



Top WHS tips to start the year

Keith Govias
Workplace Safety & Risk Principal
EML Group

We help people get their lives back.

1 | Heat exposure

- Have a heat management plan
- Ensure workers are aware of risk control practices
- Encourage hydration and provide access to protective gear



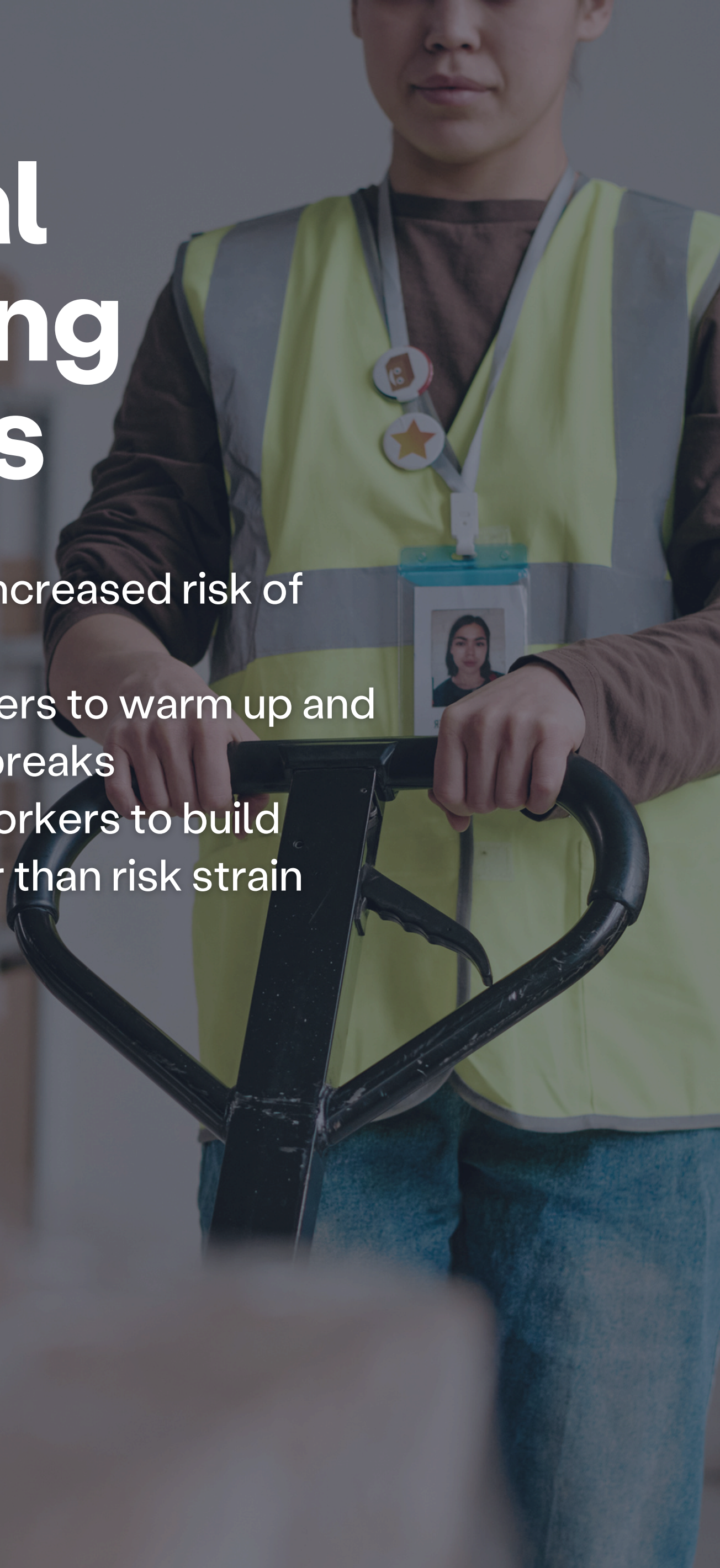


2 | Mental health

- Help workers return to a positive workplace culture
- Offer flexible work or leave provisions
- Provide Employee Assistance Programs

3 | Manual handling injuries

- Be aware of increased risk of injuries
- Remind workers to warm up and take regular breaks
- Encourage workers to build fitness, rather than risk strain injuries





4 | Remote worker safety

- Provide workers with appropriate training, tools and knowledge to identify risks and implement controls.

5 | Start-up meetings

- Reconnect with workers after the holiday period
- Re-focus on priorities and safety controls
- Flag work tasks that need to be reviewed or modified





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