

ECSS - Health and Safety Newsletter Issue 2: April 2024

Welcome:

Firstly thanks to all for the positive feedback after the roll out of our first newsletter at the beginning of March which focused on the requirements for safe working at height. As always, we hope you find this newsletter useful and welcome any feedback you may have. We would also like to encourage readers to actively contribute to the newsletter by providing company updates or by sharing your good news stories and any safety initiatives across our clients.

Topic of the Month - April is Stress Awareness Month

Stress Awareness Month takes place every April. The campaign is designed to raise awareness about both the causes and the cures of modern-day stress, as well as to reduce the stigma that surrounds stress and mental health.

During Stress Awareness Month, we are encouraging our clients to break down the barriers by starting the conversation within your own organisations not only during the month of April, but throughout the year. We believe that stress and mental health awareness training should be at the forefront of every business's policy and growth models.

Why is Stress Awareness Month important?

Stress affects us all differently, whether it's due to work pressures, personal challenges, or external factors. Left unmanaged, stress can lead to a host of physical and mental health issues, impacting staff performance and overall quality of life and that of their family and friends



HSE Figures show that during 2022/2023:

- There were 875,000 cases of work-related stress, depression or anxiety.
- Stress, depression or anxiety accounted for 49% of all work-related ill-health cases and 54% of all working days lost due to workrelated ill-health.
- The main work factors cited as causing work-related stress, were depression and anxiety.

This year, the theme for Stress Awareness Month is <u>Little By Little, A Little Becomes A Lot</u>. This is the idea that small consistent actions each day contribute to overall wellbeing as a cumulative effect.



What can you do to help?

Employers have a legal duty of care to ensure the health, safety and wellbeing of their employees, including mental health and stress. Mental wellbeing also benefits the business, for example, increased productivity, a reduction in sickness and staff turnover.

With Mental Health Awareness Week also being the week of 13th – 19th May why not act now and take a positive step towards reducing the stigma and improving the mental wellbeing of staff by booking your team onto one of our fully accredited Mental Health First Aid Courses:

- <u>Level One Introduction to Mental Health in the Workplace 1/2</u>
 Day Training Course
- Level 2 Award in Understanding Mental Health in the Workplace - 1 day Training Course
- Level 3 Award in Mental Health First Aid in the Workplace 2 day Training Course





Useful resources:

- The Stress Management Society From Distress to De-Stress
- Mental health at work | Mind Mind
- Mates in Mind | Mates in Mind
- Lighthouse Club The Construction Industry Charity

EC Safety Solutions Updates:

Did you see our article in the Thinking Business Magazine? Click on the image below to read about what the team had to say on pages 16-17:



March has been a busy month with the following being completed for various clients:

- 60 x Construction site inspections
- 20 x Office compliance audits
- 25 x Workstation assessments plus PEEPS
- 11 x Fire Risk Assessments
- 2 x Accident investigations
- Numerous client safety meetings

In the News

- 1. Major pizza maker fined £800,000 after two workers caught up in machinery | HSE Media Centre
- HSE builds construction support to protect workers' mental health | HSE Media Centre
- International Women's Day: 'Louder voice' from women will help everyone at work, watchdog bosses say | HSE Media Centre
- Construction firm fined after worker dies from fall | HSE Media Centre