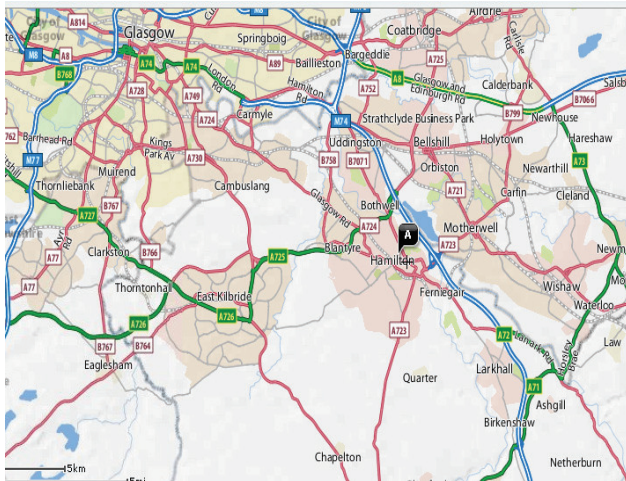


## How to find us: Salus Occupational Health & Safety



### From Glasgow

Take the M8 towards Edinburgh/Carlisle M74/Stirling M80. At junction 8 exit onto M73 motorway towards Carlisle/M74. Keep left at the fork, follow signs for M74/Carlisle and merge onto M74. Take exit 5 Bellshill, Coatbridge, East Kilbride, Edinburgh (A8). At roundabout take 4th exit, staying in right hand lane, then follow signs for Hamilton (B7071). Continue on this road turning right at traffic lights onto Caird St.. Turn left onto Beckford St. Salus will be on your left.

### From Edinburgh

Head westbound on the M8 continuing onto the A8 Glasgow/Edinburgh road. Take ramp onto the A725 Bellshill, East Kilbride, Carlisle (M74). Continue on A725 for approx 4 miles. At roundabout take 3rd exit, staying in right hand lane, then follow signs for Hamilton (B7071). Continue on this road turning right at traffic lights onto Caird St. Turn left onto Beckford St. Salus will be on your left.

### From Stirling

Take M9/M80 towards Glasgow/Carlisle. Continue on M80 towards Glasgow (M8)/Carlisle M73. Take ramp onto M73 towards The South (M74), Glasgow (South East), Carlisle (M74) and merge onto M74. Take exit 5 Bellshill, Coatbridge, East Kilbride, Edinburgh (A8). At roundabout take 4th exit, staying in right hand lane, then follow signs for Hamilton (B7071). Continue on this road turning right at traffic lights onto Caird St. Turn left onto Beckford St. Salus will be on your left.

### M74 - From South

Take the A723 exit at junction 6 towards Motherwell/Hamilton. Merge onto Motherwell Rd. Enter next roundabout and take 2nd exit onto A72. Pass through two roundabouts. Enter next roundabout and take 2nd exit onto B7071. Turn left at traffic lights onto Caird St and left again onto Beckford St. Salus will be on your left.

### Car Journey Times (approx)

Glasgow 20 mins, Edinburgh 50 mins, Stirling 45 mins, Ayr/ Prestwick 55 mins, Motherwell 10 mins, Coatbridge 15 mins, East Kilbride 15 mins

### Parking

There is public car parking next to the building. There are limited (2 hour) spaces in the surrounding streets.

### Public transport

Trains run from Glasgow Central Train station (Lower Level) to Hamilton West station. The station is approximately 3 mins (350yds) walk from Salus. Journey time is approx 30 mins. There is also a central rail station in Hamilton town centre.

There are a variety of buses which run from Buchanan Street Bus Station, Glasgow to Hamilton Bus station including First Bus 255 and 267. Whitelaw Coaches run local buses 201 and 250 which cover local journeys in addition to those run by First Bus.

**Local Taxi Number:** (01698) 891 313 Wellman Cars or (01698) 891 416 Cadzow Cars

