



# Publications Catalogue

Updated January 2025

A compilation of publications produced by  
The Society of Occupational Medicine



Click on the publication titles to access the documents.

## Contents

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Contents .....	2
Careers in OH .....	3
Construction .....	3
Diversity, Inclusion, and Improving Workplaces .....	3
Driving.....	3
Drugs and Alcohol .....	3
Hand-Arm Vibration Syndrome (HAVS) and Related Conditions .....	3
Long COVID .....	3
Mental Health and Wellbeing .....	4
Musculoskeletal Health.....	4
Neurodiversity .....	4
Noise-Induced Hearing Loss (NIHL).....	4
Occupational Health Service Management.....	5
Occupational Health Value and Advocacy .....	5
Organisational Change and Remote Work.....	5
Professional Conduct.....	5
Radiation Medicine.....	5
Skin Health.....	5
Sleep .....	5
COVID-19.....	6
Special Interest Groups (SIGs).....	6

*SOM guidelines and publications advise the Occupational Health and wider work and health community on how best to apply statutory guidance such as from the Health and Safety Executive (HSE). If you or your organisation has concerns about the impact of HSE and statutory guidance, representations should be made directly to the HSE and statutory organisation concerned.*



## Careers in OH

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### Career Path of Occupational Health Technicians

Published: March 2024

Head to [www.som.org.uk/careers](http://www.som.org.uk/careers) for more helpful resources.

## Construction

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### Construction Worker Health Assessment Guidance

Published: December 2021

## Diversity, Inclusion, and Improving Workplaces

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### Creating better quality work and workplaces

Published: 2021

### Supporting businesses to build back better: The benefits of age diversity

Published: 2020

### Supporting your approach to workplace diversity and inclusion

Published: 2021

## Driving

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### Driving and Occupational Health: An essential guide

Published: August 2024

## Drugs and Alcohol

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### Top 10 tips for meeting drug and alcohol legal requirements for happy and healthy workplaces

Published: May 2022

## Hand-Arm Vibration Syndrome (HAVS) and Related Conditions

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### Carpal Tunnel Syndrome and Work with Hand-Held Vibrating Tools

Published: January 2022

### Dupuytren's Disease (DD) and Work with Hand-Held Vibrating Tools

Published: 2022

### Hand Arm Vibration Syndrome (HAVS) and Whole Body Vibration (WBV)

Published: September 2023

### Hand-Arm Vibration Syndrome (HAVS) Special Interest Group Delphi Study

Published: January 2024

ISBN 978-1-3999-8778-3

### The Identification and Management of Hand Arm Vibration Syndrome (HAVS)

Published: 2019

*Revised in March 2023 v21*

### Nerve Conduction Studies (NCS) in Workers Exposed to Hand-Transmitted Vibration (HTV) Referral Criteria and Interpretation of Results

Published: May 2023

### Staging of Hand Arm Vibration Syndrome

Published: July 2022

### Use of Photography in the Diagnosis and Staging of Hand Arm Vibration Syndrome (HAVS)

Published: February 2023

## Long COVID

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### Long COVID and Return to Work – What Works?

Published: August 2022

### Long COVID Infographic

Published: February 2024

### Long COVID A Manager's Guide

Published: April 2024

### Long COVID Myth Buster

Published: March 2024



## Mental Health and Wellbeing

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**A framework for managing the sudden and unexpected death of a colleague in a primary care setting**

Published: December 2024

**Burnout in healthcare: risk factors and solutions**

Published: July 2023

**The Future of Work, Health, Wellbeing and Sustainability: Time to Act on Climate and Health**

Published: 2022

**Looking after your mental wellbeing A guide for Occupational Health Practitioners**

Published: September 2018

**Managing stress, burnout and fatigue in health and social care**

Published: 2021

**Mental health and the workplace A guide for line managers**

Published: 2019

**Mental Health Support for Small Business Owners and Team Leaders**

Published: 2021

## Musculoskeletal Health

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**Better Musculoskeletal Health for Anaesthetists**

Published: June 2021

**Identifying work-related training and resources for workplace professionals**

Published: January 2024

## Neurodiversity

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**Evaluating and supporting Neurodifferences at work**

Published: March 2022

ISBN 978-1-3999-2138-1

**The Mental Health and Wellbeing of Nurses and Midwives in the United Kingdom**

Published: July 2020

**Responding to the death by suicide of a colleague in Primary Care: A postvention framework**

Published: July 2020

Updated: January 2025

**Supporting workplace mental health and wellbeing in COVID-19 and beyond**

Published: 2021

**The value of OH and HR in supporting mental health (Public)**

Published: 2023

**What could make a difference to the mental health of UK doctors? A review of the research evidence**

Published: September 2018

**The Musculoskeletal (MSK) Health Toolkit for Employers and Further Education Institution**

Published: 2022

## Noise-Induced Hearing Loss (NIHL)

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**Position Statement on the Implementation of HSE Noise Health Surveillance Guidance**

Published: May 2023

**Supplementary Guidance on Interpreting an Audiogram for Indications of Occupational Noise-Induced Hearing Loss (NIHL)**

Published: May 2024

Revised in September 2024



## Occupational Health Service Management

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**Buyers' guide Wellbeing products or services**

Published: September 2024

**Considerations When Purchasing Occupational Health Software**

Published: July 2024

**Guidance as to an Occupational Health report to management**

Published: January 2020

**Suggested steps to take when commissioning an occupational health service**

Published: January 2019

## Occupational Health Value and Advocacy

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**The Future of Occupational Health – building wellbeing into organisational life**

Published: July 2019

**Occupational Health: The Global Evidence and Value 2018**

Published: April 2018

**Occupational health: the value proposition (2017)**

Published: May 2017

**Occupational Health: The Value Proposition**

Published: March 2022

**Universal access to OH – Position Statement (Public)**

Published: 2019

**The Value of Occupational Health Research History, Evolution and Way Forward**

Published: June 2019

**The Value of Occupational Health to Workplace Wellbeing**

Published: December 2019

## Organisational Change and Remote Work

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**Managing change – restructuring, redundancy, and homeworking**

Published: 2021

**Meeting the impact of home learning on parents and employers**

Published: February 2021

## Professional Conduct

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**Social media guidance for health professionals**

Published: 2019

## Radiation Medicine

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**Knowledge and Skills Guidance for an Occupational Physician with a Specialist Interest in Radiation Medicine (OPSIRM)**

Published: February 2023

## Skin Health

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**Managing Skin Health at Work A Practical Guide for Those Managing Occupational Skin Disease and Those Undertaking Skin Health Surveillance**

Published: November 2023

## Sleep

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**What might best practice look like for managing good sleep practice for night workers at work?**

Published: September 2022





## COVID-19

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### COVID-19 Guidance Occupational Health and Staff Deployment

Published: 2020

### COVID-19 return to work guide For recovering workers

Published: 2021

### COVID-19 return to work guide For health professionals advising patients and employers

Published: 2020

### COVID-19 Infection Control Measures in Occupational Health settings

Published: November 2020

### COVID-19 return to work in the roadmap out of lockdown: guidelines for workers, employers and health practitioners

Published: March 2021

### COVID: Return to work guide for managers

Published: 2021

### Developing a COVID-19 secure mental health and wellbeing strategy

Published: 2021

### Home Working and Display Screen Equipment (DSE) during COVID-19 Factsheet

Published: 2020

### Presenteeism during the COVID-19 pandemic Risk factors and solutions for employers

Published: May 2021

### Returning to the workplace after the COVID-19 lockdown A toolkit

Published: May 2020

### Sustaining Work-Relevant Mental Health Post COVID-19 Toolkit

Published: June 2020

## Special Interest Groups (SIGs)

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SOM members have the opportunity to join Special Interest Groups (SIGs). These tackle pressing issues facing occupational health today and provide SOM members with opportunities to explore areas not necessarily covered through their training. They are an opportunity to agree best practice, enable networking and provide an invaluable source of expertise. Here are details of current SIGs:

- Allied Health Professional
- Construction Worker Health Assessment
- Dip Occ Med
- Drugs and Alcohol
- Functional Assessment
- HAVS
- Leadership
- Long Term Conditions
- Mental Health
- Mining
- Neurodiveristy
- Noise Induced Hearing Loss
- Nuclear Industry Ionising Radiation Occupational Health Professionals
- Occupational Health Technicians
- Occupational Health and Work Psychology
- OH Marketing
- Pensions
- Portfolio/CESR support group
- Skin

SOM also hosts wider groups, that include non-SOM members, such as:

- MSK at Work Network
- Sleep and Work steering
- The Independent Academic Forum on Work and Health



## About the SOM

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The Society of Occupational Medicine (SOM) is the largest and oldest national professional organisation of individuals with an interest in occupational health (OH). Membership is for anyone working in and with an interest in OH. Members are part of a multidisciplinary community –including doctors, technicians, nurses, health specialists and other professionals – with access to the information, expertise and learning needed to keep at the forefront of their role. Members benefit from career development opportunities alongside practical, day-to-day support and guidance, through local and national networks that are open to all. Through its collective voice, SOM advances knowledge, increases awareness and seeks to positively influence the future of OH.

You can view SOM's membership leaflet [here](#) and for nurses [here](#).

Access to Insurance for nurses - to find out more [click here](#).

Insurance for doctors - a 5% discount on an already very competitive subscription level with MDDUS. View the leaflet [here](#).

### Professional Partner Membership

Work in HR, Wellbeing, Employee assistance or responsible for workplace health? SOM is delighted to launch Professional Partner Membership, to keep you up to date with the latest workplace health resources and guidance –from mental health to neurodiversity and Long COVID. For only £50 per year, membership offers knowledge, tools, and connections to help you do the best job you can in improving health and work. It is not open to occupational health or other health professionals who are welcome to Join as Full, International, Student or Associate members. Benefits:

- A curated monthly update with key resources and guidance
- Discounts on SOM events including six free webinars a year
- Exclusive workplace health offers
- Invitation to the SOM Christmas drinks and Awards

The introduction of this new membership category demonstrates SOM's commitment to supporting as many organisations and people as possible in its aim to improve workplace health for all.

[www.som.org.uk](http://www.som.org.uk)

Queries? Email [admin@som.org.uk](mailto:admin@som.org.uk)



Supporting occupational health  
and wellbeing professionals

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