

My Career in OH

(Getting paid to watch people work in a career where common sense matters)

Dr Lucy Wright BMed Sci BMBS FFOM

My job history

Started thinking about OH after working in a respiratory unit in Middlesbrough in the mid 1980s

Got my Certificate in OH (qualification no longer exists) in late 1980s

Training role working for HSE got MFOM and worked in field and in policy unit eventually promoted to SEMA

Moved to BP – there 10 years UK, Europe, USA, management training Harvard, Stamford and Columbia Universities

Moved to outsource provider as local clinic doctor, eventually promoted to CMO and after management buy out Company Director (along the way CMO for Network Rail)

Left to become self employed Jan 2020! Worked NHS OH 2020 – end 2021 then retired.

Also Chief Examiner for the Diploma in Occupational Medicine- left 2021

Thoughts on a career in OH

Best question I was ever asked – “Do you want people to like you?”

Best accolade I ever got – from Union Rep “Hard but fair”.

Most interesting part of the job – site visits

Most rewarding part of the job – helping people with severe disabilities to remain in work

What I found tedious – sickness absence cases with stress because people didn't like their job

Why choose OH – interesting career, chance to build your own job, flexible



Questions?

