

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.

