



## **COMMITMENT 2**

**IDENTIFY TOP THREE  
HEALTH RISKS**



## 01 COMMITMENT 2

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To identify the top three health risks and ensure they are being effectively addressed

### **Musculoskeletal Disorders:**

- DSE assessments; Manual handling training; MSD awareness (Team briefs/ Toolbox talks); Fast track physiotherapy intervention

### **Mental wellbeing**

- Employee Assisted Programme; Flexible working practices; Health Portal; Mental Health at Work training; HR and OH synergy.

### **Chronic ill health and disease**

- Proactive sickness management; Healthy Working Lives initiatives (Health promotions e.g. cardiovascular; diabetes); Lifestyle checks.

## 02 THE WAY FORWARD

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### **Safety Family**

- Challenge behaviour that endangers health e.g. poor posture, smoking, poor work-life balance.

### **Multidisciplinary Working Practices**

- OH; NHS; Physiotherapists; EAP; HR; SHE Team; Line Management; Employees. Assess risk – set high standards.

### **Employee Engagement**

- Buddy up - support other team members when things get tough
- Support health and wellbeing interventions in the work place.