

Did you know

June is Men's Health Awareness Month

Every June, we observe Men's Mental Health Awareness Month, giving us a chance to look back and think to ourselves—how often do we really think about what's going on beneath the surface? Let's be honest: Mental health is still a sensitive topic, especially for men.

SUPPORTING MEN'S HEALTH IN THE WORKPLACE



According to **Health@Work's** 2022 men's health survey, only **39% of men** seek a GP's advice when they feel unwell. Among the top reasons why the men we surveyed didn't attend appointments were:



Top tips for improving men's workplace health:

- **Provide opportunities** for employees to attend healthcare appointments without fear of missing work
- **Host a wellbeing workshop** where male colleagues can share their experiences
- **Encourage stigma-free conversations** at work regarding 'embarrassing' health issues like prostate checks and weigh-ins
- **Promote psychological safety** for employees to feel safe to discuss and disclose their mental health concerns
- **Offer health screenings** in your workplace for employees to take a proactive approach to health



Personal pledge checklist

- ✓ I will use the correct equipment for job at hand
- ✓ I will identify, evaluate, control, and report hazards
- ✓ I will participate in HSE compliance and communication
- ✓ I will be committed to safety of myself and others
- ✓ I will comply with clients' safety procedures
- ✓ I will use appropriate PPE for job at hand



**NEXT SAFETY MEETING
IS LAST THURSDAY OF
THIS MONTH**