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## Upcoming training and seminars

Click here to view our 2019/20 NHS GGC Employment & Health Team  
**Free** Training Calendar

28th January 2020

### Fire Safety Awareness

This Fire Protection Association (FPA) short course aims to provide delegates with an introduction to Fire Safety in the workplace. The course is suitable for individuals who have responsibility for a workplace e.g. employers and managers (only available to small businesses up to 250 employees outwith the Public Sector).

Click [HERE](#) to register your interest..

19th Feb 2020

### Managing Musculoskeletal Disorders in the Workplace

This course aims to inform employers, managers and those responsible for Occupational Health and Health & Safety about all aspects of preventative and reactive management of MSD in the workplace.

Click [HERE](#) to register your interest.

5th March 2020

### Introduction to Resilience and Wellbeing Training

To provide delegates with the knowledge and tools to build employee resilience to help staff perform well and stay well.

Click [HERE](#) to register your interest.

Click here to order **free** health resources from our Public Health Resource Directory

18th March 2020

## Sensible Risk Assessment

This session will provide delegates with an introduction to risk assessment in the workplace through practical application. The course is suitable for individuals who have responsibility for carrying out risk assessments as part of a workplace health and safety management system and for those with responsibility for overall management of the organisations health and safety system. (Please note, only available to small business up to 250 employees out with the Public Sector).

Click [HERE](#) to register your interest.

21st April 2020

## Paths for All Walk Leader Training

Walk at Work training is a one day course aimed at getting your staff and colleagues more active by starting a workplace walking project. This training will provide key staff with the essential knowledge, skills and ideas to develop and deliver a successful workplace walking project.

Click [HERE](#) to register your interest.

## National Campaigns



### December 2019

- World AIDS Day 1st Dec 2019
- International Day of Persons with Disabilities 3rd Dec 2019
- Human Rights Day 10th Dec 2019

### January 2020

- Dry January Jan 2020
- Brew Monday 20th Jan 2020

### Save the date!

#### Healthy Working Lives Award Ceremony 2020

We can now reveal the date our of next HWL Award Ceremony.....  
Wednesday 18th March 2020.

Will your organisation be awarded???? The deadline for completion of your ePorfolio is Wednesday 15th January. Get in touch with your HWL Adviser for further information and support.

Venue to be announced soon.....

### The risk of developing dementia is up to 70% higher amongst heavy smokers

Dementia is a disease, and not an inevitable part of ageing, and as with many diseases there are steps you can take to reduce your risk. [Click for details](#)

### Fair Start Scotland Publications

The Fair Start Scotland Annual Report: Year 1 and Fair Start Scotland Evaluation Report 2: Overview of Year 1 have been published.

These reports highlight how the service has been making a difference to employers, communities and to people accessing the support that Fair Start Scotland offers.

They also outline some of the stories of people whose lives have changed as a result of being given the right support at the right time. [Click for details](#)

## Glasgow workers to get Living Wage pay rise from this week

HUNDREDS of workers in Glasgow will get a pay rise from today as the Living Wage increases to £9.30 per hour. The 30p rise, announced by the Living Wage Foundation is above the national minimum wage of £8.21 per hour for workers aged 25 and over, which is set out by the UK Government.

[Click for details](#)

Can you help us find out what is being done in workplaces to **help reduce Health Inequalities** among staff and local communities?

We know that a lot of good work is taking place, and are always keen to hear of good work practice. By sharing your stories we hope to encourage and support other workplaces to recognise health inequalities and how they can act to improve them.

If you would like to tell us about more than one initiative, please feel free to click on the link and complete the form as many times as you like. [Click for details](#)

For info

## Scottish Business Pledge

Following a review in 2018, the Scottish Business Pledge has been refreshed along with a new look website. The reinvigorated Business Pledge has been restructured to better support businesses seeking to make a Business Pledge commitment.

Key changes include the introduction of new elements and a new menu-based approach designed to help businesses tailor their Business Pledge by selecting those elements that work best for their business.

The Business Pledge now features three core elements: payment of the real Living Wage, action to address gender pay gap (proportionate to the size of the company), and no inappropriate use of zero hours contracts.

Further details regarding the Business Pledge can be found by visiting the new look Business Pledge [Click for details](#)

## Cases of work-related stress at an 18-year high

Total annual cases of work-related stress are at an 18-year high, with more new cases reported than the previous year, figures released by the Health and Safety Executive (HSE) for 2018/19 indicate.

The statistics show that stress continues to be a significant cause of workplace ill-health in Great Britain, with 602,000 workers suffering from work-related stress, depression or anxiety and 12.8 million working days lost as a result in 2018/19 [Click for details](#)

## The Right to Food in 90 Seconds: New Animation

The Scottish Human Rights Commission and Nourish Scotland have launched a new animation on the Right to Food in Scotland. The 90 second animation explains what the right to food means, and what's needed to make it real for people in Scotland.

Produced by Media Co-op, the animation has been developed with input and advice from people who face barriers in accessing their right to food, people involved in producing food, and people involved in community food projects around Scotland. [Click for details](#)

## UPDATED: Women's health guide

The newly updated and revised **Women's health guide** takes a look at some of the cancers women are most at risk of and provides practical tips and advice to enable them to be healthier and to reduce their risk of cancer.

In the UK, around 177,000 new cases of cancer are diagnosed in women every year and almost 77,000 women die from the disease. By women being aware of the risks and early signs of cancer, they can help protect themselves and others from being one of these numbers.

Download a copy for free. [Click for details](#)

## Mates in Mind urge that immediate action is needed to tackle higher than average suicide rates across transport sector

In 2018/19 stress, depression or anxiety accounted for 44% of all work-related ill health cases and 54% of all working days lost due to ill health.

Within the transport and logistics sector, this impact is reflected in the concerning statistics from the Office for National Statistics, who in 2017 reported that drivers of work lift trucks had a suicide rate 85% higher than the national average.

Van drivers were noted to have a rate 25% higher, and drivers of large good vehicles 20% higher than the national average. [Click for details](#)

## No Time to Lose launches new resource to tackle diesel fumes

A new resource to help workers protect themselves from dangerous diesel engine exhaust emissions (DEEEs) has been launched by the Institution of Occupational Safety and Health's (IOSH) No Time to Lose campaign.

DEEEs can cause lung cancer, asthma and chronic obstructive pulmonary disease. Worldwide at least 38,000 people a year die from excess diesel vehicle nitrogen oxide emissions.

IOSH's No Time to Lose campaign aims to raise awareness of occupational cancer globally and help businesses take action by providing free practical resources. As part of the campaign, it is providing a new pocket card for workers with information on how to prevent exposure to DEEEs.

[Click for details](#)

Quiz: How many calories are you drinking?

Take the Heart Matters Quiz to find out [Click for details](#)



