

Health Bulletin



Rail Wellbeing Live

Issued to: **All Network Rail line managers, safety professionals and accredited contractors**

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Overview

COVID-19 is increasing pressure on mental and physical health within the rail industry. Rail Wellbeing Live is a new free industry-wide event designed to help people manage this pressure.

Within the railway industry there are serious mental and physical health challenges affecting many of us. Suicide rates are 1.6 times higher than the UK average, absence rates due to illness are 3.6% higher than the private sector and ill health costs the industry £889 million a year.

The work we deliver can be both physically and mentally demanding, with the pressures of short deadlines and the responsibility that comes with running a safe railway for millions of passengers every day. The ongoing COVID-19 pandemic has added to this pressure.

Our safety, and that of the team we work with, is dependent on the actions we take. Making the right decisions is harder when we are suffering from ill health or poor mental wellbeing.

Rail Wellbeing Live is a new virtual annual event, created to help and support people within the railway industry to improve their mental and physical wellbeing.

- 4 & 5 November
- completely FREE and for everyone
- 80 sessions and more than 140 speakers
- pick which sessions to attend

The agenda covers a wide variety of subjects including nutrition and shift work, strategies for managing back pain, managing fatigue and what wellbeing can learn from safety behaviour culture change.

There's some lighter content too such as laughing yoga and virtual tai chi, alongside some famous presenters like comedian and mental health advocate Ruby Wax and BBC Breakfast's Dr Rangan Chatterjee.

Once you've registered your attendance, you will have 24-hour access to all the content from the event for a further two weeks.

Discussion Points

- Have you signed up to the event? [Register](#) here.
- Do you talk about wellbeing enough in your team?
- Do you know where to go and what support is available if you have a wellbeing issue?