



Top tips for workplace health & safety during the festive season

from

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1 Managing workloads

- Prioritise tasks
- Set realistic deadlines
- Encourage scheduled breaks

2 Supporting mental health

- Open communication
- Provide resources
- Promote work-life balance





3 Ensuring physical safety

- Training
- Proper equipment
- Monitor fatigue

4 Temporary worker safety

- Comprehensive induction
- Supervision
- Clear communication





we help people get their lives back

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