

April 2024

Health & Safety Newsletter



World Day for Safety and Health at Work 2024

Every 28th of April, the International Labour Organization commemorates the World Day for Safety and Health at Work, focusing on a timely theme related to occupational safety and health.

This year, the theme is exploring the **impacts of climate change on occupational safety and health.**

Changing weather patterns have notable impacts on the world of work, particularly affecting workers' safety and health. Examples of occupational risks exacerbated by climate change include heat stress, UV radiation, air pollution, major industrial accidents, extreme weather events, an increase in vector-borne diseases and increased exposure to chemicals.

As we head into the warmer months this day and its focus points act as a timely reminder to protect ourselves when working in adverse conditions. 2022 saw the UK land surface temperature broken as the mercury hit 48.1 degrees; worryingly these extreme temperatures are becoming more regular. These present a range of hazards from heat stress and exhaustion to severe sunburn. Keep an eye out for your employer's communications during the World Day for Safety and Health at Work.



April is the Stress Awareness Month

This April, Britain's bosses are being invited to follow five simple steps to prevent and reduce stress in their workplace. The Health and Safety Executive's (HSE) Working Minds campaign has called on employers to support workers' mental health during Stress Awareness Month.

Liz Goodwill, head of the work-related stress and mental health policy team at HSE, said: "We are inviting business owners, employers and managers to join others across Britain to make a difference during Stress Awareness Month in five steps."

Over the month, employers are encouraged to focus on one of the campaign's 5 Rs for each of the five weeks. They are to **Reach** out and have conversations, **Recognise** the signs, and causes of stress, **Respond** to any risks you've identified, **Reflect** on actions you've agreed and taken, and make it **Routine**. A recent study conducted by the HSE revealed that 1.8 million workers reported that they were suffering from work-related ill health in 2022/23 of this figure roughly half (an estimated 875,000) cited workplace

stress, depression, or anxiety.

Employers now offer a range of support for mental health and wellbeing, and it is important to ensure that you or your colleagues do not suffer in silence!

A problem shared is a problem halved!



Falls from height – The Numbers

Falls from height remain the number one cause of fatal and non-fatal accidents in the construction sector, they account for half of all workplace-related fatalities. Just how prevalent these accidents are is depicted below:

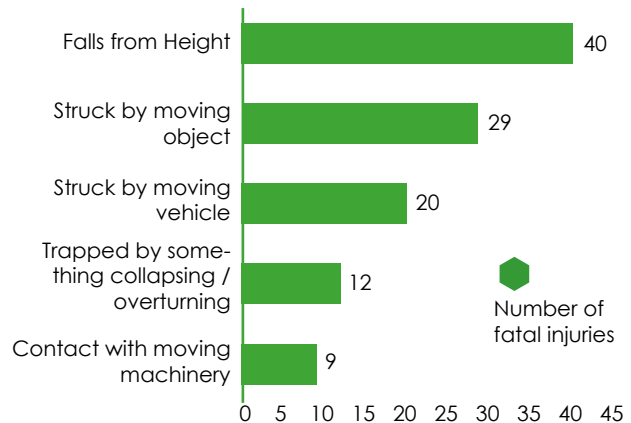


Chart by HSE shows all accident kinds accounting for 5% or more of the total worker deaths in 2022/23

Always ensure you take the time to fully read and understand the safe systems of work your employer has implemented for working at height and ensure you are trained and competent for the task at hand.

If you are unsure STOP and ASK.