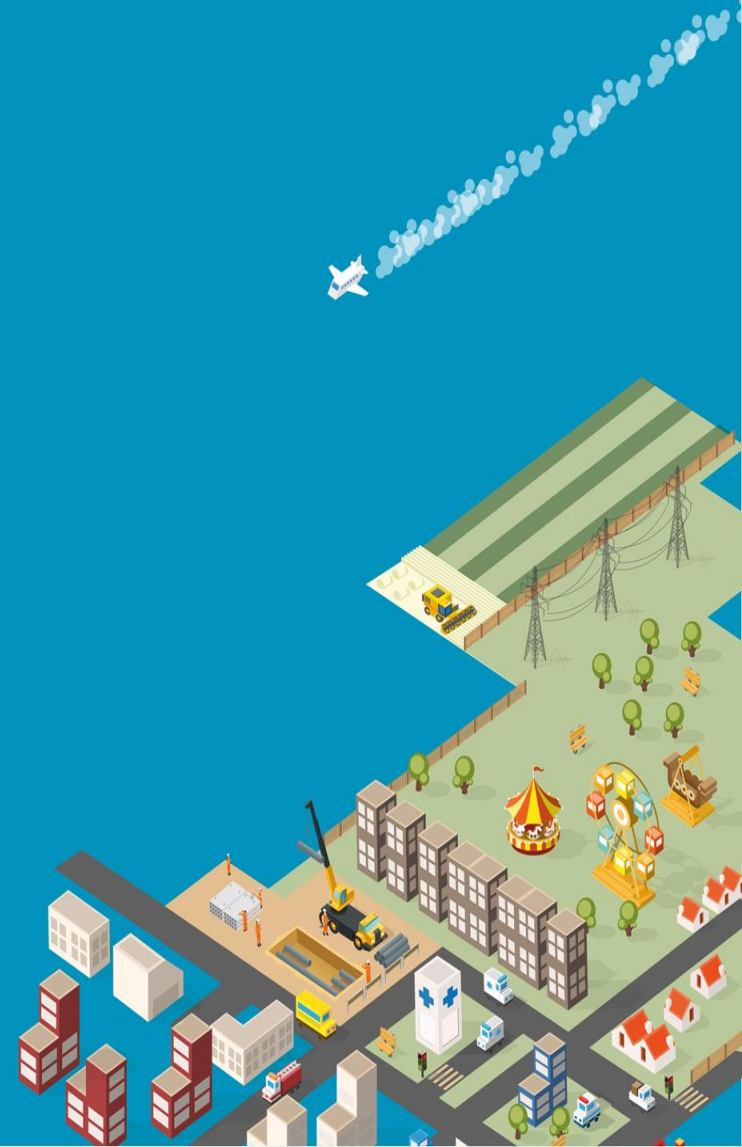


Your Health My Health Everyone's Health

Martin Rafferty
Principal Inspector HSENI



What is “Health”?

“A state of complete mental, physical and social well-being and not merely the absence of disease and infirmity”

(WHO)

What is “Work related ill health”?

“Work-related ill health is any health condition
(Physical or Mental) caused, or made worse by
your job”

(HSE)

Agoraphobia

Anger

Bulimia

Skin picking disorder

Social anxiety (social phobia)

Eating disorders

Bipolar disorder

Munchausen's syndrome

Fabricated or induced illness

Trichotillomania (hair pulling disorder)

Selective mutism

Phobias

Antisocial personality disorder

Seasonal affective disorder (SAD)

Psychotic depression

Personality disorder

Mental Health

Claustrophobia

Obsessive compulsive disorder (OCD)

Stress

Body dysmorphic disorder

Health anxiety

Borderline personality disorder

Hoarding disorder

Dissociative disorders

General anxiety disorder

Clinical depression

Psychosis

Schizophrenia

Postpartum psychosis

Binge eating disorder

Postnatal depression

Anorexia nervosa

Panic disorder

Post-traumatic stress disorder (PTSD)

What is stress?

Stress is the adverse reaction people have to excessive pressures or other types of demand placed on them'.

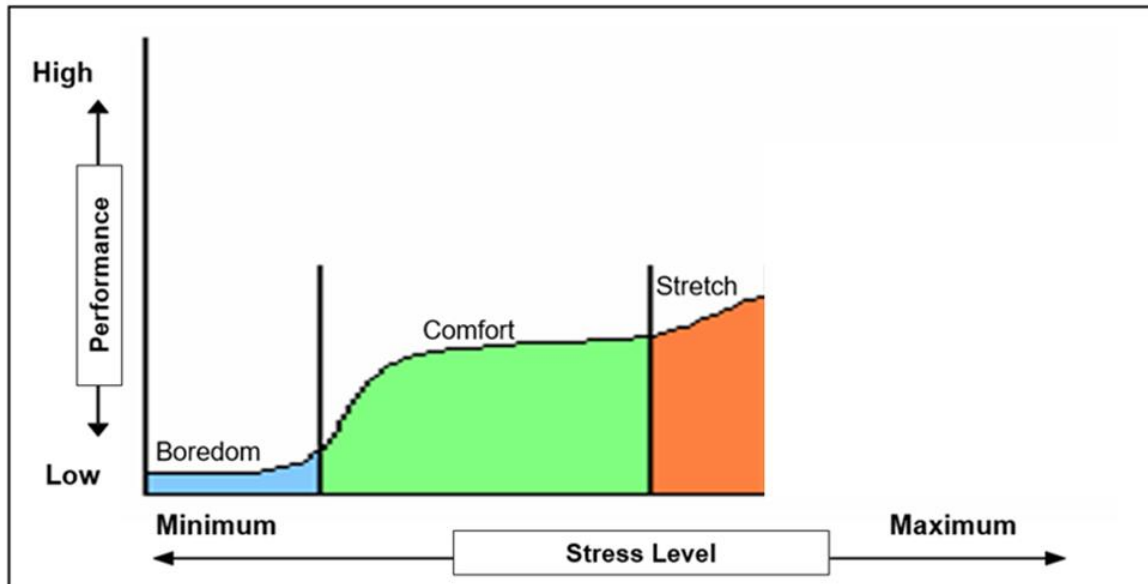
Stress is not an illness but it can make you ill.

Research in 2018-19, before Covid-19 hit, showed:

- **Approximately 16,000 employees in Northern Ireland suffered from stress, anxiety or depression, caused or made worse by work**
 - **The average employee takes over 21 days off sick each year, and 66% of these are caused by ill health.**
-

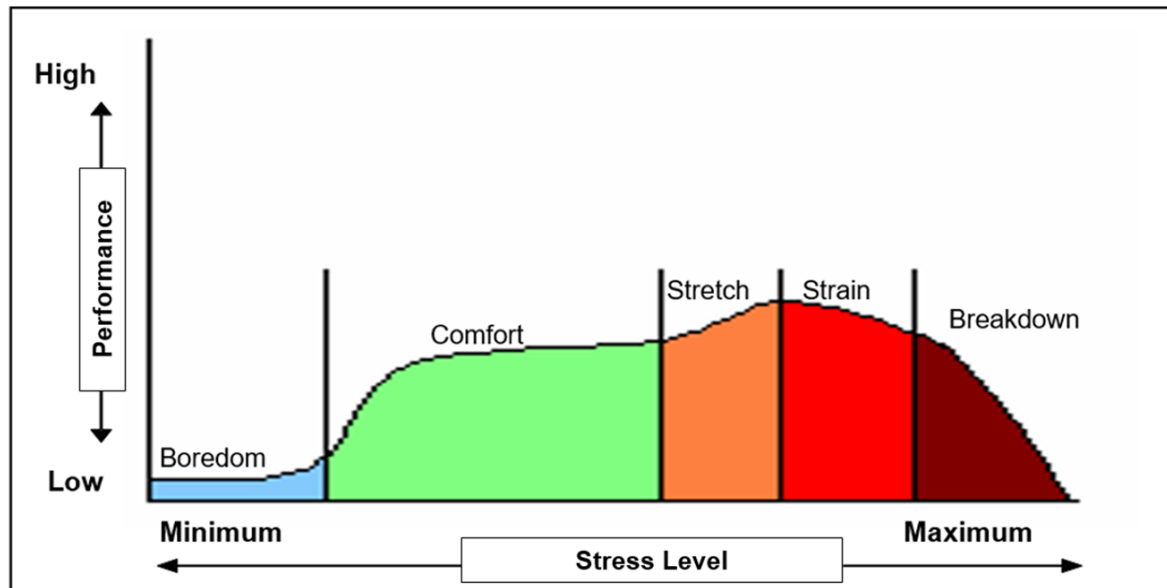
Is Stress bad for you?

During an acute stress response, the autonomic nervous system is activated and the body experiences increased levels of cortisol , adrenaline and other hormones that produce an increased heart rate, quickened breathing rate, and higher blood pressure



Is Stress bad for you?

Chronic stress puts your health at risk - The long-term activation of the stress-response system and the overexposure to cortisol and other stress hormones that follows can disrupt almost all your body's processes. This puts you at increased risk of many health problems.



Mental Health - Stress

Recognising the signs of stress will help employers to take steps to stop, lower and manage stress in their workplace

Physical Symptoms

- headaches or dizziness
- muscle tension or pain
- stomach problems
- chest pain or a faster heartbeat

Changes in behaviour

- being irritable and snappy
- sleeping too much or too little
- eating too much or too little
- avoiding certain places or people
- drinking or smoking more

Mental Symptoms

- difficulty concentrating
- struggling to make decisions
- feeling overwhelmed
- constantly worrying
- being forgetful

Services offered by HSENI

Webinars available:

- Managing Work-related Stress – The Management Standards Approach
- Managing Work related Stress – The Line Managers Role
- Fatigue and Burnout

Dedicated team of Mental Well-being advisors available to assist organisations

A dedicated e-mail address – stress@hse ni.gov.uk

Downloadable documents and advice – www.hse ni.gov.uk/stress

Physical Health

The way your body functions

- Eating healthily
 - Regular exercise
 - Quality sleep
 - Correct weigh/BMI
 - Avoid toxins such as drugs and alcohol
 - Free from disease and sickness
-

Reportable fatalities - Northern Ireland

April 2014 – March 2015

23

April 2016 – March 2017

16

April 2018 – March 2019

13

April 2015 – March 2016

12

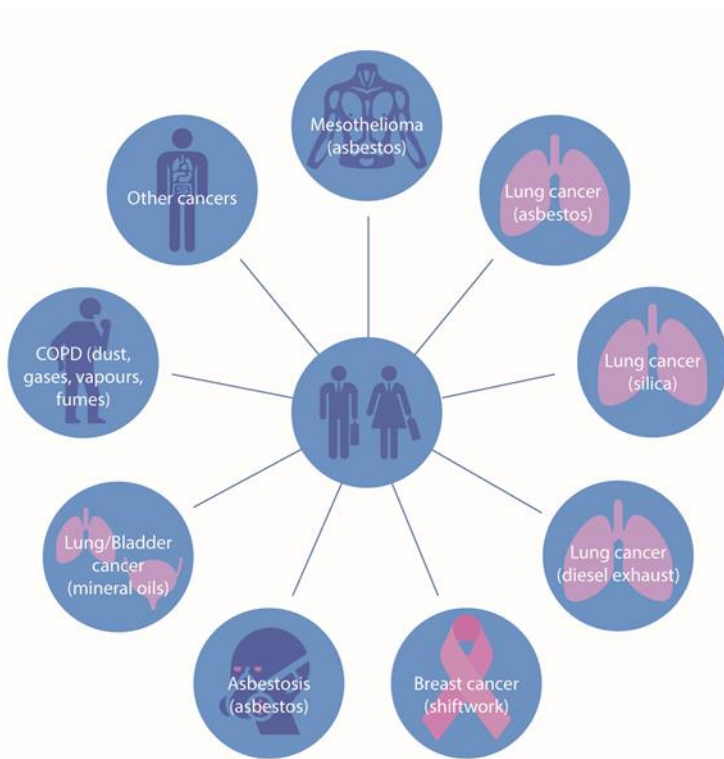
April 2017 – March 2018

11

April 2019 – March 2020

11

**How many people die each year in
Northern Ireland as a result of a
previous work activity?**



Mesothelioma (Asbestos)	45
Lung Cancer (Asbestos)	45
Lung Cancer (Silica)	25
Lung Cancer (Diesel Exhaust)	20
Breast Cancer (Shift Work)	15
Asbestosis (Asbestos)	10
Lung/Bladder Cancer (Mineral Oils)	20
COPD (Dust, Gases, Vapour, Fumes)	165
Other Cancers	50
Total	395

NI Work Related Deaths

An estimated 395 people in Northern Ireland die each and every year thought to be linked to past exposure at work

NI Work Related Deaths



Passengers capacity of 366 in a typical
Boeing 747 or Airbus A380

WELDING JOB NEEDED

POSITION: SMAW/TIG WELDER AND TRAINER
QUALIFICATION: CERTIFIED WELDER, (HIND) WELDING AND FABRICATION.
JOB TYPE: CONTRACT /PERMANENT
JOB EXPERIENCE: 7 YRS +
AVAILABILITY: YES (LESS THAN 7 DAYS)
WILLING TO RELOCATE: YES
CURRENT LOCATION: PORTHARCOURT, RIVERS STATE
FOR PERSONAL C.V PLEASE CALL OR EMAIL
Name: KGEN LEWIS
Phone number: 07062519677, 08054895860
Email: imagery1az@yahoo.co.uk



NB Health warning:
Danger of death by COPD or Cancer

ELECTRICAL ENGINEERS REQUIRED

Thorough professionals who can design, develop and maintain electrical control systems and components in accordance with required specifications with a focus on economy, safety, reliability and sustainability

Position	Experience
Electrical Engineer B-Tech/B.Sc/M.Sc (Electrical Engineering) Position based (Mandira) Rwp	<ul style="list-style-type: none"> Minimum 5 years experience in Feed Milling / Reputed Industry & proficiency in performing following tasks; Conceptual knowledge of process automation. Management/Programming/ Trouble Shooting of PLC equipment/ software Electrical drawings/analysis.
Assistant Electrical Engineer DAE/ B-Tech /B.Sc (Electrical Engineering) Position based (Mandira) Rwp	<ul style="list-style-type: none"> Good hands on work model siemens S7. Maintenance and calibration of temperature, pressure and current / weighing transducers. Knowledge of VFDs. Design of MCC panels. Calculation of breakers & contractors according to Motor capacity. Installation of hardware of PLC either replacement or new.

Send your CV's latest by September 07, 2015.

SADIQ FEEDS PVT LTD House - 32, St - 48, F-8/4
 Islamabad,UAN: 051-111-808055
Email: career@sadiqfeeds.com

Warning: danger of death by mesothelioma

JOB OPPORTUNITY

A Renowned five star hotel in Karachi has openings for following positions:

******* Asthma health warning*******

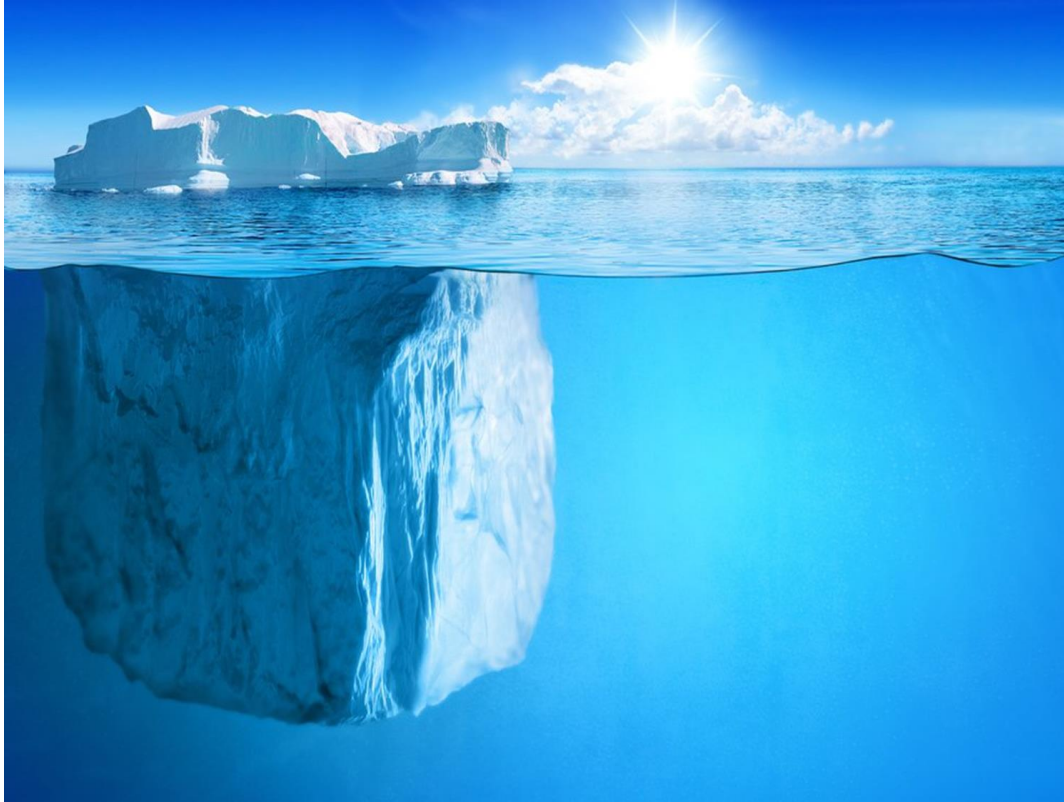
Executive House Keeper
 Intermediate or Equivalent with 5 to 8 years experience on the same post.

Assistant House Keeper
 Intermediate or Equivalent 5 years experience on the same post.

Housekeeping supervisor
 Matric with 10 years experience of Housekeeping.

Interested candidates with relevant experience and a will to excel, should send their CV's latest by 25th January 2014 at P.O Box No. 8513, Karachi.

This is the tip of the iceberg



But not everyone dies from occupational related diseases or illness

COPD

Occupational Asthma

Farmers Lung

Dermatitis

Back Pain

Leptospirosis

Carpal Tunnel Syndrome

Mesothelioma

Noise Induced Hearing Loss

Hand Arm Vibration Syndrome

Legionellosis

Repetitive Strain

Whole body vibration

Stress

Occupational Cancers

Areas of concern (examples)



Areas of concern (examples)



Areas of concern (examples)



Areas of concern (examples)



Areas of concern (examples)



What is the effect of poor management of Health within the workplace

High employee turnover – Low commitment and loyalty

**Increased costs to organisations – Compensation /
training of new/temporary staff**

Poor employee health

Reduced moral

Decreased productivity

Damage to organisations reputation

As an employer you have a legal duty to:

It shall be the duty of every employer to ensure, so far as is reasonably practicable, the health, safety and welfare at work of all his employees.

As an employer you have a legal duty to:

Every employer shall make a suitable and sufficient assessment of the risks to the health and safety of his employees to which they are exposed whilst they are at work

As an employer you have a legal duty to:

An employer shall not carry on any work which is liable to expose any employees to any substance hazardous to health unless they have made a suitable and sufficient assessment of the risks created by that work to the health of those employees, and

The assessment shall be reviewed regularly

As an employer you have a legal duty to:

Every employer shall ensure that the exposure of his employees to substances hazardous to health is either prevented or, where this is not reasonably practicable, adequately controlled.

So far as is reasonably practicable, the prevention or adequate control of exposure of employees to a substance hazardous to health, except to a carcinogen or a biological agent, shall be secured by measures other than the provision of personal protective equipment

As an employer you have a legal duty to:

Every employer shall ensure that suitable personal protective equipment is provided to his employees who may be exposed to a risk to their health or safety while at work except where and to the extent that such risk has been adequately controlled by other means which are equally or more effective.

The Role of HSENI

➤ **Advice**

➤ **Support**

➤ **Enforcement**





Please look after

- **Your Health**
 - **My Health**
 - **Everyone's Health**
-

Thank You

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