



Like and share our Healthy Working Lives page to see more information about our services and for ideas and inspiration for the award!



Update on trainings, seminars and the Healthy Working Lives Award

We continue not to offer face to face training or seminars at this time due to the government guidance on social distancing because of Coronavirus. Our Virtual Learning Environment is still available and free of charge. Click [HERE](#) to log in and begin elearning. There are a range of modules including Mentally Healthy Workplaces, Health Inequalities Awareness, Alcohol and Drugs in the Workplace, and Sensible Risk Assessment.

The NHS GGC Healthy Working Lives team are available although have limited access to emails at this time due to the different work that we are supporting currently. Our AdviceLine is still in operation - 0800 019 2211 and we also have a new [webpage](#) for information on dealing with Coronavirus as an employer and as an employee.

National Campaigns

NOTE: SOME CAMPAIGNS HAVE BEEN RESCHEDULED TO LATER IN THE YEAR DUE TO CORONAVIRUS

September 2020

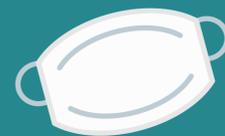
Organ Donation Week	7th - 13th
Know Your Numbers Week	7th - 13th
World Suicide Prevention Day	10th
National Eye Health Week	21st - 27th
National Fitness Day	23rd
World's Biggest Coffee Morning	25th

October 2020

National Cholesterol Month	
Breast Cancer Awareness Month	
Stoptober	
Back Care Awareness Week	5th - 8th
National Clean Air Day	8th
World Mental Health Day	10th
National Work Life Week	12th - 16th
World Menopause Day	18th



Face Coverings and Face Masks



Why wear a face mask or face covering?

Hand washing, physical distancing, and wearing a face covering correctly, helps prevent the spread of coronavirus. Face coverings are mainly intended to protect others and not the wearer. The **Scottish Government** has highlighted that there is evidence that face coverings have some additional value, especially in crowded and less well ventilated spaces, and where 2 metre distancing is not possible. We must still, by law, wear a face covering in shops, on public transport and public transport premises such as railway and bus stations and airports, and in certain other indoor public places.



Are face shields or visors adequate protection?

There are some situations where face coverings or masks cannot be worn. If someone is unable to wear a face covering, a face visor or face shield can be worn as it does provide some level of protection. Ideally a face covering would be worn along with a face shield.

Guidance for the workplace

There is no universal guidance for workplaces due to the range of working environments across different industries. However, the **Health and Safety Executive website** is a useful starting point. Our Healthy Working Lives '**Planning to Return to Work**' toolkit includes information and guidance for employers on assessing risk in the workplace in response to COVID-19. Employers must assess their operations and ensure that all measures are taken, where reasonably practicable, so that everyone (employees, customers etc.) maintain a 2 metre distance from each other, or 1 metre in retail, hospitality or transport environments.

Does your mask need an upgrade?

Bored of the usual bland face mask? Want to add some glamour or pizzazz to your mask? Check out the video below about french designer Anne Sophie Cochevelou who designs and decorates a range of bespoke eye catching face masks with items such as Barbie dolls and Pokemon toys. Anne wanted to create colourful masks that would make people smile. Her interview is an interesting and fun way to remind people of the importance of continuing to wear face coverings correctly.



Other News



Two CEOs are better than one?

We found this clip from the BBC website an interesting insight into the value of collaboration and strengths-based working in business. Poppy Gustafsson and Nicole Eagan discuss the benefits in sharing the role of CEO for 4 years. Their company, Darktrace is leading in using artificial intelligence for cyber security. They explain that communicating clearly with their employees on what they each separately bring to the company in order for it to be successful is central to efficient working processes. Both Poppy and Nicole reflect on the unusualness of a co-CEO model and also for women to be the leaders in a technology company. Poppy believes that having women at the top of her business has led the company to employ 40% women, a statistic on gender balance that they are very proud of. To watch this short clip, click [here](#).



Test, Trace, Isolate, Support

[The Scottish Government website](#) provides further information for employers on supporting employees who must self-isolate at home. The 'Test and Protect' public health strategy relies on the willingness of everyone in complying with current measures and guidelines. Employers have a role in supporting their employees to self-isolate if instructed to do so. The government website includes scenarios and actions to take as an employer in response to a worker showing symptoms of coronavirus or who is living with someone who is symptomatic or has tested positive.

SAMH's Virtual Stomp

'Stomp', SAMH's stair-climbing challenge is going virtual this year! Their fundraising event challenges people to select one of four challenge levels to complete between 5th and 10th October, in time for World Mental Health Day (10th October). Fundraising events can be an effective way to break the stigma around mental health and promote physical activity and team building. For further information about this year's Stomp click [here](#).





'Managing Your People Safely' from IOSH

IOSH, the chartered body for health and safety professionals, has partnered with YouGov to provide a report on the importance of health and safety training for managers. The report highlights the benefits of investing in health and safety in the workplace and the role of line managers in ensuring their teams are tasked safely and act safely. Their survey of 700 people working in small or medium-sized businesses (which was conducted before the COVID-19 pandemic) showed a consensus from respondents on the importance of line managers for ensuring their team is safe and healthy in the workplace. More than four in five businesses investing in health and safety training for their managers reported that the trainings were driving business benefits. To read the full report, click [here](#).



Keep Scotland Pedalling

Scotland's Cycle Repair scheme, provided by Cycling UK and participating retailers, is now open to the public. Free bike repair and maintenance work up to the value of £50 has been subsidised by the Scottish Government. The initiative encourages people to dust off their old bikes and get them back on the road, as well as ensuring well-used bikes are safe. Manual wheelchair users are also eligible to access free repairs. For more information about this scheme click [here](#).



Alcohol Guidelines

During times of stress or worry, some people may be more likely to increase their alcohol consumption. Although the coronavirus pandemic is a particularly stressful time for many, it is also of utmost importance that we continue to keep ourselves as healthy and safe as possible during this time. According to Drink Aware, men and women should drink no more than 14 units a week, spreading them evenly across 3 or 4 days. If you are worried about your own or someone else's drinking support is available online and on the phone during the coronavirus outbreak. For information on the support service available, click [here](#).

