

HEALTHY WORK

Better Health at work award e-bulletin



Better Health
at Work Award



Summer Health and Wellbeing

Data from the WHO's International Agency for Research on Cancer suggests the global total number of new melanoma cases will reach 413,100 per year by 2030. This is an increase of over 27% on the 324,635 cases registered in 2020. Melanoma mortality is predicted to reach 74,750 in 2030, a 31% increase on the 57,043 deaths in 2020.

About 90 percent of non-melanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun. Use a sunscreen with an SPF 30 or higher as one important part of a complete sun protection regimen. Sunscreen alone is not enough. Click the image to the right for more Skin cancer prevention tips.



Asymmetry

An asymmetrical mole should be shown to your doctor.



Border

A mole with uneven border should be shown to your doctor.



Colour

Moles with two or more colours should be shown to your doctor.



Diameter

Moles larger than 5mm should be shown to your doctor.



Elevation

A mole that is becoming raised should be shown to your doctor.



Firm

A mole that feels firm or solid should be shown to your doctor.



Growing

A mole that is showing signs of change should be shown to your doctor.

The ABCDE Rule of skin cancer is an easy-to-remember system for determining whether a mole or growth may be cancerous.

When a doctor performs a skin check, they look at every lump, spot and mole on your entire body; areas of concern are assessed for signs of skin cancer using the ABCDE method of melanoma detection. Following the ABCDE Rule of melanoma detection may help you identify skin cancer early.

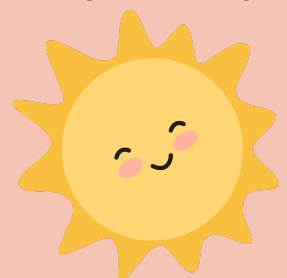
Skin cancer, both melanoma and non-melanoma, can usually be treated successfully if caught early.



Be a 'cool' workplace

As the hot weather continues, there are guidelines for how your employer/ workplace can deal with working conditions. HSE is asking employers to consider simple and cheap measures such as:

- Making sure workplace windows can be opened or closed to prevent hot air from circulating or building up.
- Using blinds or reflective film on workplace windows to shade workers from the sun.
- Placing workstations away from direct sunlight and heat sources.
- Putting insulation around hot pipes and machinery.
- Offering flexible working patterns so workers can work at cooler times of the day.
- Provide free access to drinking water.
- Relaxing dress codes if possible.
- Providing weather-appropriate personal protective equipment
- Encouraging workers to remove personal protective equipment when resting (ideally in shaded areas) to cool off.
- Sharing information about the symptoms of heat stress and what to do if someone is affected.





179 kcal



60 kcal



30 kcal



59 kcal

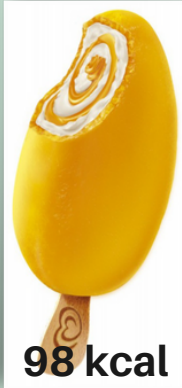


163 kcal

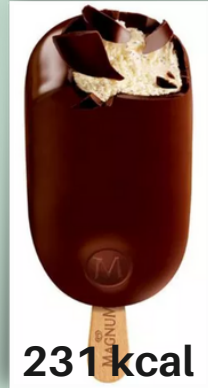


(mini)
83 kcal

How many calories does your favourite ice lolly contain?



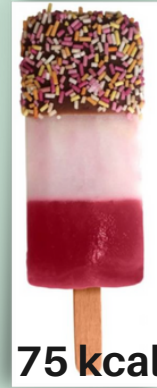
98 kcal



231 kcal



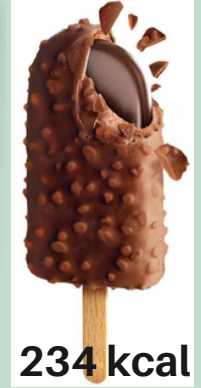
76 kcal



75 kcal



53 kcal



234 kcal

Could you make a swap?

- 1-7 August - World Breastfeeding Awareness Week
- 3 August - Cycle to Work Day
- September - Urology Awareness Month
- 4-10 September - Know Your Numbers Week
- 10 September - World Suicide Prevention Day
- 12-16 September - National Pensions Awareness Week
- 25 September - National Fitness Day

BSI Menstruation, menstrual health and menopause in the workplace



This document can assist organisations to identify misconceptions around menstrual and peri/menopausal health, and the impact the stigma surrounding them can have on workplace support. The practical workplace adjustments and activities recommended support existing activities around workplace wellbeing and occupational health and safety initiatives. These workplace adjustments support and complement existing medical provisions in a more rounded and holistic way. The experiences and impact of menstrual health and peri/menopause vary for each employee, as does their support and environment requirements or preferences.

Our next central Health Advocate Training sessions is:

October 18th 2023

Delivered using Microsoft Teams, 10.00am-2.30pm
Email Helen to request a place: hparry@tuc.org.uk

More dates will be available in the New Year - or contact your local workplace health improvement specialist for any local availability

Next BHAWA Webinar - Save the Date!!

Wednesday 20th September 2023
10.00am - 12noon

Block it out in your diary
More details to follow soon!!

If you would like any more information about anything mentioned here, please email either Susanne Nichol snichol@tuc.org.uk or Helen Parry hparry@tuc.org.uk and we will get back to you as soon as possible.

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