

Health and Safety Officer

Find the thing that is going to hurt somebody, and get it fixed before it does. Unpopular some days, and the reason people go home whole.

TYPICAL PAY

\$90,150

a year, full time

PAY RANGE

\$55k to \$135k

starting to experienced

TIME TO QUALIFY

2 to 4 years

after high school

DEMAND

Very high

job outlook

LICENCE NEEDED

No

anyone can do it

WHERE YOU WORK

Construction sites, factories, warehouses, refineries, hospitals,...

How you get there

- 1 High school** Grades 11 and 12
Science and math. Anything that puts you on a job site, in a warehouse or in a lab is useful context.
- 2 Degree** 2 to 4 years
A four-year degree in occupational safety, environmental health, industrial hygiene or an engineering field. Two-year associate degrees also lead to technician and coordinator roles.
- 3 First job on a site** 1 to 3 years
Safety coordinator, safety technician, or a safety role inside a bigger operations job. You learn by walking sites and writing what you find.
- 4 Board certification** After a few years of experience
The Board of Certified Safety Professionals runs the credentials this field respects. Most people earn the Associate Safety Professional first, then move to the Certified Safety Professional once they have the degree and the required years of safety experience.
- 5 Safety manager** Ongoing
Running a program instead of a site: policy, training, audits, and the numbers you report to executives.

Pros and cons

- + A two- or four-year degree gets you into a job with a median above \$90,000
- + Demand is growing and nearly every industry needs someone doing this
- + You can see the result: injury rates drop and people go home in one piece
- You are the person saying no, and crews under deadline resent it
- Early starts, site conditions, heat, cold, noise and dust
- When something goes badly wrong you carry it, and you investigate it

Optional boosts

Certified Safety Professional. Industrial hygiene. Construction safety. Authorized trainer status.

Where these numbers come from

My Next Move: Occupational Health and Safety Specialists (19-5011.00)

Board of Certified Safety Professionals

American Society of Safety Professionals

National Institute for Occupational Safety and Health, part of the Centers for Disease Control and Prevention

Numbers checked September 2026. Pay figures are typical full-time annual amounts in United States dollars, based on Bureau of Labor Statistics wage data and published pay scales. They vary by state, employer and experience. Tuition is for in-state students at public schools unless the card says otherwise. Sources, links and the click-through version: <https://career.help/us/careers/health-and-safety-officer>

Good to know

Two agencies, two jobs

The Occupational Safety and Health Administration writes and enforces workplace safety rules and can fine an employer. The National Institute for Occupational Safety and Health does the research.

35,000 people do this for a living

The American Society of Safety Professionals has more than 35,000 members across every industry, from construction to hospitals to software campuses. It is a much larger profession than most people realize.



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