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Health and safety

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The purpose of health and safety policies in the workplace, as set by OSHA (the Occupational Safety and Health Administration), are six-fold:To prevent injuries and illnesses arising from the workplace To improve compliance with relevant regulations and laws To reduce the associated costs, such as compensation To engage workers To enhance workers' social responsibility To increase productivity in the workplace and streamline operations However, the basic idea is simple: To prevent, rather than to react to, hazards in the workplace.Some common health and safety policies, or core approaches to occupational health and safety, are outlined below—with respect to the areas they pertain to.Management LeadershipA commitment to employee health and safety should come from the very top levels of management. A policy to share that commitment with employees through comprehensive health and safety information should be adopted. This means putting in place a clear health and safety plan template. In other words, employees should be aware of management's expectations and responsibilities, in accordance with OSHA guidelines. Managers at all levels should also provide resources to promote employee health and safety, allowing everyone in the company to follow suit.It is important that workers are involved in setting goals, identifying and reporting hazards and tracking progress generally. This will help to ensure that employees are proactive about understanding their responsibilities and, importantly, the reasoning behind them. Of course, they should also be fully aware of how to fulfill their responsibilities, including the resources available to help them do so.It's also important to have a clear policy of openness for reporting incidents and an easy means by which to do so. For that reason, any obstacles should be removed.Hazard Identification, Assessment, Prevention and ControlIn addition to a policy of assessing existing hazards, there should be clear procedures for identifying and evaluating risks on an ongoing basis. To this end, employers and employees should cooperate effectively to devise appropriate measures for controlling hazards in the workplace.Over time, it's also important to periodically assess the usefulness of these procedures and policies. Evaluation should be part of the plan, as should verify that the plan is actually being followed.Education and TrainingA policy of health and safety training is integral to any overall plan. Initial and periodic health and safety quizzes are one means by which this can be accomplished. In particular, such quizzes can be useful to promote awareness of how to recognize hazards in the workplace. They can also help management to assess where there may be room for improvement. The idea is to ensure that all employees understand how the program works, and what their specific responsibilities are. Coordination and Communication Between WorksitesWhere a company operates multiple worksites, it's especially important for the host employer and all contract employers to coordinate on planning. A policy should be set up to schedule meetings to identify and resolve health and safety issues. Equally, workers from both parties should be informed (and assessed for their knowledge of) hazards at each of the worksites they may work at. MORE FROM QUESTIONSANSWERED.NET Our website uses cookies to enhance your browsing experience and to collect information about how you use this site to improve our service to you. By not accepting cookies some elements of the site, such as video, will not work. Please visit our Cookie Policy page for more information on how we use cookies. Accept all cookies Manage Cookies Washington — OSHA is reopening its rulemaking record on a proposed final rule on COVID-19 focused on health care workers and will host a virtual public hearing next month.Washington — OSHA, NIOSH and a coalition of safety organizations - including the National Safety Council - are teaming up for the sixth annual Safe + Sound Week, scheduled for Aug. 15-21.Washington — In an effort to further reduce transmission of COVID-19, the Biden administration is calling on building owners and operators - as well as all organizations - to assess their indoor air quality and improve ventilation and filtration. From proper-fitting PPE to comfort with reporting concerns, "it really comes down to the company's culture," one expert says. In the aftermath of devastating weather events, tens of thousands of storm recovery workers respond. A wide variety of potential hazards await. The U.S. Supreme Court issued a stay of OSHA's emergency temporary standard on COVID-19 vaccination, testing and masking, with a 6-3 decision Jan. 13. In response, the agency withdrew its ETS on Jan. 26. Page 2 Save lives, from the workplace to anyplace. The National Safety Council is America's leading nonprofit safety advocate. We focus on eliminating the leading causes of preventable injuries and deaths. Learn more about the NSC mission. Photo Courtesy: Luis Alvarez/DigitalVision/Getty Images Taking care of your mental health is equally as important as taking care of your physical health. Those living with a mental illness or disorder — whether ongoing or temporary — often find that it affects many areas of their life, including their personal relationships and work. The best way to navigate mental illness and care for one's mental health? Seek out treatment from a professional. How do you know when it's time to reach out? If you're feeling constantly overwhelmed, it's probably a good idea to seek support. The good news is that there are many types of mental healthcare available folks — in fact, there are even ways to connect virtually. Depending on your situation, you'll have to decide which one is right for you. To help raise awareness for World Suicide Prevention Day, we've rounded up some great mental health resources for those seeking support and treatment. Everything You Need to Know About Talk TherapyTherapy, also known as psychotherapy or talk therapy, is an ongoing process where a person meets with a licensed therapist or psychiatrist to discuss their feelings and any issues they might be navigating in their life. Those dealing with prolonged sadness, lethargy, anxiety, addiction, low self-esteem, or any other challenging thoughts or behaviors often benefit from talk therapy.Therapy can also be invaluable to people struggling with chronic mental disorders and illnesses, such as bipolar disorder, schizophrenia, clinical depression, and generalized anxiety disorders. Some of the benefits of talk therapy? Patients often better understand their emotions, resolve emotional or behavioral obstacles or compulsions, improve interpersonal relationships, get a better night's sleep, and develop healthy coping mechanisms. Photo Courtesy: Maskot/Getty Images Many health insurance plans cover at least some of the expenses of mental healthcare. The Affordable Care Act has mandated that all plans purchased through its marketplace must cover mental health services. Additionally, many employer-sponsored insurance plans cover mental healthcare as well.You can find out if you are covered — and what, exactly, your insurance covers — by logging into your insurance account online to seek out that information. Alternatively, you can call your insurance provider directly. Once you figure out what's covered, you'll likely need to choose a therapist within your plan's network. Usually, the list of included providers is available online for convenience. Without insurance, therapy can be pretty expensive. This is, unfortunately, one of the main barriers to care. Folks who would otherwise benefit from talk therapy avoid it or believe it's not for them because they can't afford it. That being said, some mental health professionals offer a sliding scale based on what a potential patient can afford, thus making their services more accessible. Additionally, student health centers at universities or other community-based health centers may be able to provide guidance on where to look for those offering these lower-cost therapy services.Online Therapy Is the Wave of the FutureBefore the COVID-19 pandemic, there were plenty of online therapy services. Now, online therapy has become a lot more common, and it's probably a service that's here to stay. Some versions of online therapy include digitally meeting with a therapist by way of a video call. This is the most similar to traditional, in-person therapy. In fact, during pandemic lockdowns, many in-person therapists switched their services to Zoom calls for safety reasons, and, in all likelihood, that will remain an option going forward. Photo Courtesy: Luis Alvarez/Getty Images Some online therapy services offer people the chance to talk to a licensed therapist at a much more affordable rate than in-person services. Some offer live appointments, while others offer text, audio, or video messaging for patients and therapists to communicate back and forth. Live chat sessions, where a patient schedules to have a text conversation with their therapist, are also becoming increasingly popular.Several online therapy services, such as Talkspace and Amwell, even accept insurance. If you don't have insurance and find that online therapy is still outside of your budget, there are also some free options. Typically, free online therapy connects people with a trained listener — not necessarily a licensed professional — who has volunteered to offer advice to those in need via text chat. Furthermore, some of these free online therapy services are anonymous.Emergency Hotlines Are Always AvailableEmergency hotlines are available for free 24/7 for people who need someone to talk to in the heat of a moment, especially if they don't have a therapist or can't take the time to schedule an appointment. Calling an emergency hotline connects you to a trained volunteer, so depending on the hotline, volunteers are trained to help in those particular crisis situations. For example, someone experiencing suicidal ideation may reach out to the National Suicide Prevention Hotline. These hotlines are usually anonymous, and, if they aren't, they're confidential. This means no one needs to know you called a hotline, which may encourage those who are feeling ashamed or afraid to reach out, despite that inner turmoil. Photo Courtesy: MoMo Productions/Getty Images Some hotlines aim to help particular groups of people. For example, the Trevor Project works with LGBTQ+ Youth, while Trans Lifeline connects trans folks with their peers. Additionally, chat-based emergency hotlines are also available for free 24/7 in the event of a mental health emergency. Instead of talking, you'll text back and forth with a trained crisis counselor to get the support you need right away.Don't Underestimate Support GroupsSupport groups are also helpful to those living with mental illness or other mental health concerns. Many different types of organizations offer support groups that can range from being led by a mental health professional to being led by a volunteer or peer. In general, support groups offer a space where people can get together to discuss their feelings, challenges, and experiences. Photo Courtesy: Klaus Vedfelt/Getty Images Most of the time, support groups focus on specific topics or threads. For example, there are addiction, grief, depression, and divorce support groups. Some are secular, while others are affiliated with a religion or religious institution. Connecting with others who are going through the same thing you are can be immensely helpful; it can reflect yourself back or allow you to see a different point of view. Because they're usually free, support groups are an accessible way to get help when you need it.To find a support group in your area, research online to find the precise type of group that will fit your needs. If that doesn't work, you can contact your doctor or call a support hotline and they will likely send you in the right direction. There are also online support groups if you find that is more convenient. Remember: If you don't feel a connection to a certain support group, or you find that it isn't helping, you can always find another one that might be a better fit. In other words, don't give up just because the first one doesn't work out.Around-the-Clock Inpatient CareInpatient care for mental health concerns and illnesses involves staying overnight in a facility geared toward helping patients navigate what they're facing. Stays can range from one night to months, though the typical treatment period is less than 30 days. Inpatient facilities provide around-the-clock help as well as supervision to ensure the safety of those admitted. Photo Courtesy: Nitat Termmee/Getty Images Inpatient mental health centers typically provide different kinds of therapy. Psychotherapy, psychiatric treatment, and various therapeutic activities can all help mental health patients cope and eventually get back to living a healthy life where they can manage their illness or disorder. Mental healthcare in an inpatient setting is offered publicly, meaning it is operated by the government, and privately, meaning it is offered by a privately-owned service. Insurance typically covers (or at least partially covers) inpatient care for mental health when it's needed. If you need inpatient mental healthcare but don't have insurance and can't afford to pay out of pocket, you might be eligible for Medicaid's cost-covering program.How Nonprofits Fit in to the Mental Health SphereMany nonprofits focus on mental health and mental illness so as to directly assist and provide services to people in need. They also spread necessary information about mental health and mental healthcare to raise awareness so that more people realize when (and where) to seek help or support. Additionally, nonprofits working in mental health advocate for governmental change laws in favor of better mental healthcare for all. Photo Courtesy: SDI Productions/Getty Images Mental health services from nonprofits can include support groups, emergency hotlines, and even clinical care. For example, the National Alliance on Mental Illness (NAMI) provides free, anonymous support groups around the country. Aside from the services NAMI provides, they are also a great resource to connect you with other kinds of mental health services that match your needs. Mental Health America (MHA) is another great resource.The Child Mind Institute is a national nonprofit that focuses on helping children and families dealing with mental health concerns. Their services include free education and resources, and they offer in-person care and financial aid in certain areas to folks who are eligible. MORE FROM SYMPTOMFIND.COM

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