

Workplace Health Monthly Bulletin

This monthly newsletter, for workplaces of all sizes across Milton Keynes, Bedford Borough and Central Bedfordshire, is designed to support health and wellbeing in the workplace.

For more information on anything covered below, including our Healthy Workplace Standards, free training and workshops, plus a range of information and resources, please visit our website or email the Workplace Health Team at public.health@milton-keynes.gov.uk

Local Workplace Health Support

The Public Health Workplace Health Team are working with local service providers to offer FREE workplace health and wellbeing services. Click on the links below to see what the team can offer.

<https://www.milton-keynes.gov.uk/sites/default/files/2023-11/Workplace%20Health%20and%20Wellbeing%20MKC%20-%20Nov%202023%20V8%20%28AC%29.pdf>

<https://www.youtube.com/watch?v=m719d5ltWjc>

The Healthy Workplace Standards

We can support your organisation to make time for wellbeing whilst recognising your achievements.

Our eight healthy workplace standards offer a framework to improve the health and wellbeing of your workforce. Congratulations to 17 of our local workplaces who have achieved bronze, silver and gold certificates and to Whaddon Healthcare who have achieved bronze Healthy Workplace Status and Clearview Intelligence who have achieved silver Healthy Workplace Status (having achieved all eight standards at bronze and silver levels)!

<https://www.healthyworkplaceaward.org.uk/register/> [Meet the Workplace Health Team in this short video](#)

June 2024 - A Focus on staying safe at work in the hot weather

<https://www.gov.uk/government/collections/hot-weather-and-health-guidance-and-advice>

Globally we are experiencing hotter, drier summers, due to climate change. 2022 was the hottest year on record. Heat waves in the UK in recent summers have caused significant impacts on people's health and disruption to services.

Why does staying safe at work in hot weather matter?

It is a legal duty for employers to provide a reasonable indoor temperature in the workplace and protection for outside activities (Health, Safety and Welfare Regulations 1992). Employees who experience unreasonably hot working conditions may be less productive, behave unsafely, make unsafe decisions and take more sick days due to heat related illnesses.

While everybody is at risk from the health consequences of heat, there are certain factors which increase an individual's risk. These include: older age, chronic and severe

illness, disability, and jobs that are in hot places or outdoors and include high levels of physical exertion.

How can you support your employees?

- Regularly check in with all staff and look out for the signs of heat stress in your employees: An inability to concentrate, muscle cramps, heat rash, severe thirst and fainting
- The signs of heat exhaustion including fatigue, dizziness, nausea, headaches and moist skin. This is not usually serious if the person can cool down within 30 minutes. If it turns into **heat stroke**, this needs to be treated as an emergency
- Listen to complaints from staff and review your risk assessment accordingly
- Consider flexible working arrangements and flexible working hours
- Consider a relaxation of your corporate dress code and provide appropriate clothing, sunscreens and sun cream
- Provide equipment such as desk fans or air conditioning and ensure adequate ventilation. Windows facing the sun should be closed
- Provide and close blinds on windows facing the sun
- Provide cold, fresh drinking water and allow frequent breaks
- Allow time off for employees needing to attend related medical appointments
- Provide information to employees on the impact of heat and promote sun safe messages.

Further information

- The Health and Safety Executive have produced a [Heat Stress Checklist](#)
- Further information from the HSE on temperature in the workplace, including outdoor activities, can be found [here](#)
- [Cancer research UK](#) information on sun, UV and cancer

Campaigns

Alcohol Awareness Week is 1st to 7th July 2024. This year's theme is understanding alcohol harm. To access your free digital resources, click <https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/about-alcohol-awareness-week>.

Thank you for reading our newsletter. If you would you like to be added to our mailing list or for more information on:

- [The Healthy Workplace Standards](#). A best practice framework and award scheme
- [Free training and workshops](#) on a range of health and wellbeing topics
- A range of [information and resources](#) covering all aspects of workplace health

Please email the Workplace Health Team at public.health@milton-keynes.gov.uk