Safety
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5 Ways to Prevent Digital Overload

Digital overload is a prevalent problem harming more than one-third of workers. Find out how you can avoid being affected by this condition.

6 Simple First-aid Tips That Could Save a Co-worker's Life

Ensure that you can help your co-worker during these six first-aid emergencies.

Digital overload contributes to work-related stress, which accounts for 35 per cent of all work-related ill health.

A monthly safety newsletter from

Crendon Insurance Brokers

5 Ways to Prevent Digital Overload

Digital overload is exactly what it sounds like, an overwhelming flood of information and stimulation from digital devices, and it effects at least 34 per cent of all workers, according to a survey from Microsoft. What's more, is this near-constant access to digital technology can be stress inducing, which could negatively impact your mental well-being. In fact, work-related stress accounts for 35 per cent of all work-related ill health and 43 per cent of days lost, according to the government's 2016 Labour Force Survey.

To ensure that you avoid digital overload, considering adopting these five beneficial practices:

1. **Leave your mobile outside the bedroom at night.** According to a survey conducted by Personnel Today, 4 out of 5 people use their mobiles as an alarm clock. This may seem like a harmless practice, but the light emitted by your mobile negatively affects levels of the sleep-inducing hormone melatonin.

2. **Keep your mobile out of reach at home.** Keeping your mobile physically out of reach can help you use it less. On average, people spend a third of their day looking at a mobile screen, according to a study conducted by Nottingham Trent University.

3. **Turn off notifications and use 'flight mode'.** Turn off all your mobile's notifications to make sure you are not disturbed during sleep.

4. **Take physical notes.** Instead of reaching for your mobile every time you feel the need to look something up, make a note and then check a number of items once you have a sizeable list.

5. **Practise mindfulness.** Try reading a book, going outdoors or interacting with people in person rather than digitally.

6 Simple First-aid Tips That Could Save a Co-worker's Life

According to the HSE, last year 144 people were killed at work and employees reported almost 700,000 non-fatal work injuries. Yet, a staggering 58 per cent of people are unfamiliar with their organisation's health and safety practises, according to a study conducted by international safety barrier manufacturer, A-SAFE.

To ensure that you are capable of providing aid to your co-workers, review these six simple first-aid tips from the British Red Cross for the following situations:

1. Unresponsive and not breathing
   - Check breathing by tilting their head backwards and looking and feeling for breaths.
   - Call 999, as soon as possible.
   - Push firmly downwards in the middle of the chest and then release.
   - Push at a regular rate until help arrives.

2. Choking
   - Hit them firmly on their back between the shoulder blades to dislodge the object.
   - Call 999, if necessary.

3. Unresponsive and breathing
   - Check breathing by tilting their head backwards and looking and feeling for breaths.
   - Move them onto their side and tilt their head back.
   - Call 999, as soon as possible.

4. Heavy bleeding
   - Put pressure on the wound with whatever is available to stop or slow down the flow of blood.
   - Call 999, as soon as possible.
   - Keep pressure on the wound until help arrives.

5. Burns
   - Cool the burn under cold running water for at least 10 minutes.
   - Loosely cover the burn with cling film or a clean plastic bag.
   - Call 999, if necessary.

6. Broken bone
   - Have them support the injury with their hand, or use a cushion or items of clothing to prevent unnecessary movement.
   - Call 999, as soon as possible.
   - Continue supporting the injury until help arrives.
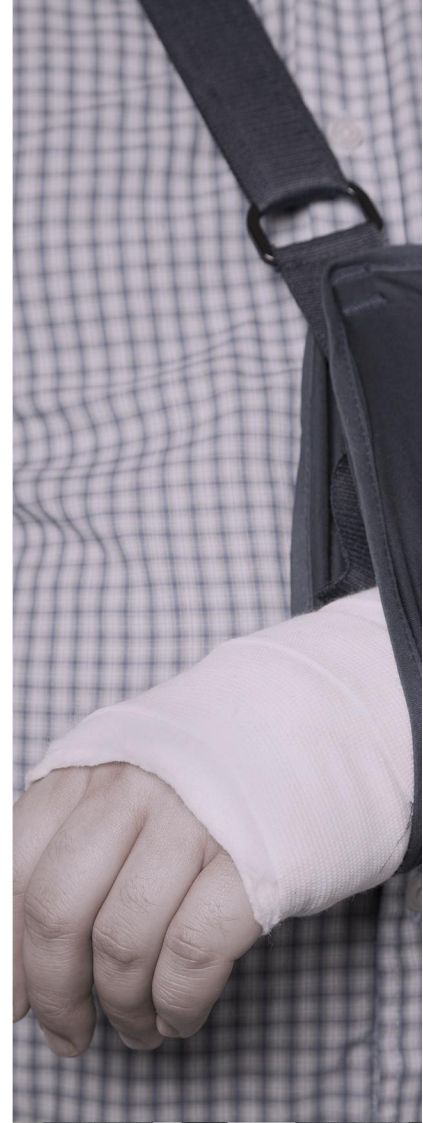
THE EXTENT OF EMPLOYEE DIGITAL OVERLOAD

58% of employees admitted that they check their work devices within 15 minutes of waking up.

52% of employees admitted that they look at work emails within 15 minutes of going to bed.

43% of employees experience stress as a result of having too much information to deal with.

28% of employees believe that information overload has a negative impact on their well-being.

Source: Microsoft