



■ **Top workplace  
health & safety  
tips to start  
the year**

*from*

**Keith Govias**

*WHS Manager*  
**EML Group**





## 1 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

## 2 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





### 3 Mental health

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

## 4 Heat exposure

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





## 5 Remote worker safety

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

**we help people get their lives back**

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