



WORK SAFETY MONTH

Safety doesn't begin when you arrive on site. It begins long before then. Your sleep, stress levels, energy and general wellbeing all influence how safely you work. Work Safety Month highlights both sides of the picture. How you feel off site affects how you show up on site, and how safely you work throughout the day.

SAFETY STARTS WITH YOU

SAFETY STARTS BEFORE YOU STEP ON SITE

Even the most experienced workers can make mistakes when tired, distracted or run down. Everyday wellbeing issues can make it harder to follow procedures or spot hazards.

Factors that affect safety include:

- **Lack of sleep** which slows reactions, reduces coordination and increases the chance of mistakes
- **Brain fog or stress** which makes it harder to concentrate, check equipment properly or follow instructions
- **Fatigue** which reduces physical strength and stamina, raising the risk of slips, trips and overexertion injuries
- **Poor nutrition or dehydration** which affects judgement and the ability to work safely in demanding environments



DID YOU KNOW THAT THE LIGHTHOUSE CHARITY ARE 70 YEARS IN SERVICE?

Download the free and confidential helpline app to discover more available services:

TAKING CARE OF YOURSELF OFF SITE

Looking after yourself outside of work helps you arrive on site in a safer, more focused state.

Try focusing on:

- **Rest** by keeping to a consistent sleep routine
- **Fuel** by eating regularly and staying hydrated
- **Reset** by managing stress before it builds and speaking to someone if you are struggling
- **Routine** by preparing ahead, packing your PPE and planning your work day so you are not rushing

When you are well, you are more focused, more aware and better equipped to work safely.

NEED TO TALK?

If you or someone you know is struggling, help is never far away. The Lighthouse Charity offer free and confidential support to anyone in the construction community. Whether you're dealing with stress, anxiety, financial worries or just need someone to talk to, there's a way for you to reach out.



24/7 Helpline...
UK 0345 605 1956
ROI 1800 939 122

Text **HARDHAT** to
UK 85258 or ROI 50808

FREE SUPPORT SERVICES - IF YOU'RE STRUGGLING, HELP IS HERE!

