



Supporting teachers' wellbeing

A CLEAR GUIDE TO OCCUPATIONAL HEALTH

Your health matters. Occupational Health can help you stay at work safely, return after illness and secure practical support when health affects your role.



Occupational Health is there to support you - with confidential, work-focused advice when a health condition, illness or stress is affecting your job.

UNDERSTANDING OH

What is Occupational Health?

Occupational Health (OH) is a confidential service that considers how your health affects your work. It provides assessment, advice and recommendations to support safe working, workplace adjustments or a return after illness.

CONFIDENTIAL

PRACTICAL

WORK-FOCUSED

RECOGNISE THE SIGNS

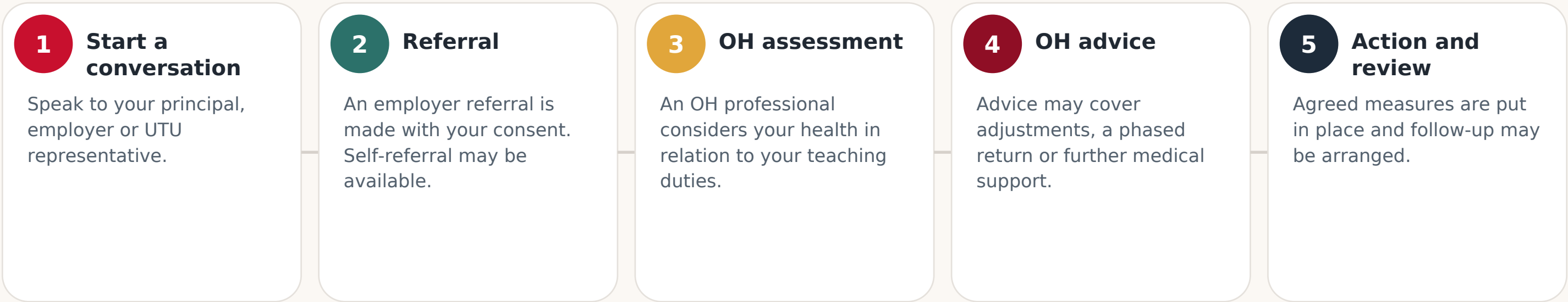
When might OH support help?

- Illness absence of around four weeks or longer
- A recurring health issue is affecting your work
- You may need workplace adjustments
- You are planning a phased return to work
- Workplace stress or mental health concerns are affecting you

YOUR ROUTE TO SUPPORT

How Occupational Health works

The exact process may vary by employer, but these are the usual steps.



PRACTICAL OUTCOMES

Support OH may recommend

- ✓ Workplace adjustments
- ✓ A safe, phased return
- ✓ Further medical support
- ✓ A follow-up review

YOUR WELLBEING

What this means for you

- Tailored advice for your health and role
- Support returning after illness or injury
- Guidance to help you work safely and thrive

Privacy matters: OH should explain what information and recommendations will be shared in its report to your employer.

You do not have to navigate this alone.

If health is affecting your work, contact your UTU representative. Your union is here to support you at every step.

