



Having completed Sixth Form in June 2009, leaving school with 13 GCSEs and 3 A-Levels, I never thought I'd become a Health & Safety Advisor working for the luxury car manufacturer Aston Martin Lagonda...

In July 2011, I began my career path as a Health and Safety Practitioner working within the Leisure Industry as a Duty Manager/Health & Safety Coordinator at my local Leisure Centre in Shipston-on-Stour, South Warwickshire. During this time, I gained a basic understanding of managing Health and Safety within my workplace after gaining my IOSH Managing Safely qualification accompanied with some in-house training on understanding and following my employer's Health & Safety Management System. Over a period of time, I enjoyed conducting the duties attached to the role and increased my site's internal safety audit score from 94, to 100% compliance.

I enjoyed the Health & Safety element of responsibility within my role so much, I decided to take my career a step further by self-funding the NEBOSH National General Certificate in Occupational Health and Safety which broadened my knowledge and competence of managing Occupational Health and Safety to a whole new level. I'd discovered a new passion for helping people understand the importance of looking after their own safety and health within the workplace environment primarily for the benefit of themselves, but also the organisation as well. During my NEBOSH course I discovered more about the professional organisation 'IOSH' and how it could offer support and other benefits to Health and Safety Practitioners. I researched IOSH through the institute's website and decided to join and become a member at the entry level 'Affiliate'. Whilst having access to a variety of online resources and learning about various case studies and other news articles via IOSH's SHP magazine subscription, I decided to apply for a membership upgrade to 'Technical' in compliance with the criteria, 3 years experience gained working within a Safety role with a suitable qualification demonstrating competence.

After receiving my membership upgrade I was now required to maintain a CPD. On the IOSH website there was a CPD event advertised at Lutterworth, which is where I met the event organiser and Chairman of the IOSH Mid Shires Branch, *Les Pearce (CMIOSH)*. As an ambassador of IOSH, Les gave

me a warm welcome and invited me to the Mid Shires Branch meetings held monthly at the Dunchurch Park Hotel explaining the advantages of attending which would help further enhance my knowledge of safety and health topics across various industries, networking opportunities with fellow practitioners and my IOSH CPD. The meetings proved extremely valuable to me as a member and gave me the opportunity to not only share best practice with others, but also continue to learn what best practice looks like surrounding various subjects, across multiple industries.

In September 2015 I joined a Stationery Wholesale Company within the Logistics industry working as a Health and Safety Advisor, supporting sites with the H&S management system across their UK Distribution Centres. Within this role I was responsible for ensuring that the Group QSHE Management Systems were correctly implemented and maintained across my respective sites with duties including; supporting site management teams with Health & Safety, driving improvements to enhance the workforce health and safety culture, assist with managing corrective and preventative actions through to completion, chairing safety meetings, reviewing accidents and near misses, ensuring implementation of workplace risk assessments and safe systems of work and much more.

Approximately 12 months later around September 2016, I was approached by Les Pearce, Chairman of the IOSH Mid Shires Branch, who asked me if I would be interested in contributing to the continuous improvement of the branch by joining the committee, of which I was only too pleased to accept. I currently sit on the executive committee as Shadow Communications Officer helping keep the IOSH Mid Shires website up to date as well as the branch Linked-in social media Group and general communications to the branch members/associates.

Most Recently, in February 2017, I accepted an exciting new position working at Aston Martin Lagonda Ltd (AML) as a Health and Safety Advisor assisting with its production operation at its main manufacturing facility based in Gaydon, Warwickshire. During the application process, I was extremely excited at the prospect of working not only for a prestigious British luxury automotive manufacturer, but also working with a world class recognised Health and Safety Management System which had achieved 5 Swords of Honour and various International Safety Awards through the British Safety Council over the past 5 years, not to mention the prospect of playing a small part in helping to put the world's most famous secret agent in his mode of transport!



*Pictured above: Tom Presenting a Work Group Area with a Monthly Health & Safety Award*

What I enjoy most about the job is the problem solving element whilst helping and interacting with employees at all levels within the organisation, from senior Directors to the Technician on the shop floor. Despite some of the negative stigma surrounding Health & Safety which still exists in some workplaces, Health & Safety to me is an enabler, rather than a disabler which people sometimes still perceive and this I believe is down to a lack of education/understanding in how it can help rather

than 'block'. I fully support and promote IOSH's Work 2022 campaign to promote Health, Safety and Wellbeing in the workplace and feel this campaign needs to spread through all businesses not just in the UK, but across the globe. Health & Safety is about the *welfare and wellbeing of people*, this should never be lost sight of, by anyone. Health & Safety is everyone's responsibility to one another, which I promote within my organisation every day to create a collaborative positive culture amongst the workforce.

My vision for the future is to become a Chartered Health & Safety Professional, enhancing my competency, knowledge and understanding of what outstanding Health & Safety Management looks like. I hope to achieve this through attaining the NEBOSH National Diploma in Occupational Safety & Health, which I start in March 2018, along with the support of my professional mentor, *Andrew Butler (CMIOSH)*.

AML has recently been awarded its sixth consecutive sword of honour demonstrating exceptional commitment and management of Health & Safety within the workplace, something I find extremely special to be part of and will endeavour to help maintain in future years to come. Having worked at AML for 10 months now and learnt so much in such a short space of time, I am proud of my achievements to date and very excited about my future within Occupational Safety and Health, so my journey continues...

**Tom Lane** TechIOSH | Health & Safety Advisor  
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