

## How to find us: Salus Occupational Health, Safety and Return to Work Services

### 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 the first set of traffic lights onto Caird St. Turn second left onto Beckford St. Salus is half way up the road on your left, at the junction of Clydesdale St.

### 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 the first set of traffic lights onto Caird St. Turn second left onto Beckford St. Salus is half way up the road on your left, at the junction of Clydesdale St.

### 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 the first set of traffic lights onto Caird St. Turn second left onto Beckford St. Salus is half way up the road on your left, at the junction of Clydesdale St.

### 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 2nd left onto Beckford St. Salus is half way up the road on your left, at the junction of Clydesdale St.

### Car Journey Times (approx, outwith rush hour)

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 are public car parks just before the building on the left, if coming up the one way system into Beckford St. If coming down from Almada Street, go round the one way system to get to the public car parks. There are also 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. Turn left out of the Station and Salus is the sandstone building facing you at the end of the road. There is also a central rail station in Hamilton town centre. It is a short taxi journey to Beckford St from the station.

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

