

Mental health awareness week

Mental health problems can affect anyone. Conditions include

- anxiety
- depression
- schizophrenia
- self-harm
- bipolar disorder
- dementia

Mental health awareness week was 8 - 14 May. It looked why too few of us have good mental health, with the theme 'surviving or thriving'.

Mental distress can affect how people think, feel and act. They may behave, communicate or respond in unexpected ways. Symptoms may include:

- disturbed sleep and tiredness
- irritability/emotional changes
- loss of interest in activities
- becoming withdrawn
- loss of confidence
- low mood
- upset tummy

If you have any questions about mental health please contact your GP, or talk to Samaritans on 116 123 (free).

If you have questions about occupational health, please contact your VGC labour manager or the HSQE team on 01895 671800. For more information, see:

- www.mentalhealth.org.uk
- nhs.uk/livewell/mentalhealth/
- www.samaritans.org



See it, share it

This month's winner is Ian Keen. He noticed issues with poor site lighting at Sudbury Hill. Work was stopped until proper site lighting had been arranged, and the operatives were re-briefed.

If your worksite is not safe, please stop and do something about it.

If you see a hazard - or something great - share it!



Text **07876 448 119**

Email **safe@vgcgroup.co.uk**

Observations

February 2017 was a record month for the number of observations reported into VGC.

April had only one fewer. We have had almost four times as many reports as the same period last year, which is really positive.

If you hand in an observation, please make sure you inform your labour manager, so you can get feedback.

'Fire all out' reports

If a small fire occurs on site and is extinguished by site operatives, please advise the London Fire Brigade of a 'fire all out':

- Call 999 and ask for the fire service. Tell them that it is a fire all out.
- Your call will be referred to the local fire station. They will send a crew to check the fire has been extinguished.
- They will not treat the call as an emergency, but it will help to provide vital information on trends with plant and equipment.

Only tackle a fire if it is safe and you have been trained to do so. If in doubt, call 999.

