

**WORK** stress

The UK National Work-stress Network • [workstress.net](http://workstress.net)



**Hazards  
Campaign**

## WMD Newsletter 2013

### International Workers Memorial Day Edition - April 28<sup>th</sup> 2013

April 28th is the day we celebrate the living workers and pay tribute to those who have died or become injured at work.

#### **Work stress is a killer.**

It may not be as apparent as an industrial accident, infection or disease. But how often have those conversations of friends and colleagues who have died or prematurely retired and used phrases as: they were so over worked, so much pressure, we were so short staffed, they used to come in when they were obviously ill, they were so stressed by that bullying manager, they only just retired but were under such stress, etc.

So on Sunday and throughout the *International Workers' Memorial Day* weekend events, please remember those who you know who are no longer with us and ask, was work stress a factor?

The Labour Government recognised WMD as a day for recognition of all the terrible work-related losses.

Keep up the Vigil!



**It shouldn't take a disaster before they act.**

#### **2012: Legionnaires' disease**

Two UK outbreaks, over 120 cases and five deaths. The Health and Safety Executive (HSE) backtracked and introduced a comprehensive inspection programme.

#### **2012: Record BP fine**

The 2010 Deepwater Horizon disaster killed 11 and smeared the Gulf of Mexico with oil. BP agreed a \$4bn penalty. It's paid tens of billions more in legal settlements.

From the Boeing Dreamliner groundings in the US, to Japan's Fukushima nuclear power station meltdown, and the Pike River mine disaster in New Zealand, the problem was too little regulation.

It's a global crisis of enforcement. And it comes at a high cost.

**Action is better than reaction**  
**Workers' Memorial Day, 28 April**  
[www.hazards.org/wmd](http://www.hazards.org/wmd)

## UK National Work-Stress Network Newsletter

**Follow us on twitter @workstressuk - these are some of the stories we have featured since our last newsletter**

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|--|---|
| <p>Top 20% of burnt-out employees have a dramatically increased risk of heart disease<br/> <a href="http://www.medicalnewstoday.com/releases/257608.php">http://www.medicalnewstoday.com/releases/257608.php</a></p>   | <p>Burnout bigger heart attack risk than smoking says new research. #workstress is a major hidden killer<br/> <a href="http://touchstoneblog.org.uk/2013/03/burnout-bigger-heart-attack-risk-than-smoking-says-new-research?utm_source=dlvr.it&amp;utm_medium=twitter">http://touchstoneblog.org.uk/2013/03/burnout-bigger-heart-attack-risk-than-smoking-says-new-research?utm_source=dlvr.it&amp;utm_medium=twitter</a></p> |
| <p>STUC report exposes widespread dysfunctional management practices leading to bullying and #workstress<br/> <a href="http://www.stuc.org.uk/news/997/new-stuc-report-exposes-widespread-punitive-management-practices">http://www.stuc.org.uk/news/997/new-stuc-report-exposes-widespread-punitive-management-practices</a></p>            | <p>Keeping people safe at work is common sense - Attacking H&amp;S Regs is dangerous and counterproductive!<br/> <a href="http://www.unison.org.uk/asppresspack/pressrelease_view.asp?id=2955">http://www.unison.org.uk/asppresspack/pressrelease_view.asp?id=2955</a></p>  |
| <p>Half of workers now work through their lunch-breaks:- recipe for indigestion and workstress!<br/> <a href="http://www.tuc.org.uk/workplace/tuc-21901-f0.cfm">http://www.tuc.org.uk/workplace/tuc-21901-f0.cfm</a></p>   | <p>Are you the cause of workplace stress? Show this to your manager!<br/> <a href="http://www.huffingtonpost.com/2013/01/29/work-stress-causes_n_2568587.html?utm_hp_ref=tw">http://www.huffingtonpost.com/2013/01/29/work-stress-causes_n_2568587.html?utm_hp_ref=tw</a></p>   |
| <p>Overstretched paramedics afraid to speak out!<br/> <a href="http://www.morningstaronline.co.uk/news/content/view/full/128819">http://www.morningstaronline.co.uk/news/content/view/full/128819</a></p>  | <p>Working Time Directive is top of the Tory hate list of EU imposed law; here is what you stand to lose.<br/> <a href="http://stopemploymentwrongs.org/why-does-david-cameron-hate-the-working-time-directive/">http://stopemploymentwrongs.org/why-does-david-cameron-hate-the-working-time-directive/</a></p>  |
| <p>Whistle-blowing laws to be overhauled as new claims emerge over NHS trust. But will it be enough protection?<br/> <a href="http://www.guardian.co.uk/politics/2013/feb/15/whistleblowing-laws-overhauled-nhs-trust?CMP=twt_gu">http://www.guardian.co.uk/politics/2013/feb/15/whistleblowing-laws-overhauled-nhs-trust?CMP=twt_gu</a></p> | <p>Unbelievable! Tesco staff forced to wear arm monitors that track work rate. Perhaps should try it on MP's first!<br/> <a href="http://www.independent.ie/irish-news/tesco-staff-forced-to-wear-arm-monitors-that-track-work-rate-29060257.html">http://www.independent.ie/irish-news/tesco-staff-forced-to-wear-arm-monitors-that-track-work-rate-29060257.html</a></p>  |
| <p>The new "workplace tyranny" of performance management Herald Scotland<br/> <a href="http://www.heraldscotland.com/news/home-news/the-new-work-place-tyranny.20023640">http://www.heraldscotland.com/news/home-news/the-new-work-place-tyranny.20023640</a></p>  | <p>Welcome report from @TUCnews Employee well-being the key to reducing sick leave, leads to less workstress<br/> <a href="http://www.tuc.org.uk/workplace/tuc-21927-f0.cfm">http://www.tuc.org.uk/workplace/tuc-21927-f0.cfm</a></p>   |
| <p>Work Your Proper Hours Day - every March 1st ,<br/> <a href="http://www.worksmart.org.uk/workyourproperhoursday/">http://www.worksmart.org.uk/workyourproperhoursday/</a></p>   | <p>TUC H&amp;S Manifesto - Time for Change download and share!<br/> <a href="https://www.tuc.org.uk/tucfiles/531/TUC_Health_and_Safety_Manifesto_Time_for_Change.pdf">https://www.tuc.org.uk/tucfiles/531/TUC_Health_and_Safety_Manifesto_Time_for_Change.pdf</a></p>   |
| <p>87% of workers say they are stressed at work!<br/> <a href="http://www.unison.org.uk/northernireland/pages_view.asp?did=15298">http://www.unison.org.uk/northernireland/pages_view.asp?did=15298</a></p>  | <p>Work is biggest cause of stress in people's lives. #workstress makes you sick and can kill<br/> <a href="http://www.mind.org.uk/news/8566_work_is_biggest_cause_of_stress_in_peoples_lives">http://www.mind.org.uk/news/8566_work_is_biggest_cause_of_stress_in_peoples_lives</a></p>  |
| <p>BBC apologise after journalist commits suicide from work place bullying that was ignored by management<br/> <a href="http://www.scotsman.com/news/uk/bbc-apologises-after-journalist-suicide-1-2862039">http://www.scotsman.com/news/uk/bbc-apologises-after-journalist-suicide-1-2862039</a></p>   | <p>Workstress led to drinking heavily and liver failure inquest told. Sounds tragically all too familiar!<br/> <a href="http://www.halesowennews.co.uk/news/blackcountry/10275427./">http://www.halesowennews.co.uk/news/blackcountry/10275427./</a></p>  |
| <p>87% of Local Authority staff experience workstress<br/> <a href="http://www.unison.org.uk/asppresspack/pressrelease_view.asp?id=2967">http://www.unison.org.uk/asppresspack/pressrelease_view.asp?id=2967</a></p>   | <p>Tackle ill health by stopping sick-inducing workplaces,"<br/> <a href="http://union-news.co.uk/2013/02/tackle-ill-health-by-stopping-workers-getting-ill-says-tuc-reps-guide-in-the-first-place/">http://union-news.co.uk/2013/02/tackle-ill-health-by-stopping-workers-getting-ill-says-tuc-reps-guide-in-the-first-place/</a></p>  |
| <p>BBC News - Bad sleep 'dramatically' alters body. and anyone with workstress knows their sleep gets affected!<br/> <a href="http://www.bbc.co.uk/news/health-21572686">http://www.bbc.co.uk/news/health-21572686</a></p>   | <p>Poor sleep leads to heart failure, stress leads to poor sleep! Join the dots! workstress kills<br/> <a href="http://www.bbc.co.uk/news/health-21667943">http://www.bbc.co.uk/news/health-21667943</a></p>  |

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| <p>Employee well-being the key to reducing sick leave, TUC report finds<br/> <a href="http://www.tuc.org.uk/workplace/tuc-21927-f0.cfm?utm_source=dlvr.it&amp;utm_medium=twitter">http://www.tuc.org.uk/workplace/tuc-21927-f0.cfm?utm_source=dlvr.it&amp;utm_medium=twitter</a></p>   | <p>More than 2 million people give up work to care for relatives many to avoid the #workstress of doing both tasks<br/> <a href="http://www.guardian.co.uk/society/2013/mar/07/2-million-work-care-relatives?CMP=tw_t_gu">http://www.guardian.co.uk/society/2013/mar/07/2-million-work-care-relatives?CMP=tw_t_gu</a></p>  |
| <p>Ageing population will impact on families and services Caring for elderly parents often major part of <a href="#">workstress</a><br/> <a href="http://www.guardian.co.uk/society/2013/feb/24/ageing-population-impact-families-services?INTCMP=SRCH">http://www.guardian.co.uk/society/2013/feb/24/ageing-population-impact-families-services?INTCMP=SRCH</a></p>                                 | <p>Costs of H&amp;S compliance eroding business benefits of investment! Well they would say that wouldn't they!<br/> <a href="http://www.shponline.co.uk/news-content/full/rising-costs-of-h-s-compliance-eroding-business-benefits-of-investment">http://www.shponline.co.uk/news-content/full/rising-costs-of-h-s-compliance-eroding-business-benefits-of-investment</a></p> |
| <p>Useful for all H&amp;S reps: BMA guide on occupational health practice<br/> <a href="http://bma.org.uk/practical-support-at-work/contracts/occupational-health">http://bma.org.uk/practical-support-at-work/contracts/occupational-health</a></p>   | <p>87% Local Govt workers struggle to cope with increased stress and pressure at work<br/> <a href="http://www.unison.org.uk/northernireland/pages_view.asp?id=15298">http://www.unison.org.uk/northernireland/pages_view.asp?id=15298</a></p>   |
| <p>Shock! Horror! Politician talks about Health and Safety without calling it a burden:<br/> <a href="http://www.shponline.co.uk/news-content/full/iosh-2013-shadow-minister-criticises-coalition-s-superficial-support-for-health-and-safety...">http://www.shponline.co.uk/news-content/full/iosh-2013-shadow-minister-criticises-coalition-s-superficial-support-for-health-and-safety...</a></p> | <p>International Women's Day: political rights around the world mapped<br/> <a href="http://www.guardian.co.uk/world/datablog/interactive/2013/mar/08/international-womens-day-political-rights?CMP=tw_t_gu">http://www.guardian.co.uk/world/datablog/interactive/2013/mar/08/international-womens-day-political-rights?CMP=tw_t_gu</a></p>                                    |
| <p>Now our facility time is under attack from this bloody government<br/> <a href="http://www.morningstaronline.co.uk/index.php/news/content/view/full/130076">http://www.morningstaronline.co.uk/index.php/news/content/view/full/130076</a></p>  | <p>Back injury caused by their colleagues working 17 hour shifts and suffering work-stress<br/> <a href="http://www.thompsons.law.co.uk/personal-injury/airport-worker-compensation-back-injury.htm">http://www.thompsons.law.co.uk/personal-injury/airport-worker-compensation-back-injury.htm</a></p>  |
| <p>Make sure you take the time off for your H&amp;S training!<br/> <a href="http://www.tuc.org.uk/tucfiles/536/TUC_guide_Time_off_for_training.pdf">http://www.tuc.org.uk/tucfiles/536/TUC_guide_Time_off_for_training.pdf</a></p>   | <p>IMPORTANT! trade union manifesto for reclaiming health and safety at work<br/> <a href="http://www.tuc.org.uk/workplace/tuc-21902-f0.cfm">http://www.tuc.org.uk/workplace/tuc-21902-f0.cfm</a></p>  |
| <p>Welcome report from @TUCnews Employee well-being the key to reducing sick leave, leads to less <a href="#">workstress</a> <a href="http://www.tuc.org.uk/workplace/tuc-21927-f0.cfm">http://www.tuc.org.uk/workplace/tuc-21927-f0.cfm</a></p>   | <p>Unbelievable! Tesco staff forced to wear arm monitors that track work rate. Perhaps should try it on MP's first!<br/> <a href="http://www.independent.ie/irish-news/tesco-staff-forced-to-wear-arm-monitors-that-track-work-rate-29060257.html">http://www.independent.ie/irish-news/tesco-staff-forced-to-wear-arm-monitors-that-track-work-rate-29060257.html</a></p>     |
| <p>Working Time Directive is top of the Tory hate list of EU imposed law here is what you stand to lose.<br/> <a href="http://stopemploymentwrongs.org/why-does-david-cameron-hate-the-working-time-directive/">http://stopemploymentwrongs.org/why-does-david-cameron-hate-the-working-time-directive/</a></p>  |  |
| <p><b><i>Like us on Facebook and get these stories to your time line!</i></b></p>  |  |

## Stress-related suicides on the increase?

2008-10 saw an increase of 3.6% in male suicides as joblessness rose by 25% with unemployment being closely linked to deaths during this period.

During this period researchers have shown that 846 more men ended their lives than might have been expected, with male suicides rising by 1.4% for every 10% increase in unemployment.

The stresses and pressures that cause these terrible tragedies may only be a part of the further stress, depression and anxieties felt by surviving work-mates and family members of the deceased.

**Stress Network: Our Parish Notices!**

**Our Annual Conference**

**Sick Workplaces – Sick Workers**

Are health and safety cuts the right medicine?

**Saturday November 23rd to Sunday November 24th 2013**

Hillscourt Conference Centre, Rednal, Birmingham B45 8RS

***“Sick workers face greater scrutiny, but sick workplaces face no scrutiny at all”***

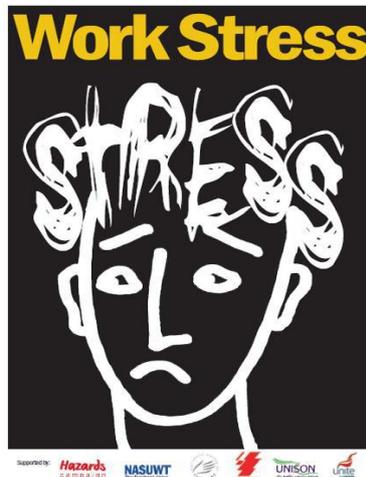
More details here: [.pdf](#) or [.doc](#) format.

**Network information**

The Stress Network can provide speakers for TU Branch meetings, workshop and seminar sessions at conferences and for joint employer/employee sessions.

If you would like us to arrange such an event or support your battles against work-related stress, please get in touch with the Convenor.

***We are run entirely voluntarily and ask for a donation to our working funds.***



**Work-Stress Booklet: Re-write and Revision**

We are currently revising our popular Work-Stress Booklet. If you or your branch or your organisation would like to become a “Friend of the Work Stress Network” to help us with our publishing costs for more information please go see this link:-

<http://www.unison.org.uk/file/130316%20Friends%20of%20Network%20form.pdf>

Our thanks to those who have already contacted us!