

To: All network operations line managers, all Safety professionals, all Route and Regional communications managers and corporate communications.



Safety Hour

Line manager content alert
December 2015

Dear colleagues,

Following the appointment of our new occupational health provider OH Assist on 1 November (which impacts everyone excluding those working for the South West Railway alliance), we have produced a discussion pack covering occupational health.

This promotes discussion on the support and services available, and encourages our people to consider how work can impact health in the short and long-term.



Also included in this content alert is a discussion pack on stress management.