



**An introduction to the Health at Work Guide: The practical guide to managing health at work for managers, employees, Human Resources, Safety Advisers and anyone with a job**

*Lindsey Hall*

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The Introduction to The Health at Work Guide sets out the basics of managing health in today's busy workplaces. It de-mystifies the term "occupational health" and explains the three fundamental reasons why organisations should look after the health and wellbeing of their employees. It explains the basic risks to health at work such as vibration, noise, manual handling and stress. This free and easy to read guide is essential for those who want and need to know how to start looking after their employees and for those employees who want to know the measures their employers should be taking to look after their health and wellbeing.

Lindsey Hall has been an Occupational Health Adviser for over 25 years. In 1998 he was appointed National Occupational Health Manager for the Environment Agency and from 2004 – 2006, was Head of Nursing Services for AXA PPP, one of the leading UK providers of outsourced occupational health services. In 2006 he set up Split Dimension Ltd to provide his own brand of occupational health to business. He has advised organisations of 13 employees and others with over 60,000. He has had experience of all sectors of business and commerce in the public and private sectors including manufacturing engineering, councils, finance, Media and IT.

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