Staying Safe: Protect Employee Mental Health

from the Lake Charles Memorial Health System

Emergencies and disasters can strike at any time and threaten the health and safety of employees. Whether it's a fire, chemical spill, natural disaster, or a structural failure, it's essential to understand common workplace injuries that occur during emergencies to take proactive measures that can significantly reduce risks to your employees' health.

Lake Charles Memorial Health System experts outline practical strategies for employers to keep their workforce safe during emergencies to avoid a medical emergency.

Protect Employee Mental Health

The psychological toll of emergencies and disasters should not be overlooked. The personal and professional strain of dealing with adverse situations can result in panic, anxiety, and trauma and impact employees' mental well-being. The toll on the individual, in conjunction with their individualized disposition to behavioral health conditions, over time could put someone at risk for a behavioral health emergency.

- Post-Incident Support: Offer psychological first aid or counseling services for employees affected by workplace emergencies.
- Crisis Communication: Implement clear and empathetic communication during and after emergencies to reassure employees and reduce panic.
- Create a Culture of Preparedness: Regularly review emergency plans and encourage open dialogue about workplace safety to help reduce anxiety and improve preparedness.