

Continual Professional Development FAQ



What is CPD?

Continuing Professional Development (CPD) is an online diary which is used to track career progress and professional development.

What counts as a CPD activity?

It is an activity that helps you work towards your professional development. This can include negative experiences.

For example, a CPD activity can be:

- a qualification
- reading an article in IOSH Magazine
- reading an update on the HSE website
- attending an IOSH branch event
- voluntary work
- a task at work.

What does IOSH require from me regarding my CPD?

At least six CPD activities must be completed per 12-month period and the Development Plan must be updated at least once every six months.

I already have a CPD record with another organisation.

Do I have to complete the IOSH CPD as well?

Yes, all Technical, Graduate, Chartered and Chartered Fellows are required to complete the online IOSH CPD as part of the Royal Charter

How long does a reflective statement need to be?

There is no exact specified length for a reflective statement, but as a guideline two paragraphs should be enough, as long you cover the following points:

- what the activity was
- why you did it
- what you learned from the activity
- how you will use this knowledge in future.

This will create an accurate Reflective Statement

Do I need to supply evidence to support my activities?

You are welcome to upload evidence to support your activities, but this is not mandatory.

Can I backdate my CPD activities?

Yes, you are welcome to backdate your CPD activities but your CPD will only be audited from the date you joined IOSH.

What do a typical CPD Development Plan and activity look like?

Please click [HERE](#) for the CPD guidance which includes an example of a Development Plan and an activity