

# Why join us?

Do you want a career in health and safety? Do you have health and safety responsibilities as part of your job? Or do you want to keep in touch with developments in the industry so that you make the right business decisions? There are lots of reasons why you should become a member of IOSH. Here are just 10 of them...

1. We'll send you [Safety and Health Practitioner](#) (SHP) magazine - worth £109 - free every month. SHP is the market leader, with the biggest recruitment section in the business. All members get instant access to SHP content through a digital e-zine, while UK and Ireland members can also elect to get a hard copy version.
2. With [IOSH extras](#), our exciting benefits scheme exclusive to IOSH members, you'll have access to a range of discounts expressly tailored to save you time and money.
3. You'll be able to come to any of the 300 free or low-cost seminars, conferences and webinars we hold each year. Have a look at our [Events calendar](#).
4. You'll be able to find the health and safety facts and figures you need quickly with our [free technical information service](#). You'll also be able to use our free online resources to help with your work, including the [Occupational Health Toolkit](#) and the [OSH Research Database](#), and keep on top of legal changes and good practice with our free technical guides.
5. You'll get discounts on the [professional courses](#) we run - choose from more than 50 different titles.
6. Every week, we'll deliver the latest tailored news, views and event information direct to your desktop via our e-bulletins [Connect and Connect Diary](#).
7. You'll be able to keep an online record of all the new skills you develop, the courses you go on and the experience you gain through our unique [Continuing Professional Development programme](#).
8. Through our branches and groups, we'll link you up with health and safety colleagues. These thriving local and sector networks offer support, technical updates and career development. Find out more about our [Networks](#).
9. You'll be able to network with health and safety professionals across the world on our online forums. Ask a question, share an opinion or start a debate. And if you're studying for a qualification in health and safety, you'll get support with that too. Have a look at our [Forums](#).
10. You'll have the chance to influence the direction of government policy by having your say on new law and industry guidance. Read the latest [Consultation document](#).

Our industry pedigree is second to none, and our comprehensive approach to career development means our members are the most trusted and sought after people in the profession. And don't forget – employers increasingly ask for IOSH membership when they're recruiting health and safety personnel and making promotion or pay decisions, so if you're not a member you could lose out!

At just £140 in your first year – and around £100 each year after that – can you afford not to join? [Join IOSH now](#).