Current Issues in Occupational Health

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KEY AREAS / PRIORITIES
Occupational Health

- Health Surveillance
- Cohort IT System
- SEQOHS
- Pre-employment Screening
- Referral to Occupational Health
- Sleepio
Health and Wellbeing

- Broad agenda – partnership approach
- Scope
- Health Steering Group
- Healthy Settings?
Health of Staff

Probable focus areas:
• Psychological Health
• Musculoskeletal Disorders
• Ageing Workforce (chronic illnesses)
• Exposure to Harmful Agents
• Personal Health Choices
SLEEPIO
Insomnia

Occasional episodes of insomnia may come and go without causing any serious problems, but for some people it can last for months or even years at a time.

Persistent insomnia can have a significant impact on your quality of life. It can limit what you're able to do during the day including your performance at work, affect your mood, and lead to relationship problems with friends, family and colleagues.
What causes insomnia

It's not always clear what triggers insomnia, but it's often associated with:

- stress and anxiety
- a poor sleeping environment
- lifestyle factors
- health conditions
- medication
How much sleep do you need

There are no official guidelines about how much sleep you should get each night because everyone is different.

On average, a "normal" amount of sleep for an adult is considered to be around six to nine hours a night.

What's important is whether you feel you get enough sleep, and whether your sleep is good quality.

You're probably not getting enough good-quality sleep if you constantly feel tired throughout the day and it's affecting your everyday life and relationships.
How does Sleepio work

Sleepio uses a researched based Cognitive Behavioural therapy model that teaches people to use techniques that address the mental (or cognitive) factors associated with insomnia, such as the 'racing mind', and to overcome the worry and other negative emotions that accompany the experience of being unable to sleep.
The cycle of poor sleep

- Negative emotions
- The vicious cycle of poor sleep
- Negative thoughts
  - Cognitive techniques
- Negative behaviour
  - Behavioural techniques
How effective is Sleepio

Sleepio is a validated method of treatment for insomnia

Results have indicated:

• 75% of people with persistent sleep problems have improved their sleep pattern

• People using Sleepio rated their quality of sleep as having more than doubled and their energy and daytime wellbeing levels increased by 58%

• Importantly, these improvements were found to be long term
What can you do to improve your sleep pattern?

**Occupational Health** have teamed up with sleep experts **Sleepio** to give University employees the chance to improve their sleep without medication.

The first step is to discover your own personal Sleep Score:

- Take the quick online test
- Based on your score you will get a personalised sleep report designed by world sleep expert Prof. Colin Espie
- If you need more help to improve your sleep you will then get the chance to sign up to Sleepio’s scientifically proven online sleep improvement programme free of charge
Find out what your sleep score is today on www.sleepio.com/oxford

Visit the Occupational Health stand and enter a draw to win a £60 Debenham’s Voucher
DISPLAY SCREEN EQUIPMENT (DSE) THE FUTURE?
Display Screen Equipment – what is it?
What has changed?

- Technology
- Age of the working population
- Flexibility in our work routine
  - Remote Working
  - Different Work Times
- Modern office spaces
General - What can we do?

- DSE Regulations still apply – Just need some broader thinking!
  - Who is at risk?
  - What challenges do we now face?
  - What responsibility do people have?
  - What equipment can be provided or modified?
  - What flexibility can be built into the work routine?
  - What training/information can you provide?
Technology - What can we do?

- Docking Stations
- Consider weight of items / carrying
- Use a desk rather than a bench or lap
- Encourage movement & breaks
- Training / information
Age - what can we do?

- Consider younger & older individual needs
- **TRY** to engage your children in the discussion!
- Review risk assessments and individual needs
- Training / information [www.healthyworking.com/move/]
Work flexibility - what can we do?

- Who is responsible for their safety?
- Use DSE Self Assessment programmes
- Encourage early reporting of problems
- Support them with equipment options
- Training / information

https://dse.ox.ac.uk
Modern Offices - What can we do?

- Get involved in designs
- Make equipment & areas flexible
- Utilise other spaces to avoid prolonged sitting
- Training / information
QUESTIONS?