

Information Workshop

Mental Wellbeing Awareness

Everyone has the right to work in a mentally healthy workplace...

Are you aware of your responsibilities?

Background: At any given time, approximately 1 in 5 Australian workers is likely to be experiencing a mental health condition such as stress, depression or anxiety.
Our Work Health and Safety laws define 'health' as including psychological health. Organisations must consider the psychological health and wellbeing of workers in the same way they do physical health. Like all work health and safety hazards, it needs to be managed. Everyone in a workplace has a responsibility for their own health and safety, both psychological and physical, and to ensure that their mental health and wellbeing does not create a risk to their personal or anyone else's health and safety.

Penalties for reckless conduct under the WHS Act are up to \$3mil. For corporations/ government bodies and up to \$300 000 and/or 5 years imprisonment for individuals. Psychological injuries typically require 3 times more time off than physical injuries.

Timing: 1.5 hour workshop

Who should attend:

The course is aimed at all Workers, Managers, and Directors of organisations who want an overview of Workplace Health and Safety Legislation and their personal responsibility to maintain a psychologically healthy workplace.

Workshop Overview:

This course provides information on key elements of the WHS Act in relation to mental wellbeing and maintaining a healthy workplace.

Topics covered include: Protect and promote a mentally healthy workplace, the cost of psychological injuries, Understanding hazards and assessing risks, Consultation and developing a safety culture, Key causes of psychological injury – bullying, conflict, fatigue, stress, violence, drug and alcohol abuse, unfair treatment, recognizing the signs, getting help for workers.

Questions and scenarios

Provider: Paragon Work Health Safety
Member of Safety Institute of Australia

Facilitator: Peter McWhinnie

Qualifications: Graduate Diploma of Organisational Safety Management (UniSA), Cert IV in Transport, Warehousing and Logistics, Diploma of Occupational Health and Safety, Diploma of Quality Auditing, Nationally accredited workplace trainer and assessor (Cert IV TAE), Diploma of Business, Diploma of Management.

Experience: transport fleet manager, truck driver for MC, heavy machinery operator, parks and gardens maintenance, workplace trainer and assessor.

