

New website launched

WellWork Ltd have recently launched a new web site. We have included a number of new features including downloadable content and various online forms to improve the customer experience. WellWork have also decided to include a Specialist Blog page. The blog will be updated by our Medical Director on a weekly basis.

Health & Safety Information

Jenny Dolan (WellWork Occupational Health Nurse Practitioner)

How often have you uttered "Who left that there?" or "Why is the floor wet?", whilst trying to maintain your balance and not slip or fall? We always want to encourage safe housekeeping and HSE have produced a new tool for assessing areas where slips, trips and falls are prevalent. Information can be found at www.hse.gov.uk/shatteredlives which includes a step by step guide to make the assessment with suggested solutions to the problems. There is information for different areas of work, with case histories demonstrating good practice, showing a dramatic decrease in incidents. There is an excellent hazard checklist, which is downloadable.

As stated in their advertorial "Failing to manage risks effectively can shatter lives, leaving employees and their families to pick up the pieces and businesses paying a heavy price". Many incidents could easily be avoided by taking common sense actions and precautions.

For more information on Health and Safety procedures in the workplace please contact WellWork at health@wellwork.co.uk alternatively you can visit our website.

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A look behind the Fit Note - Diane Helliwell (WellWork Director)

The Fit Note was introduced in April 2010. It is useful as an employer to look at the advice given to GPs by the DWP on the GP's role in completing the fit note. It is important to recognise that the GP's relationship is with their patient and not with you as an employer

What is changing?

The key changes are:

The introduction of a new option - "May be fit for work taking account of the following advice"

GPs will no longer be asked to issue statements stating someone is unfit for work

Increased space for comments on the functional effects of their patient's condition with tick boxes to indicate simple adjustments or adaptations that could aid their return to work.

Inclusion of telephone consultations as an acceptable form of assessment.

A reduction in the maximum duration of statement during the first 6 months of illness to 3 months

Simplifying the current system by combining the Med 3 and Med 5 into one form.

What stays the same?

Although we are making changes, many elements of the current system remain the same, including:

GPs can still advise their patients that they are not fit for work

The statement can only be completed by a doctor

The statement is advice from a GP to their patient that they can use as evidence of their fitness for work for sick pay and benefit purposes. The advice on the statement is not binding on employers.

Further details on how the fit note is of benefit to the GP can be found at : <http://www.dwp.gov.uk/healthcare-professional/news/statement-of-fitness-for-work.shtml>

H&S Executive investigates Construction Site safety

Diane Helliwell (WellWork Director)

Almost a quarter of construction sites visited by the HSE during a month of planned inspections failed safety checks.

HSE inspectors carried out checks on 2414 contractors at over 2000 construction sites across Britain as part of an intensive inspection campaign in March. It follows similar initiatives carried out in the past 2 years.

The inspections concentrated on refurbishment and roofing work, inspectors turned up unannounced and examined whether:

- Jobs that involve working at height had been identified and properly planned to ensure that appropriate precautions were in place;
- Equipment was installed, maintained and used properly;
- Sites were well organised to avoid trips and falls;
- Walkways and stairs were free from obstructions: and
- Work areas were clear of unnecessary materials and waste

A total of 691 enforcement notices were issued at 470 sites, with inspectors giving orders for work to be stopped immediately in 359 cases, either for unsafe work being carried out at height, or where sites lacked 'good order'. The majority of all notices issued related to unsafe work being carried out at height.

WellWork offers the construction industry support to manage the health risks of their business. We offer on-site and clinic based services including:

- Comprehensive pre-employment medicals
- Health surveillance - audiometry, respiratory, skin checks, HAVS, vision testing
- Working at heights and confined space medicals
- Statutory Medicals for Asbestos and Lead

For further details contact our regional clinics or visit our new website (<http://www.wellwork.co.uk>)

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WellWork Ltd achieve MCA Approval

Diane Helliwell (WellWork Director)

WellWork Ltd's appointment as an MCA (Maritime and Coastguard Agency) approved healthcare provider in respect of seafarer medical examinations has been agreed with effect from April for BAE ships for ENG1 seafarer medicals.

We are delighted to be approved to carry out medicals for sea trial staff. WellWork has considerable expertise in shipbuilding and dockyards and is delighted to have been able to respond to the changing industry requirements.

Community Psychiatric Nurse Joins WellWork

Diane Helliwell (WellWork Director)

We are delighted to announce that we have appointed a second CPN, this time to our North West Regional team. Mental health issues are one of the main causes of absence and WellWork has trialled innovative approaches to address these issues already in the Midland and Lincolnshire team with their first appointment of a CPN several years ago.

The access to Cognitive Behavioural Therapy treatment in many regions through the NHS involves considerable delays. WellWork are able to respond to employees who present with anxiety, depression and stress in a timely and practical way.

St Johns Ambulance launch free pocket guide

Diane Helliwell (WellWork Director)

St Johns Ambulance have launched a new campaign on the most common health emergencies which account for 150,000 deaths each year in England and Wales:

- > Heart Attacks
- > Choking
- > Severe Bleeding
- > Those who are unconscious , breathing or not breathing

The charity is offering a free pocket guide which it feels will boost the survival chances of many more patients. To get the guide free of charge go to St Johns Ambulance website, or by texting LIFE to 85010.

The World Health Organisation also says "bystander first aid" can make a difference and should be encouraged.

Occupational Health Awards 2010

Diane Helliwell (WellWork Director)

Are you 'thinking differently' about the way you deliver occupational health? If you are making a difference in your organisation then enter the Occupational Health Awards, now in their fourth year.

Last year 24 shortlisted OH teams plus judges, sponsors and VIP's gathered at an awards lunch to celebrate with the winners, meet new and old friends, entertain customers and enjoy an exceptional lunch. The first step to ensuring you are one of this years guests is to get your entry in now.

The Occupational Health awards celebrate the outstanding achievements of all involved in workplace health and wellbeing, and recognise innovation, teamwork, leadership and quality.

Entry deadline: Friday 26 June 2010

Occupational Health Awards Lunch: Tuesday 7 December 2010

<http://www.occupationalhealthawards.com/occupationalhealthaward10/Welcome>

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Health Promotion Dates 2010 (April - June)

April

1st-30th April - Bowel Cancer Awareness Month
18th-24th April - Depression Awareness Week
18th-24th April - Sun Awareness Week

May

1st-31st May - International ME Awareness Month
3rd-9th May - Sun Awareness Week

June

1st-30th June - Everyman Male Cancer Month
13th-19th June - Diabetes Week

WellWork Ltd Contact Details

Thank you for taking the time to read our newsletter, if you would like any more information on any of the subjects we have covered please contact us on:

Newcastle - 0191 2869927
Lincoln - 01522 526188
Liverpool - 0151 2241400
Polmont - 01324 718316

Alternatively you can email us at: health@wellwork.co.uk or visit our website www.wellwork.co.uk

If you would like to leave any feedback or suggest any additions to the newsletter please send requests to billy.storey@wellwork.co.uk

If you would like any information on the training courses we provide, please contact Michelle Bestford, Training course Co-ordinator, on 0191 2869927 or alternatively you can email Michelle at: training@wellwork.co.uk.

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