

ESA Launch Introduction

This month's ESA Situational Awareness theme is around being Fit for Work. It's important to be fit and ready for work both mentally and physically, without this we put our own safety and the people around us at risk.

Scientists have shown that poor wellbeing can lead to a lack of concentration and the ability to carry out tasks safely. We constantly face life's challenges and building our resilience both mentally and physically improves our coping mechanisms, so that we can come to work and be safe.

However, there will be times when we may need some support with our own wellbeing. It is important that we become more self-aware and can start to spot the signs of poor physical and mental health early. We are all responsible for our own wellbeing so knowing where you can get support is important and will help to keep you and colleagues safe.



Leaders should understand how to seek advice and support for your employees when a health condition is affecting their job. This might involve providing information on avenues for specialist support, through employee assistance programmes, human resources departments or supporting on workplace adjustments which could help them stay in or return to work, alongside more general work-related health advice.

Available through the QR code is a short video clip that can be used as a toolbox talk covering the 'Five ways to wellbeing'. This is based on evidence which suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these could help you feel more positive and able to get the most out of life. The video provides practical advice from real people within the waste sector who have seen benefits of using these steps across multiple front line and support service roles.

Alongside this we have produced a poster to display at sites to promote this month's theme within your organisation and a huddle card (see attached). The huddle card is a resource designed to accompany the toolbox talk, giving safety leaders pointers for discussion, and encouraging your teams to share their thoughts, experiences, and opinions.

Situational awareness is continuously **assessing your surroundings, identifying any **potential hazards** which will inform your **decision making** on how to carry out your work safely.**

HUDDLE CARD

Five ways of Wellbeing

Huddle discussion

Wherever we work and whatever our role, we all share a common goal, keeping ourselves and others safe.

Introduce and show the video. After showing the video use this huddle card to generate a conversation about the theme, confirm understanding and seek collective feedback.

FIT TO WORK

Make sure you're physically and mentally fit to work with the five ways to wellbeing

- 1 CONNECT**
Connect with people. Good relationships are important to your wellbeing.
- 2 BE ACTIVE**
Getting active can really benefit our mental health.
- 3 TAKE NOTICE**
Be present in the moment.
- 4 KEEP LEARNING**
Learning new skills can improve your mental health.
- 5 GIVE TO OTHERS**
Acts of kindness can also help.

← Scan the QR code and watch the video for the full scenario

situational awareness



No job is so important we cannot take time and do it safely

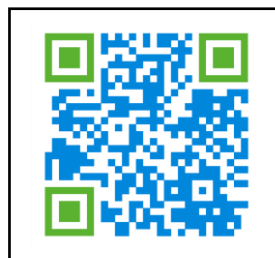
- ▶ What are the five ways to wellbeing?
- ▶ What do we do to make sure we're fit for work?
- ▶ What could cause us to feel distracted, process information slowly and be forgetful?
- ▶ What is the purpose of the five ways to wellbeing?
- ▶ How can your wellbeing impact on your safety at work?

We look out for and trust each other

- ▶ How would you support a colleague who may come to you with wellbeing concerns?
- ▶ Do you and your colleagues know where to seek health and wellbeing support?

We share and seek ideas for improvement

- ▶ How can we further support your health and wellbeing?
- ▶ What supporting information do you feel is missing we can provide information on?



← Scan the QR code to access the digital campaign content

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