

STOP & THINK

Week 8 – Health & Well Being



From our BOSS in Design training we know that B&V want everyone to come to work healthy, work safely and go home healthy. This week's posting comes from a different perspective and covers health and well-being. This Stop & Think posting is predominantly based on extracts from our iNet and Procedures.

B&V recognise that life inside and outside work can cause stressful situations. At **Black & Veatch** we are **committed to the health and well-being of all our professionals**. Through the Behaviour On Safe Site (BOSS) initiative B&V have successfully improved professionals' physical safety. The next goal is to promote a more holistic approach to health and well-being. A new site on the iNet covers this: <http://bvinet/C16/C19/Well-Being/default.aspx>

The above site has links to Resources for anyone who thinks they may be suffering from stress. Having personally seen the affect of stress on a colleague during the last AMP period I fully appreciate the impact it can have. It should not be treated lightly. So please do take a moment to look at the useful info on this site.

The Health and Safety Executive has defined stress as “**the adverse reaction people have to excessive pressure or other types of demand placed on them**” [HSE Stress Management Standards INDG406]. This definition makes an important distinction between pressure, which can be a positive state if managed correctly, and stress which can be detrimental to health.

B&V have a Stress Management procedure. Please take a moment to review and consider how it could help you:

[The B&V Stress Management procedure \(P152\)](#)

A question or two to get you thinking!

Do B&V have a Stress Management procedure and where can I find it?