



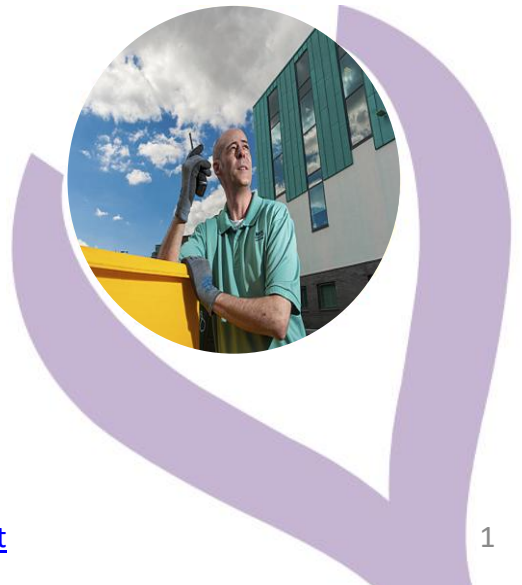
Workforce Health, Safety and Wellbeing:

Toolkits & Infobytes

Workplace Team

Fife Health Promotion Service

Fife Health & Social Care
Partnership



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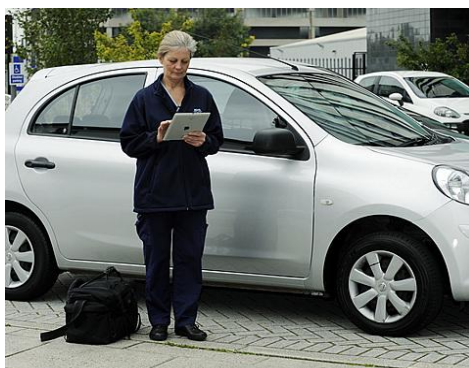
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Introduction

Workplace Team have developed topical toolkits and infobytes that may be of interest to you and your workers.

You can use the toolkits and infobytes to raise awareness of workforce health, safety and wellbeing.



Workplace Team suggests:

- Dissemination of toolkits and infobytes through regular digital communications with workers
- Utilising toolkits and infobytes as part of local or national health awareness campaigns
- Considering how toolkits and infobytes can be used as part of team meetings and protected learning time
- Evaluating use of toolkits and infobytes to measure knowledge gain and quality improvement
- Development of policies and procedures which are related to toolkit and infobyte aims and objectives.

Dementia Awareness in the Workplace

Raise knowledge and awareness of dementia in your workplace: Accessible information and signposting to support workers with early signs & symptoms as well as support carers of others experiencing dementia too.

Digital Toolkit

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Dementia Awareness in the Workplace



Infobyte Awareness Session

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Aims & Objectives

Aim

Explore Dementia and how it can impact on employers and workers.



Objectives

- Increased knowledge & awareness of Dementia
- Improved awareness of workplace reasonable adjustments
- An understanding of supportive workplace policies.



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A partnership between Fife Council and NHS Fife
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Healthy Weight at Work

This toolkit has been developed for employers to support health and wellbeing - increasing knowledge and raising awareness of a healthy weight for workers and managers.

Healthy Weight At Work Toolkit



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Workplace Digital Toolkit

Digital Toolkit



Long COVID Awareness in the Workplace

Raise knowledge and awareness of Long COVID in your workplace: Accessible information and signposting to support workers with signs & symptoms as well as support them with a successful return to work.

Infobyte Awareness Session

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Aims

- Raise awareness of Long Covid in Fife's workforce
- Increase understanding of the impacts of Long Covid to individuals and workplaces.



Objectives

- Explore Long Covid symptoms and the impact on individuals
- Consider the consequential effects of Long Covid on the workforce
- Improve knowledge of reasonable adjustments to support workforce health and wellbeing and reduce risks to business.

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Sedentary Behaviour Awareness

Information and resources to raise awareness of the risks of sedentary behaviour in the workplace.

Find out how to reduce sedentary behaviour and improve your health and wellbeing.

Digital Toolkit



Stress Awareness in the Workplace

Raise awareness of Stress, it's signs and symptoms and your responsibilities to reduce stress risks in your workplace.

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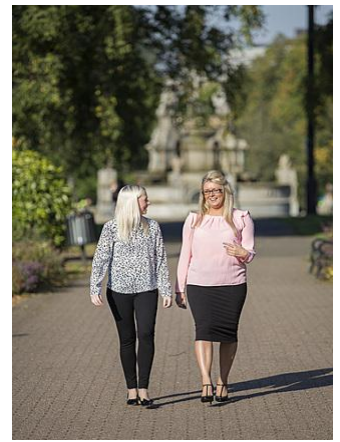


Session Objectives:

- Define stress including signs and symptoms
- Identify workplace risks which may lead to stress
- Realise the impacts of stress on the economy
- Explore the core characteristics of Good Work
- Consider workplace legislation which protects workers from stress at work



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Supporting Menopause in the Workplace

Raise knowledge and awareness of the Menopause for workers and managers. Create a supportive working environment by learning about reasonable adjustments and reducing stigma.

Digital Toolkit



Supporting Menopause in the Workplace



Infobyte Awareness Session

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Aims & Objectives

Aims:

- Raise awareness of the Menopause in Fife's workforce.
- Increase understanding of the impacts to individuals and in the workplace.



Objectives:

- Define the Menopause, its stages and symptoms
- Discuss the impact that the Menopause can have on individuals
- Consider the effects that the Menopause can have on workplaces
- Improve knowledge of reasonable adjustments to support workforce health and wellbeing and reduce risks to business.



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Workforce Mental Wellbeing & Suicide Prevention

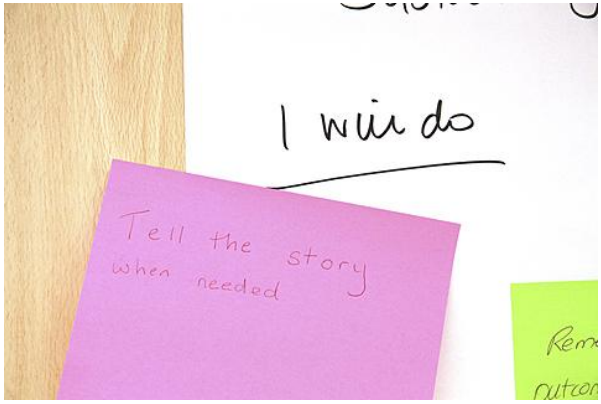
Increase confidence in the workplace to approach mental wellbeing with workers. Enable supportive conversations with workers, signpost to the right support services, at the right time.

Digital Toolkit

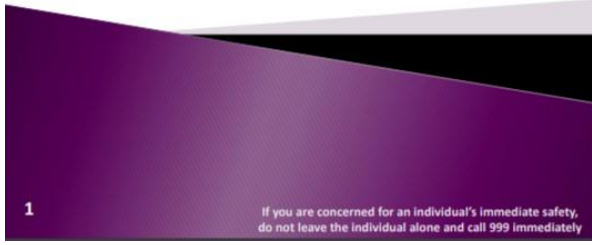


Workforce Mental Wellbeing & Suicide Prevention Toolkit

#ItsEveryonesJob



Support Services Signposting Video



Workplace Musculoskeletal Awareness

The impacts of Musculoskeletal problems on both individuals and the business economy, continue to be highlighted. Raise knowledge and awareness of MSK problems for managers and workers.

Digital Toolkit



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Workplace Musculoskeletal Awareness Toolkit



Infobyte Awareness Session

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Session Objectives:

- Raise awareness of Musculoskeletal (MSK) problems for managers & workers
- Provide accessible guidance which highlights MSK occupational risk factors
- Support workplaces to implement MSK preventative practices including policy development to reduce injury and absence risks
- Highlight actions which can support workers with new/existing MSK problems.



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Conclusion

Workplace Team hope that the toolkits and infobytes contained within this resource will contribute to improved and sustained workforce health, safety and wellbeing.

If there are any other workforce health, safety and wellbeing topics that you'd like to find out more about, please contact us for free and confidential advice.

Workplace Team Webpage

<http://www.nhsfife.org/workplace>

Workplace Team Leaflet

<https://www.nhsfife.org/media/37642/wp-leaflet-0822.pdf>



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