

OH Training

HSE TRAINING CURRICULUM

Access:

- [The Knowledge Development paths recommended by the Industrial HSE](#) for people having an HSE role throughout the Group
- The Training Curricula in Occupational Health: [for Physicians](#) / [for HSE stakeholders on Sites & HSE corporate](#)

Title (and hyperlink)	Description
Occupational Health Essentials and Solvay requirements	
Solvay Occupational Health Essentials	<i>PPT presentation; in English only</i> Why do we need to address Occupational Health (OH)? What are: the Solvay group requirements in OH; the risk-based medical surveillance; Human Biomonitoring of exposure; Wellbeing at work; the OH indicators?
Solvay Requirements in Occupational Health: Onboarding IND-HSE-OH-08-PRO	<i>PPT presentation; in English only</i> This onboarding presentation help Sites getting compliant with the Group requirements in OH (described in the HSE procedure IND-HSE-OH-08-PRO) or identifying remaining gaps in local OH practices
Wellbeing at work & stress prevention at Solvay	
Solvay WellBeing@Work Awareness (for all employees)	<i>30 minutes video session; available in 15 languages</i> What is Well-Being?; What is stress?; The signs of stress and how to cope with it? What are the risk factors and protective factors to prevent stress at work?
Wellbeing @Work at Solvay	To provide a work environment where mental health and wellbeing can thrive, we are committed to minimizing the bad and promoting the good. To put words into action, you'll find on these pages initiatives, actionable insights, trainings and tools for you, as an employee or as a manager.
Tools for bringing people and teams together	This page presents five "care and collaborate" tools to help managers and teams to stay close and connect better in times of crisis, to improve their ability to work and collaborate remotely while preserving their well-being and mental health.
Resilience in changing times (for all employees)	<i>Webinar 1h30; available in 5 languages (EN, FR, IT, PT, ES)</i> At the end of this webinar you will be able to have some answers to: How can I deal with high uncertainty and change fatigue? How can I understand and manage my emotions and those of others? What can I do to live through changes and difficult times more smoothly?
Leading with wellbeing mindset (for managers)	<i>Workshops 2h30; in presential or virtual.</i> One of our shared goals of Better Life at Work is to equip our leaders with a wellbeing mindset in their role and responsibility, determining and activating key well-being drivers for their teams to navigate uncertainty.
Managing your remote team more inclusively: Knowledge burst (for managers)	<i>Webinar 15 min; in English only</i> Quickly get up to speed on leading hybrid teams inclusively. In a time of accelerating change, technology has completely restructured where, when, and how work gets done. As with fully on-site teams, it's possible to develop an innovative, collaborative, and inclusive hybrid team environment, but managers need the right tools and skills. This Knowledge Burst includes two downloadable tools...
Health promotion	Any activity that seeks to improve a person's or population's health by providing information about, and increasing awareness of, good behaviors to be healthy as well as at-risk behaviors associated with various diseases (with the intent of reducing them)

Additional information/training on WBAW proposed by external sources	Better Life at Work Managing stress
First aid & emergency response	
<u>Cardiopulmonary resuscitation (CPR)</u>	<i>9 minutes video session from the British Heart Foundation; in English only</i> What to do in case someone has a cardiac arrest or heart attack? How to do CPR?

Your regional Medical Coordinator



OH Homepage