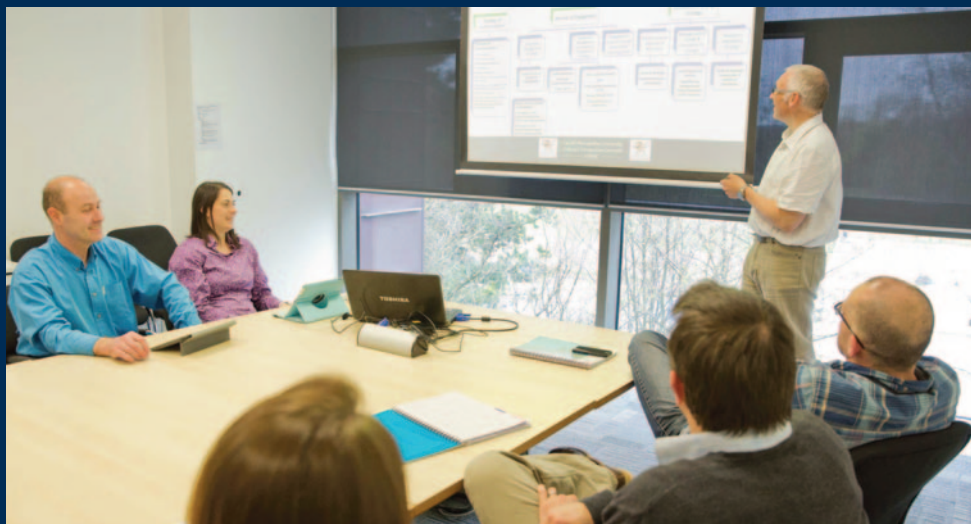


If you had to describe the benefits of doing the MSc OHSW course in one sentence what would you say?

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





MODES OF DELIVERY

FACE TO FACE LECTURES

- Discussion with peers
- Theory and practical sessions



BLENDED LEARNING

- Face to face sessions
- Online learning material
- Flexible approach



DISTANCE LEARNING **In Development**

- Fully online
- Flexible approach



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