

Programmed Safety Focus: Looking Out for Each Other

When we think about workplace hazards, we often think about physical hazards such as slip, trip and fall hazards or moving machinery or vehicles. However, hazards are not always physical.

Competing priorities, poor communication or ongoing pressure can also affect our health, safety and wellbeing. These are psychosocial hazards.



Some pressure is a normal part of work, but too much pressure over a prolonged period can contribute to fatigue, stress, reduced concentration, mistakes and impacts on mental health.

It is important to recognise when pressure is building and speak up before it becomes a bigger issue.

Toolbox Discussion

- What are some signs that work pressure may be affecting you or someone in the team?
- What workplace situations create the most pressure for our team?
- How can pressure affect the way we make safety decisions?
- What can we do as a team when pressure starts to build?

What If?

- What if a teammate is not coping as well as usual? What support is available?

Looking after psychological health is just as important as looking after physical safety. By talking openly about workplace stressors, we can identify issues early, support each other and protect health.

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