

Could your experience lead to a career in health and safety?

Use this short workbook to identify your transferable skills, connect them to health and safety work, and plan your next steps.

TRANSFERABLE SKILLS CHECK

Communication

Regularly ☐Some experience ☐

Explaining procedures, risks and health and safety information clearly to different audiences.

Your example:

Risk awareness

Regularly ☐Some experience ☐

Recognising hazards, considering who may be harmed and helping assess suitable controls.

Your example:

Incident investigation

Regularly ☐Some experience ☐

Gathering information, identifying underlying causes and helping prevent recurrence.

Your example:

Report writing

Regularly ☐Some experience ☐

Recording findings and recommendations clearly to support action and demonstrate compliance.

Your example:

Training and coaching

Regularly ☐Some experience ☐

Helping colleagues understand procedures and put safe working practices into action.

Your example:

Leadership and influence

Regularly ☐Some experience ☐

Encouraging safer behaviour, challenging decisions constructively and gaining support for improvements.

Your example:

Contractor coordination

Regularly ☐Some experience ☐

Communicating requirements, checking arrangements and supporting safe systems of work.

Your example:

Decision-making under pressure

Regularly ☐Some experience ☐

Assessing changing circumstances and making proportionate, informed decisions.

Your example:

PRIORITISE YOUR EVIDENCE

Which three skills could you support with your strongest real examples?

1.
2.
3.

CAREER-BACKGROUND MAPPING

See how experience from different backgrounds may already be relevant to health and safety work.

YOUR BACKGROUND	EXPERIENCE YOU MAY ALREADY HAVE	POSSIBLE AREAS TO RESEARCH
Construction	Risk assessments, safe systems of work, contractor coordination, site procedures.	Site safety roles, construction safety, CDM-related career paths.
Facilities management	Premises maintenance, contractors, fire safety, statutory checks.	Facilities safety, compliance, workplace inspections.
Manufacturing	Machinery, hazardous substances, production processes, safe systems of work.	Operational safety, process safety, compliance.
Human resources	Policy development, investigations, employee wellbeing, training.	Safety culture, wellbeing, psychosocial risk, policy roles.
Operations	Process management, incident escalation, teams, continuous improvement.	Safety coordination, operational risk, compliance.
Education	Training delivery, supervision, safeguarding, risk assessments.	Health and safety training, education-sector safety, compliance.
Hospitality	Team supervision, food safety, fire safety, incident response.	Operational safety, compliance, multi-site safety.
Emergency services	Risk assessment under pressure, procedures, incident response, training.	Operational safety, risk management, compliance.
Armed forces	Risk assessment, procedures, leadership, training, decisions under pressure.	Operational safety, compliance, training roles, From Service to Safety.

Leaving the armed forces?

Eligible service leavers and veterans may be able to access training and career support through From Service to Safety, referred through the Career Transition Partnership.

NEXT-STEP PLANNER

Turn what you've identified into a short action plan.

MY TARGET

A health and safety role or area I want to investigate:

WHAT I ALREADY BRING

My three strongest transferable skills, and one example for each:

1. Skill:		Example:	
2. Skill:		Example:	
3. Skill:		Example:	

WHAT I NEED TO DEVELOP

Knowledge or experience gaps I have identified:

Relevant experience I could seek in my current workplace:

Training or qualifications I need to research:

MY FIRST THREE ACTIONS

1.
2.
3.

EXPLORE YOUR NEXT STEP

[Read our guide to building a career in health and safety](#)

[Explore NEBOSH courses](#)

[Learn about the NEBOSH National General Certificate](#)

[Discover From Service to Safety](#)

Eligibility applies to From Service to Safety — see the page for full details.

A note on this workbook

This workbook is intended to help you reflect on your experience and research possible career routes. Transferable skills alone may not meet the competence, experience or qualification requirements of a particular role.