

## Sarah Hoban

*OHS Consulting*



### CONTACT DETAILS

T: +353 98 87002  
E: info@ohsconsulting.ie  
Facebook: @ohsconsulting.ie  
www.ohsconsulting.ie



Before setting up her own occupational health and safety business, Sarah Hoban had 12 years' experience in the field, working in Ireland and Australia, building expertise in risk management across multiple diverse environments from oil and gas to construction and retail.

In 2015, she returned to Ireland, and in 2018, she set up OHS Consulting, with the intent to be more than just a safety service provider, but a safety partner to businesses.

Based in Westport, Co Mayo, with a second office in Galway, OHS Consulting partners with businesses nationwide, helping them to achieve best-in-class safety compliance.

Sarah's background is in Microbiology, so when the Covid-19 pandemic hit, she had the knowledge for designing Covid risk-reduction training and became a Covid-19 business mentor to the Local Enterprise Office.

Since launching, Sarah has built up a team of consultants and several milestones. In 2020, she was a finalist in the Network Ireland Business Woman of the year awards, and is in the final again for 2021. The business was selected in the final of the Mayo awards microenterprise award and, Sarah has also recently been selected for the EMPOWER programme for female entrepreneurs.

Sarah says it can be difficult to find time for projecting for future growth, when working on the day-to-day aspects of the business, along with being a mum to two small children. Taking part in ACORNS gave her the opportunity to step back and think about her future goals. Since taking part, Sarah has acquired her first overseas clients in Boston, United States.

Ninety percent of revenue has been from word of mouth, something Sarah is most proud of. She now aims to focus on raising her profile and making OHS Consulting one of the most reputable and recognised health and safety companies in Ireland.

*Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.*



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine