



Health & Safety statistics 2016/2017

KEY FIGURES FOR GREAT BRITAIN

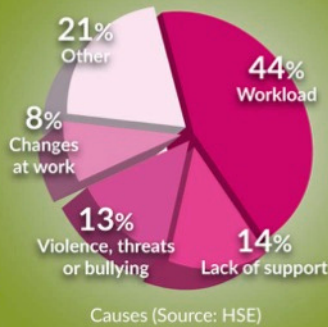
(source: www.hse.gov.uk)

Work-related stress, depression & anxiety

workers reported suffering from work-related stress, depression or anxiety in 2016/2017, resulting in

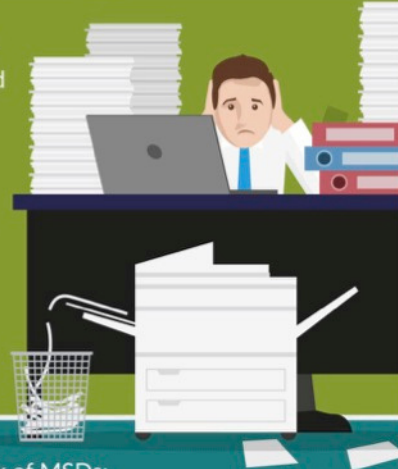
12.5 million

working days lost (this accounts for 49% of all days lost due to ill health in 2016/17).



The largest cited cause of work-related stress in 2016/2017 was workload (44%). To help prevent or reduce workload-related stress, make sure:

- Employees are provided with adequate and achievable demands in relation to the agreed hours of work.
- People's skills and abilities are matched to the job demands.
- Jobs are designed to be within the capabilities of employees.
- Employees' concerns about their workload are addressed.



Work-related musculoskeletal disorders

workers reported suffering from work-related musculoskeletal disorders (MSDs) in 2016/17. Manual handling, awkward positions, repetitive actions and keyboard work are estimated to be the main causes.

Protect your employees and reduce the risk of MSDs:

- Design workplaces and equipment with the employee in mind. Consider providing adjustable workstations, chairs and footrests, and suitable tools.
- Break up prolonged work periods involving repetition with changes of activity and regular breaks, instead of one break at lunchtime or mid-shift.
- Arrange the position, height and layout of the workstation so it is appropriate for the work.
- Consider job rotation to reduce exposure to risks and encourage teamwork.
- Provide suitable training and information, e.g. on safe handling techniques and ergonomics workstation set-up.

Don't let your workforce add to the MSD statistics – act now!



non-fatal injuries to workers in 2016/17

29% of these were slips, trips and falls on the same level.

Simple working practices can help you reduce the chances of slips and trips happening at work:

- Regularly check your workplace for trip hazards such as trailing cables and misplaced items.
- Ensure spills are cleaned up quickly and that people are aware of any hazards.
- Check for damaged floors, changes in level and other things that could cause people to trip over and take steps to fix the problem.



Annual costs of workplace injury in 2015/16

Injuries at work are expensive. Most organisations don't know what workplace injuries really cost them in time and money, and few take the time to examine costs when they investigate accidents and incidents.

To help reduce the costs of injuries at work, ensure that you:

- Know what could cause injury to your workers, visitors and contractors, and take steps to ensure that the worst does not happen.
- Embed health and safety into the day-to-day running of your business, and demonstrate clear leadership from the top.
- Train your workers on what they need to know to do their jobs safely.
- Investigate thoroughly when things go wrong, and take steps to reduce the chances of it happening again.



Contact us now to find out how to make your workplace safer

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