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# 'Elf 'n' Safety - The Seven Dwarfs

Let's face it, we are great at safety. What we really need to improve is health. Maybe there is a cautionary tale to be learnt from the seven dwarfs. It is thought that poor diet can contribute to stunted growth in people.

As the seven dwarfs sing, "Hi Ho, Hi Ho, it's off to work we go" we think the raised awareness of health issues in the workplace and amongst employees needs to be considered.

Sleepys narcolepsy could be a significant hazard to himself or his colleagues should he fall asleep while operating heavy machinery.

A full understanding and appreciation of the ability and competency of workers is paramount, particularly in Construction or as the little guys do in Mining.



Dopey might be handy with a pick but with his inability to concentrate, he probably needs a greater degree of supervision than others.

Just telling him what to do probably won't cut the mustard. Good supervision and management is so important in every business.

While some people love their work it is worth noting that anyone called 'Happy' who has a job with few prospects and poor working conditions could be enhancing his joy with the use of external stimulants. Drugs and alcohol in the workplace can be a serious problem for employers. You should not just turn a blind eye.



Dusty environments could be responsible for Sneezys affliction. Employers should keep workplaces healthy & keep airborne contaminants to a minimum. Consider pre-fabrication or having materials cut to size prior to delivery and vacuum attachments significantly reduce dust. If you rely on PPE, then make sure it is suitable for the contaminant and has been Face fit Tested.

Workers identify stress as an issue in the workplace. This could cause Grumpy to be... well grumpy. Indicators of this such as bickering, bullying, aggression or complaints, will need to be addressed. Quality training for workers gives a sense of development, balanced authority and responsibilities can often relieve stress. Sometimes the cause of the stress has nothing to do with work but as employers, we may be in a position to help.



The bullying or aggressive workplace might cause one of your workers to be Bashful. This needs to be considered, particularly if they need to be able to exert authority over others or even simply communicate with strangers. If this is part of his job role, this little chap would simply be a 'square peg in a round hole'.

I don't know if any of this is true or correct but luckily their colleague Doc might be able to help. However considering he let them get into this condition without proper diagnosis suggests he could be the wrong type; maybe he is a Saw Doctor in much the same way as some surgeons cut down trees!!



What these fellas need is a nice housekeeper who can look after them, ensuring plenty of rest, good communication, developing confidence and providing a healthy diet. Apples are good for that.



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