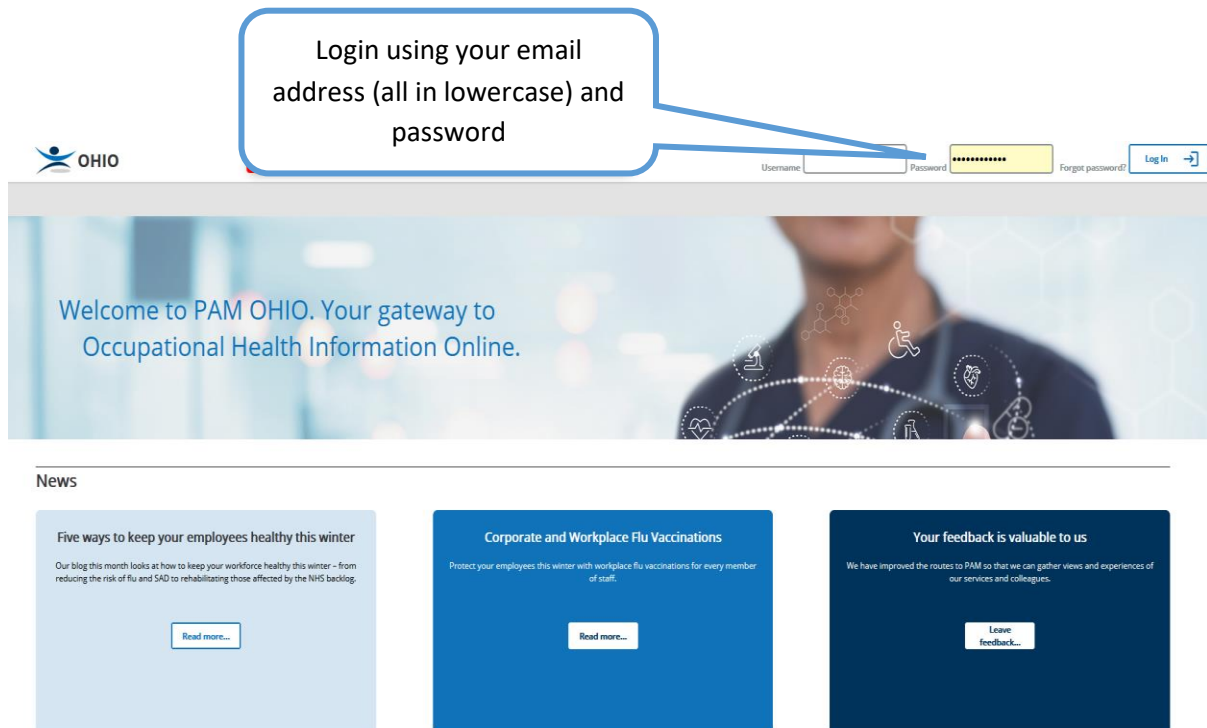


## Accessing OHIO and how to log on

### In this guide

OHIO is accessed on the web, address [www.surface.ohiosystems.co.uk](http://www.surface.ohiosystems.co.uk) this will take you to the landing page below.



Login using your email address (all in lowercase) and password

OHIO

Username  Password  [Forgot password?](#) [Log In](#)

Welcome to PAM OHIO. Your gateway to Occupational Health Information Online.

News

**Five ways to keep your employees healthy this winter**  
Our blog this month looks at how to keep your workforce healthy this winter – from reducing the risk of flu and S&Q to rehabilitating those affected by the NHS backlog.  
[Read more...](#)

**Corporate and Workplace Flu Vaccinations**  
Protect your employees this winter with workplace flu vaccinations for every member of staff.  
[Read more...](#)

**Your feedback is valuable to us**  
We have improved the routes to PAM so that we can gather views and experiences of our services and colleagues.  
[Leave feedback...](#)

New users should have received their temporary password by email.

If you do not have a password or have forgotten it, click on “Forgot Password”, enter your email address and click submit. The system will automatically generate a new one and email it to you.

***TIP : When you first log in using a temporary password the system will allow you to change your password to one of your own choosing. This password must be a minimum of 8 characters, contain at least 1 capital letter and 1. There must be NO special characters such as @?% etc***