

## INJURIES

### REPORTING

In the event of an injury occurring on site, you **MUST** report it immediately to your supervisor. If your supervisor is unavailable, please notify your leading hand immediately and email or call Beth Hall at the office on **08 7225 1267**.

### OFF SITE INJURIES

If you sustain an injury outside of work that results in your inability to come to site, you will only be able to return to work once we receive a clearance from your doctor.

### INJURY & SICKNESS INSURANCE

Reminder of Grandstand's option for injury and sickness insurance. Premiums have reduced to \$21.80 per week. As discussed upon employment, if you have chosen to have this deducted from your wage you may be entitled to an injury and sickness pay through Echelon. If you require this information, give us a call on (08) 7225 1267 and we can send through the documentation.



## MENTAL HEALTH

Every year 190 Australians working in the construction industry take their own lives, this means we lose a construction worker every second day to suicide. Work within the industry is highly transient with most workers employed on a project by project basis, for periods from a few weeks, to a few years. Grandstand takes our employees health extremely seriously, this includes mental health.

### Signs you may be going through a personal crisis:

- Lack of motivation
- Sleeplessness or over sleeping
- Moodiness
- Headaches
- Lack of concentration
- Feeling overwhelmed or anxious
- Reliance on alcohol or other substances to cope
- Increase eating, drinking or nervous habits
- Not coping with demands or responsibilities

### What can you do?

- Talk to someone
- Visit your GP
- Exercise. This triggers a chemical response that releases positive feelings
- Limit alcohol, caffeine and nicotine – they can increase anxiousness and sleeplessness
- Take time out. Relaxing and doing activities you love can recharge your mind and body
- Write it down – this helps you recognise what, when and why you are feeling this way
- Get help

**If you are thinking about suicide or experiencing a personal crisis, help is available. No one needs to face their problems alone.**



Lifeline **13 11 14** Mates in Construction **1300 642 11** Beyond Blue **1300 22 4636**

