

Health and Safety Career Starter Checklist

1. Understand the Health and Safety Field

- ☐ Research different career paths (Occupational Health & Safety, Environmental Health & Safety, Construction Safety, etc.)
- ☐ Learn about industry regulations and workplace safety standards
- ☐ Identify key responsibilities of health and safety professionals

2. Obtain Necessary Education

- ☐ High school diploma (minimum requirement for some entry-level jobs)
- ☐ Pursue a degree or diploma in Occupational Health & Safety, Environmental Science, Public Health, or a related field
- ☐ Enroll in online courses or training programs if changing careers

3. Earn Essential Certifications

- ☐ OSHA 10/30-Hour Training (Occupational Safety and Health Administration)
- ☐ NEBOSH General Certificate (widely recognized worldwide)
- ☐ Certified Safety Professional (CSP)
- ☐ First Aid and CPR Certification
- ☐ Any industry-specific certifications (e.g., CIH for industrial hygiene)

4. Develop Key Skills

- ☐ Learn risk assessment and hazard identification
- ☐ Improve communication and training skills
- ☐ Gain knowledge of safety laws and compliance standards
- ☐ Enhance problem-solving and analytical thinking
- ☐ Develop report-writing and record-keeping abilities

5. Gain Practical Experience

- ☐ Seek internships or entry-level positions in health and safety
- ☐ Shadow experienced professionals
- ☐ Participate in workplace safety audits and inspections
- ☐ Volunteer in safety-focused initiatives

6. Network with Professionals

- ☐ Join professional organisations (IOSH, NSC, BCSP, etc.)
- ☐ Attend health and safety workshops, conferences, and events

- ☐ Connect with industry professionals on LinkedIn

7. Apply for Health and Safety Jobs

- ☐ Create a resume and highlight relevant education and experience
- ☐ Search for entry-level roles such as Safety Technician, Health & Safety Coordinator, or Compliance Officer
- ☐ Prepare for job interviews by studying common safety-related questions
- ☐ Use job search platforms like LinkedIn, Indeed, and Glassdoor

8. Continue Learning and Advancing Your Career

- ☐ Stay updated with industry regulations and best practices
- ☐ Attend additional training, workshops, or courses
- ☐ Consider pursuing an advanced certification or master's degree
- ☐ Aim for career progression into senior safety management roles