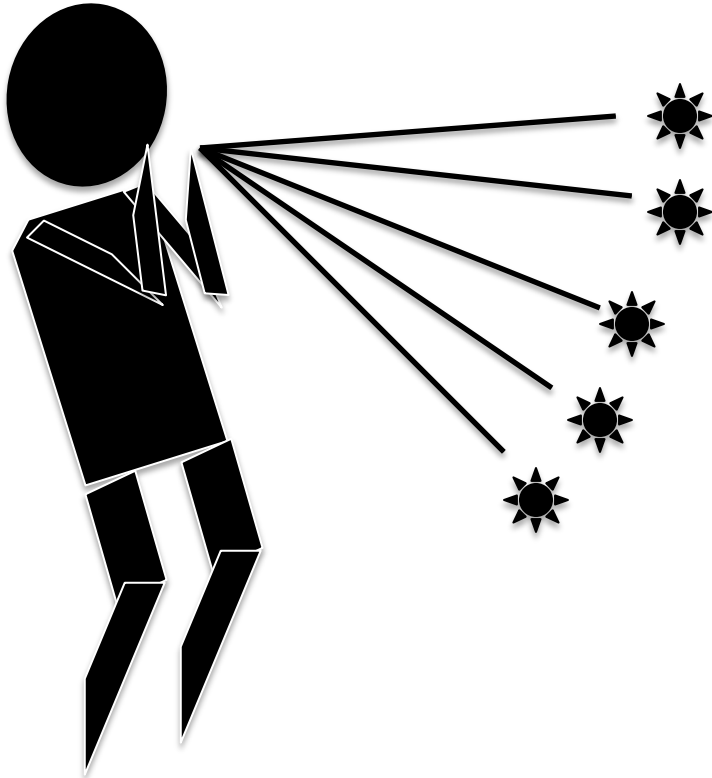# HEALTH IMPACTS SAFETY !

Achoo!

- **Presenteeism can cut productivity by 30% or more.**
- **Working while sick places coworkers at risk for illness.**
- **Working while sick increases your risk for an on-the-job injury.**

> **INSTRUCTIONS:** Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.

Our safety committee meeting today is about presenteeism – when a worker is on the job but, because of illness or other conditions, not fully functioning. In May 2011, a 61-year-old millwright with more than 32 years of experience was killed in an incident where he skipped just one step while repairing a pressurized part. One small error can be deadly, and this may sometimes be caused by presenteeism.

Conditions contributing to presenteeism include infectious illnesses, such as cold and flu, and non-infectious ailments, including migraines, asthma, or depression. Presenteeism has been shown to reduce work productivity by 30% or more, and it can increase your risk of getting hurt. In the case of infectious disease, you can spread your sickness to others by coming to work sick.

So here are some ways we can avoid the problem of presenteeism.

- If you suffer from a chronic condition, consult your doctor for help.
- If you <u>do</u> treat your condition with medications, check with your doctor to ensure you can still do your job safely..
- Avoid exposing co-workers to infection by staying at home during the infectious period of an illness, typically 5-7 days for colds and flu.
- Wash hands frequently and cover your mouth and nose when coughing or sneezing to avoid spreading illness.

> **ASK: "Does anyone have more ideas or comments to share?"**
>   Pause for discussion. Then see if there are ways to take action.

END WITH ACTION PLAN (ideas for what to ask or say).

- Can you remember a time when you were at work but not productive because of illness or other issue?

- What have you found that works to keep you productive at work?

- Are there other things that our organization can do to reduce the problem of presenteeism?