



Mental Health and FIFO during COVID

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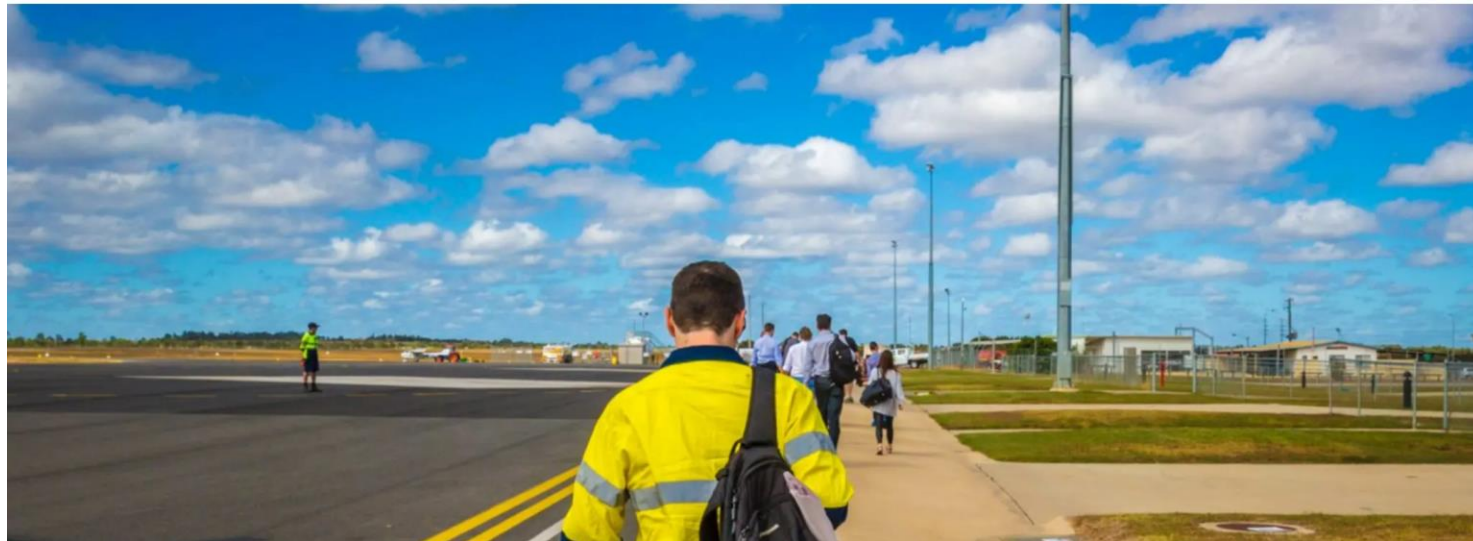
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Too big to fail?

FIFO in a time of pandemic: too big to fail?

Australia's biggest export industries are heavily reliant on a fly-in, fly-out workforce. But can the model survive the lockdown forced by the coronavirus?



FIFO vs Oil & Gas



FIFO workers' mental health and wellbeing - How do FIFO workers experience FIFO work?

International Contexts...



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The last year....



Going forward....



The screenshot shows the Safe Work Australia website. The header includes the logo and navigation links: COVID-19 Information for workplaces, About us, Law and regulation, Workers' compensation, Statistics and research, and Media Centre. A secondary navigation bar offers options like Safety by topic, Safety by Industry and Business, Resources and publications, and Contacts in your state/territory, along with a search bar. The main content area is titled "Psychological health and safety in the workplace: a national guide". It features a video player with a quote from Dr Peta Miller: "Work-related psychological injury claims are very serious and they're very expensive." To the right of the video, there is a description of the presentation and a list of other formats including YouTube, a transcript document, and Soundcloud. At the bottom of the video player, there are tabs for Overview, Transcript, Related Playlists, and More Videos (6).

When it comes to psychological health and safety, employers can often be confused about their responsibilities. They want to know how to address the legal requirements, what best practice is, and how they can address the *risks*.

In June 2018, Safe Work Australia published national guidance on [work-related psychological health and safety](#) which describes how to build a psychologically healthy and safe workplace by identifying, assessing and controlling *risks* to workers' mental health.

"Our workplace leaders need to be competent in the design and the management of safe systems of work in order to truly prevent psychological injuries," explains Dr Miller.

Virtual Seminar Series

- Virtual Seminar Series home
- About the seminars
- All playlists

An effective mental health strategy should:



- Seek to address issues of varying severity and risk, to both the individual and the workplace.
- Develop an understanding of mental health issues.
- Develop a culture of encouraging proactive, help seeking behaviour amongst the workforce.
- Develop leaders who:
 - Promote mental health and wellbeing
 - Are able to recognise workplace MH risk and are willing to mitigate it.
- Create Policy, Procedures and Resources to support the above.





Developing a Wellbeing Culture

Building engagement in self care strategies

Managing day-to-day organisational risk

Managing critical risk



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