



CASE STUDY: Gym On Site - *Improving Health, Safety and Wellbeing in Construction*

Gym On Site creates and delivers stretch and flex (SF) programmes to the construction industry. Our qualified trainers take construction workers through morning routines on their building sites every day.

The aim of these sessions is to stretch and warm up. They don't require any equipment and can be done standing in just ten minutes. They generate tremendous benefits both for the company and its workforce.

Five Reasons Why a Stretch and Flex Program Will Improve a Construction Worker's Physical and Mental Health:

1. Physiological benefits include but are not limited to:
 - Preparing muscles and joints for work stresses especially neck, shoulders, posterior chain, knees, hands and wrists.
 - Improving flexibility, endurance, posture, balance, coordination and proprioception, therefore limiting slips, trips and falls.
 - Instant circulation for instant energy boost.
 - Reducing muscle shortening, internal friction and stiffness of the tendons, joints and ligaments.
 - Increasing oxygen flow to the brain for improved morning alertness.
2. It increases mental relaxation, reducing stress and anxiety.
3. Often times, workers don't speak the same language. However, movement doesn't need words. Through movement, they get a sense of unity and belonging. It's a much needed opportunity for togetherness, bonding, team building and camaraderie.
4. It will keep workers out of the smoking area for ten minutes.
5. Our trainers are an external, informal and respected point of contact. They are trusted by workers who won't hesitate to reach out should they want to discuss any physical or mental health problems.

Five Reasons Why a Stretch and Flex Program Will contribute to the Construction Industry's Growth

Some small behaviour changes and investments go a long way, generating measurable business outcomes.

1. Reducing safety incidents. Direct costs (such as health costs) and indirect costs which can be up to five times the former (such as hiring and training replacement workers). An aggravating factor is the ageing population. This new reality adds to the UK construction bill. A quarter of all workers are 55 or older and, as we know, work-related musculoskeletal disorders (WMSDs) take years to manifest themselves in an injury.

2. Increasing productivity. The workforce becomes more focused, motivated, recovers faster and is at a lower risk of illness and injury.
3. Decreasing absenteeism. Loyalty and engagement soar with the perception of care and support from management.
4. Decreasing presenteeism.
5. Attracting and retaining top talents.

Recent UK Construction Statistics Call for an Innovative Health, Safety and Wellbeing Strategy

The latest HSE (GB, 2019) data is alarming and confirms that:

- 79,000 workers suffer from work-related illnesses of which 62% are musculoskeletal disorders, and 21% are either caused by stress, depression or anxiety.
- £1,062 million is the estimated yearly economic expense for workplace injury and illness.
- 2 million working days are lost each year due to work-related illnesses (81%) and workplace injuries (19%).



Construction workers have the deadliest profession in England according to the Office for National Statistics. Their suicide rate is more than three times the average for men.

Actions need to be taken now! Together we can create a positive culture of health, safety, and wellbeing in construction.

For more information about Gym On Site, please [click here](#) to visit our website.