

An Post OHS details

Occupational Health & Support is a resource to management and employees for advice on both personal and workplace health issues. Information is available on the services from the OHS units in each of the regional centres. Also an intranet site explains what OHS does and also indicates the contact persons for each business and locality.

<http://intranet/C19/OHS/default.aspx>



CMO Secretary	Marian Lindsay	01 705 7801
Region	Occupational Health Adviser	Occupational Support Specialist
Dublin	Maggie Smith - 01 705 8866 Ann Colohan - 01 705 8865 John Warwick - 01 705 8865 Niamh Sourke - 01 705 7865 Sinead McIntyre - 01 705 8867	Peter Mohan - 01 705 8568 Josephine Smyth - 01 705 8576
East	Ann Colohan - 01 705 8865 Niamh Sourke - 01 705 7865 Sinead McIntyre - 01 705 8867	Peter Mohan - 01 705 8568 Josephine Smyth - 01 705 8576
West	Emer Waters - 091 778 746 Barbara Keane - 071 914 2730	Noel Keaveney - 071 915 1989
South	Mary Hodgins – 021 485 1001	Pat O’Sullivan - 021 485 1262

Male Minder

A guide to Men's Health for An Post Staff



Warning:
Reading this
may seriously
improve
your health

AHCPS

CPSU



 **post**



The Men's Health Forum in Ireland (MHFI) is a charitable organisation that seeks to promote all aspects of the health and well being of men and boys. MHFI works on an all-island basis and in partnership with a wide range of individuals and organisations. The Forum seeks to promote an increased understanding and awareness of men's health issues and to support men to take increased responsibility for their own health.

A registered charity XR83376
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<http://www.mhfi.org>



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The European Men's Health Forum (EMHF) is responsible for raising the profile of men's health issues across Europe, developing Europe-wide policies and supporting the establishment and development of men's health organisations that pursue similar objectives in each European country.

Health problems in general

Catching problems early

Almost all health problems can be more easily and successfully treated the earlier they are caught.

Visiting your GP

OK, we all know men tend to be more reluctant to consult a GP than women, but if you are serious about improving your health and living a longer and healthier life watching out for things going wrong and getting them sorted is a good idea. Not only can your GP provide good advice on a whole range of health related matters, GPs are also best placed to know what to do once you develop a health problem.

Just remember: you may have read this 'quick manual' to your body, but your GP has the full manual and spent many years studying it. Yes, almost anyone can do a quick oil change or top-up the water level on their car, but even the most gifted amateur would still be wise to use a qualified mechanic for a major job like rebuilding a gearbox.

Returning to work

For a long time, when people developed health problems the standard approach was to visit their GP for a sick note and then stay off work until they felt better. Nowadays, attitudes to health and work have changed and it has become widely recognised that work is beneficial to health and being workless is bad for health. Indeed, no one is 100% fit – and prolonged absences from work on sick leave can actually make some health problems worse.

Speak to your GP and discuss the timing for a return to work. OHS can recommend adjustments to help you return to work. These could be:

- Reduced hours – building up the hours to full time over a defined period.
- Modified duties – if your normal job is physically demanding your supervisor may be able to offer you a less demanding role.
- Workplace adjustments – to allow for any reduced ability.
- Time off work to attend hospital or physiotherapy appointments.