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facts about workplace health and safety



1

Employers have a duty of care to ensure workplace safety

Duty of care is enshrined in Australian health and safety laws and requires employers to:

- implement safety protocols and safe systems
- provide appropriate equipment and training
- proactively prevent and manage work-related health problems.

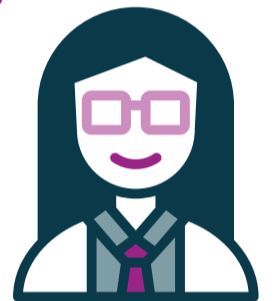


2

Mental health strategies are an important part of workplace safety

Australian employers must also manage psychosocial hazards and physios can help to:

- identify, assess and control psychosocial hazards to reduce risk
- increase physical activity as part of treatment of people with mental illness
- identify psychosocial factors affecting injured workers' return to work.



3

Young workers' brains are still developing

Because young workers are more likely to act on impulse and engage in dangerous or risky behaviour, employers need to provide:

- safe inductions, training and support
- adequate supervision
- mentors to give feedback and support.



4

Respectful dialogue helps establish a culturally safe workplace

Cultural safety requires actions that recognise, respect and nurture the unique cultural identity of a person. This includes:

- open and respectful communication
- trust between workers and contributions valued
- recognition and avoidance of stereotypical behaviour.



5

A risk-based approach to prescribing sit stand workstations provides behavioural change

Sit stand workstations can help combat adverse health impacts of prolonged sitting as long as employees are:

- engaged in strategies to use them effectively
- provided with clear evidence-based instructions
- introduced to them gradually.



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