JUNE’23 TOOLBOX TALK – ‘*Health for All’*

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| **Contributor:**  |
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| **Potential Hazards:**  |
| 1. Ill health.
2. Unhappiness.
3. Chronic discomfort.
4. Lack of energy.
5. Distraction, frustration, annoyance displeasure or hostility.
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| **High Risk Activities:**  |
| 1. Drinking too much alcohol.
2. Overeating and/or eating foods that don’t agree with you.
3. Smoking or taking drugs for recreational purposes.
4. Leading a sedentary lifestyle and /or poor sleep habits.
5. Working without a plan.
6. Taking on excessive workloads.
7. Conflicting work demands and lack of role clarity in your responsibilities and duties.
8. Lack of influence over the way the job is done.
9. Job insecurity.
10. Ineffective communication.
11. Psychological and sexual harassment, third party violence.
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| **Control Measures:**  |
| 1. Moderate your drinking habits.
2. Think about your meals, plan what you eat. Eat what you like that you know is good for you.
3. Question and challenge your food choices. Eat, sleep, and laugh your way to better health.
4. STOP smoking and using drugs.
5. Build in exercise to your working day and week. Get out into the green fresh air.
6. Only work when you have a plan.
7. Measure what you can do in a day, be realistic.
8. Make sure you ask what is expected of you and make every effort to deliver it.
9. Keep ownership over the type and pace of your work.
10. Zero tolerance of harassment or bullying behaviour in the workplace
11. Clearly communicate your needs in cooperative and collaborative work situations.
12. Speak up on anything that is causing you stress.
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| **For Further Information:**  |
| 1. **What is a healthy relationship with alcohol?** - <https://adelanterecovery.com/blog/what-is-a-healthy-relationship-with-alcohol/#:~:text=The%20recommended%20moderate%20number%20of,fewer%20per%20week%20for%20women>.
2. **Obesity and overweight** - <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
3. **Obesity** - <https://www2.hse.ie/conditions/obesity/#:~:text=Obesity%20is%20a%20condition%20where,negative%20impact%20on%20your%20life>.
4. **Healthy eating for a healthy weight** - <https://www.cdc.gov/healthyweight/healthy_eating/index.html>
5. **Slow food -** <https://www.slowfood.com/>
6. **HSE’ quit smoking** - <https://www2.hse.ie/living-well/quit-smoking/>
7. **How to reduce/quit drugs** - <https://www.health.gov.au/topics/drugs/about-drugs/how-to-reduce-or-quit-drugs>
8. **Cannabis and you -** <https://www.hse.ie/eng/services/list/5/addiction/drugshivhelpline/cannabisleaflet2ed.pdf>
9. **Drugs helpline** - <https://www.hse.ie/eng/services/list/5/addiction/drugshivhelpline/>
10. **Physical activity guidelines** - <https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-for-adults-aged-19-to-64/>
11. **Health benefits of exercise** - <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>
12. **Healthy sleep habits** - <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>
13. **Management of stress in the workplace** - <https://healthservice.hse.ie/filelibrary/staff/policy-for-prevention-and-management-of-stress-in-the-workplace-2018.pdf> & <https://healthservice.hse.ie/filelibrary/staff/supplementary-note-to-policy-for-prevention-and-management-of-stress-in-the-work-place-2018.pdf>
14. **Workplace health for small business** - <https://www.hsa.ie/eng/News_Events_Media/Events/Workplace_Health_for_Small_Business_.pdf>
15. **HSA Work Positive** - <https://www.hsa.ie/eng/workplace_health/workplace_stress/workpositive_ci/what_is_workpositiveci/>
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