

WHAT  
EVERY WORKER  
SHOULD KNOW

# PHYSICAL AND MENTAL WELLBEING AT WORK

**A guide to the most common physical and mental health risks at work from a worker's perspective.**

The TUC expertly explains your legal rights, how to avoid injury and illness and what support is available to you.

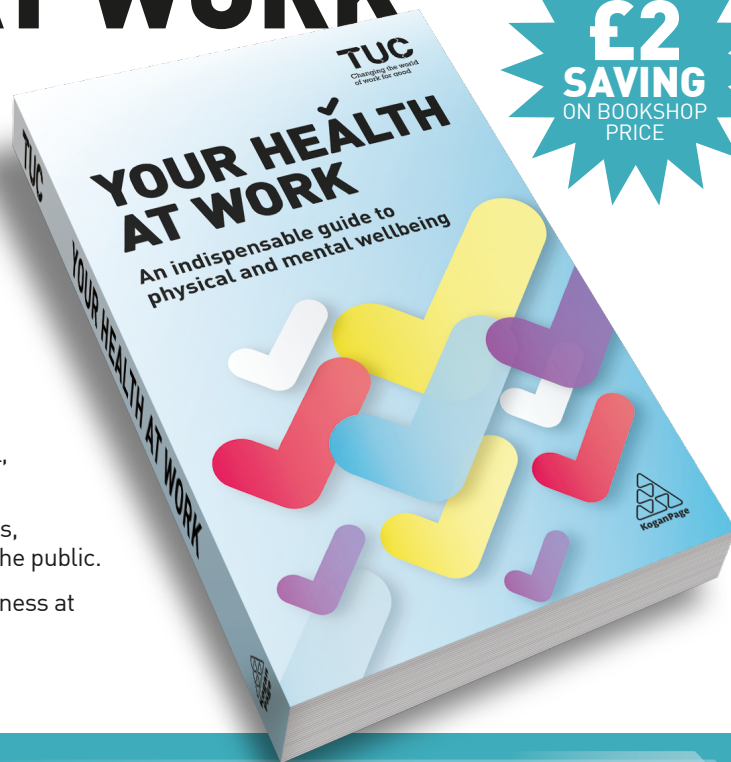
*Your Health at Work* covers all workplaces: manufacturing; distribution and delivery; desk-based and digital; hospitality, retail; care work; and public services.

Mental health and well-being issues, such as depression, anxiety, stress, job insecurity, bullying and isolation, are comprehensively discussed.

The book also features the stories of real workers who give practical, inspirational insights into improving wellbeing.

You will also find guidance on avoiding physical harm at work such as, repetitive strain injury, and the threat of violence by colleagues and the public.

Finally the book includes full details on workers' legal rights on wellness at work and resources and remedies.



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