

World Day for Safety & Health at Work

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AN MWH - SOLEL BONEH JOINT VENTURE



TOOLBOX



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World Day for Health and Safety at Work -TOOLBOX

Today we work everywhere and anytime. We're dealing with new work conditions and arrangements, but no work should take away our safety or our health.

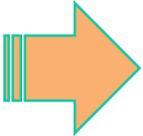
Unfortunately, about **7,500** people die every day all over the globe due to unsafe and unhealthy work environment.

In 6,500 of 7,500 cases the injuries/diseases are related to working place.

Deaths at work are a small part of the tragic picture.

More than **1,000,000** people are injured at work every day.

This causes a big impact on the quality of life of the employees and their families and affect them physically, mentally, and economically.



Today* we mark International Safety Day for health and safety at work.

This day focuses on providing international attention to prevent accidents at work and consequently injuries and diseases.

*This event was scheduled to April 28th but postponed from Friday to mention it today.

The Lachish site has joined this international effort in several ways :

- ✓ Expanding the awareness of this day as part of the TOOLBOX and sharing content related to a culture of safety and Mental health that at work (a topic that we will focus on during May).
- ✓ Mental Health Lecture for managers, training & visual elements

Despite the effort, the most important of all is the perception of the personal responsibility that each one of us has in maintaining our health and safety and that of those around us.

Remember:

Safety Everyone Everyday

Each of us has a part in building the safety culture at the site (or breaking it).

One of the things that helps build this culture is concern for my safety and at the same time for the safety of my teammates and those around me.

Actions such as: maintaining safety rules, adopting safe work practices, and making a stopping point to deal with hazards, here are some basic examples that illustrate the central value of caring for the well-being of everyone at work.



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Each of us must ask the following questions each day before starting work in order to come back home safely:



1 Do I understand what is expected of me at work today?

It is important to ask questions and make sure we understand the working steps, the tools we will use and the procedures to follow.

2 Do I understand what is dangerous to me in my type of work?

We need to make sure that we understand what might endanger us ,our teammates or other people who around us.

3 Am I aware of what's going on around me?

Make sure that you understand the influence of near working zones on you or systems and materials that are nearby.

4 Do I know how to deal with dangers at work?

We will make sure that we are acquainted with the safe method of work, appropriate protective equipment, and the safe tools for work

5 Do I know how to respond to any emergency situation?

We will make sure that we have the emergency phone number, also we will make sure that we know how to respond to any emergency situation

6 Do I set an example for others?

My behavior may also affect others - whether at work or at home. It is important to do the right and safe thing.



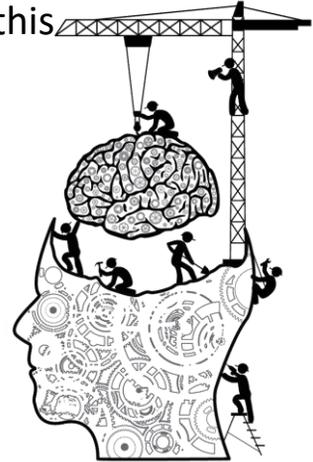
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One of the most important topics we chose to focus on this day as well as during May is the **mental health at work** (May is the awareness month for mental health)

The construction industry is one of the most male-dominated industries. Employees face the underlying social stigma that they are supposed to be tough, and strong and rarely show emotion and cope with their internal struggles in silence. This stigma hurts them and their mental well-being.



Did you know?

60% Of construction workers reported struggling with mental health but only a third said they would communicate this to their employers

What are the contributing factors to mental health concerns in the construction industry?

- ✓ High-stress and deadline-driven work
- ✓ Long work hours including the potential for a large volume of overtime leading to fatigue
- ✓ Separation of the family when working away from home
- ✓ Toughness and strength are valued, mental health conditions, or seeking help, may be seen as a personal weakness
- ✓ A competitive, male-dominated work culture
- ✓ Seasonal layoffs

What are the risks of mental health issues?

- ✓ Exhaustion
- ✓ Anxiety
- ✓ Depression
- ✓ Chronic stress can contribute to physical health issues: High blood pressure, Decreased immune system, Diabetes



The likelihood mistakes increases and so the likelihood of accidents



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How can we identify the warning signs of mental illnesses?

- ✓ Decrease in productivity
- ✓ Tardiness
- ✓ Increase in conflict with other team members
- ✓ Isolation from coworkers

What should we do?

- ✓ Internalize the message that it is OK not to be OK . We are human and sometimes we have to deal with difficulties, at home or at work, which cause us anxiety, depression.
- ✓ Know that we are not alone (about 60% of the population in the construction industry)
- ✓ We will be alert to others in our team and identify workers who may suffer from mental stress. We will show compassion and care towards them, ask if they are OK (sometimes it is necessary to ask twice), listen to their story and offer them help. Those steps are the source of the slogan you will see on the site's signage:



Ask twice • Listen • Be kind

- ✓ If we feel that there is increasing pressure at work and too much load, we will contact our manager so that he can prioritize the tasks or examine how the load can be reduced
- ✓ At the discretion of the contractor companies, it is possible to seek further professional assistance.



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