

YOU MATTER!

The Newsletter
keeping you informed
of what's going on in
Occupational Health

Issue No. 11 ~ May/June 2002



Date for your Diary

OCCUPATIONAL HEALTH CONFERENCE 2002

28th November

Sharing Solutions

This year's conference will have as its focus 'Primary Care Solutions'.

At all levels of primary care, finding solutions can make work easier, be rewarding and save energy.

We would like to give everyone the opportunity to share experiences and solutions.

There are three ways in which this can be done:

1. By writing a short article for our conference newsletter (100-200 words)
2. By producing a poster for our poster display (we can help you do them)
3. By taking part in our 'soapbox' - an opportunity to talk for 5-10 minutes.

Solutions can cover anything which you have found works for you. They do not have to be complicated!

The more people who contribute the better.

If you have ideas please contact Lesley/Sue (contact details on back page)

We look forward to hearing from you!

FEEDBACK WANTED PLEASE!

Delegates at previous OH conferences have requested more time to explore further some of the issues raised, possibly in workshops. We are therefore considering having a two-day conference with facilitated mini workshops on the second day.

Do you think this is a good idea?

Would delegates be able to get away from work for two days?

Please let us know what you think – Ring Sue/Lesley 01179 232381

World Cup Special Edition!!!!!!!!!!!!!!!



Imagine the scenario if David Beckham were a Doctor.....

David: (Arrives home late and limping). Wot's for supper then Victoria?

Victoria: I left it in the oven – why are you so late anyways? The match finished hours ago?

David: 'Bin doin' me paperwork – signing stuff for hours. Then I 'ad to cut the grass on the pitch cos the bloke wot does it is off sick.

Victoria: Why are you limping? – you 'aven't broken sumfink again 'ave you David?

David: Yeah, me foot I fink.

Victoria: An' I spose you carried on playing?

David: There weren't no one else to be Captain an' take all them free kicks.....me fans would be upset Victoria.

Anyways, the Boss can't get any substitutes – no one's applied for months. Them Spanish players who came over last week 'ave all gone home again.

Victoria: I fink its terrible David! Someone should do sumfink about it. I'm getting' really sick of it all. It'll be the same old story;

- You won't go up the doctor's cos it'll get in the Papers,
- You won't sleep for weeks

And I s'pose you'll carry on playing 8 matches a week!!!

What 'bout me an' Brooklyn an' the baby??

David: I got no choice luv. Anyway, I can sort me foot out meself – get me the first aid box will you Vic.

Victoria: (Victoria gets the First Aid box which contains a box of Elastoplast and a large bottle of gin). 'Ere it is Darl.



David: Is that all wot's left of wot the Rep gave me?

Victoria: Yeah.....David?

David: Yeah

Victoria: Call me stupid if you like, but you can't go on like this. I fink your Boss should spend less money on Spanish players and more on looking after them wot 'ees got already.

Anyways, I saw on the tele that Plymouth Argyle 'ave been promoted and they look after people in the Westcountry – maybe you should go an' play for them?

There has to be a moral in here somewhere!

Is work good for you?



YES.....

There is evidence from many sources that demonstrates that those who are 'in work' have better health outcomes than those 'out of work'. This is particularly relevant in terms of mental well-being.

We all instinctively know that we 'need' work for more than just the money (though the money helps a great deal of course!!!). Your work can provide you with self-esteem, a feeling of 'worth' and a chance to socialise. So whether it feels like it or not at the moment – you **are** better off being at work! – or are you?

NO.....

An article in the Guardian on May 2nd 2002 entitled '**Work is 3 times as deadly as war**', reported on figures from the United Nations that declared that work brings about more death and suffering than wars, or drug and alcohol abuse combined.

More than 2 million people die (that's 1 person every 15 seconds) every year from work-related accidents or disease.

Fortunately for those of us working in Primary Care, we do not come out anywhere near the top of the league in terms of 'dangerous work', the three most dangerous occupations Worldwide in order are:

- ❖ Agriculture
- ❖ Construction
- ❖ Mining

So what does this mean for us?

Perhaps it means that you can make statistics say whatever you want them to say!!

Or, maybe it is worth taking stock of your 'working life' every now and again.

Have a think about what makes you feel good/bad about your work.

What do you want out of work and are you getting it?

Should you be seeking to make changes at work?

Chat with others about how they see your shared workplace, they may want to make similar changes.

If nothing else start a discussion about it – and if you think we at the Occupational Health Service can help then get in touch.

Talking of 'Lies, damn lies and statistics'.....

The **Occupational Health Service Annual Report for 2001** has just been published and made available to all PCTs/PCGs and the LMCs in South West Devon and Cornwall.

We have tried hard to make the report readable, honest and interesting (lots of pretty graphs!). We very much want you, as the users of the Service, to read the report and give us feedback. Let us know what you think about what we have done, what we are doing and what you would like to see us do in the future.

Our goal is to make your working lives easier, healthier and safer by finding solutions and supporting you when times are rough. We need your input to keep us on track.

You can obtain a copy of the Occupational Health Service Annual Report by contacting the Service direct – details on the back page of this newsletter.



We wrote this and we thought of you.....

National Certification Service - Chief Executive's Report

In this my final report, I would like to reflect on how far we have come since our service started in 1948. Then, certificates were only required from doctors at BIRTH and DEATH. Now our industry is one of the fastest growing in the land. We have ensured that almost anything anyone does requires a certificate.

It does sadden me that over 100% of Doctors form a vocal majority who criticise us. Hopefully however they will be prepared to modernise.

We look forward to our new generation of certifiers who share our vision of 'certificates within an hour for all situations'

The Benefits Agency of course remain our biggest corporate sponsor. We have been pleased however to see that the Insurance industry is now almost as generous. I must say that meeting with them at so many sporting events this year has shown me that corporate hospitality can make working life so much easier for those of us who shoulder the burden of responsibility.

Other new clients this year have included Garden Centres. Following the well publicised events concerning garden ponds I am delighted that they have shown a modern mature response to the inquiry findings by asking all visitors to get a 'freedom from dizzy spells' certificate from their Doctor.

To those of you who ask 'what's the point?' I can only refer you to our new 'evidence based' website. You will find an abundance of evidence to show that people with certificates get better seats on planes, better housing, better exam results and are 20 times less likely to die suddenly than those without.

Yours sincerely

Dame Perpetua Stamp OBE. Cert constipation, Cert.Cert.

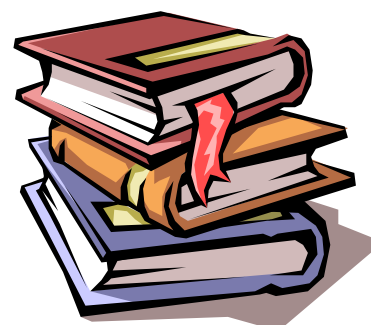


Could your Practice do with some more Occupational Health & Safety resources and training?

We would like to start up a 'library resource' for the use of all Practices. We envisage this library purchasing and loaning out books, videos, training packs etc that relate to OH&S issues.

We already have ideas of books and videos that we think are useful but we would like to hear from you to tell us:

- a) if you think that this resource would be useful, and
- b) what things you would like to see made available



The library service would be free.

As you will be aware, we have been successfully running courses to train Display Screen Equipment Competent Persons. These courses continue in response to demand.

But, is there any other OH&S related training that you would like?

How about **Manual Handling for Clinical staff?**

This could take the form of a 'train the trainers' course so that staff who attend the course would be able to return to their Practices and, with our support, undertake Manual Handling risk assessments and the training of other staff.






New inserts for your Occupational Health & Safety Manual

Replacement inserts and some new additions will be on their way to each Practice by mid June. Also included will be laminated Posters and personal pocket cards advising on the management of needlestick and contamination incidents. Further copies of both the posters and cards can be ordered via the Helpline (contact details on back page) for which there will be a small charge to cover printing.

Are you using your Occupational Health Service as much as you could?

The service is available to ALL GPs and their staff, regardless of your job or position. Please do not hesitate to contact us if you would like help, support or advice related to any aspect of health or health & safety at work.

Contact Details

	0117 923 2381 any Wednesday from 9:00am – 5:00pm
	You can fax us at any time on: 0117 923 2382 or 01530 224 762
	You can email us any time at: sue@abbottburke.co.uk lesley@abbottburke.co.uk or georgina@abbottburke.co.uk
	Sue Burke & Lesley Abbott postal address: 33 Logan Road, Bishopston, Bristol BS7 8DS
	Georgina Wingfield can be contacted via Occupational Health, Crusader House, Newham Road, Truro, TR1 2DP Telephone No: 01872 274374 - Fax No: 01872 274378

