

Greetings all. Today's Bulletin is about **the most dangerous time of the year for workplace safety**

As the year winds down, workplaces across Victoria are gearing up to finish strong.

But did you know that November and December are also the most dangerous months for workplace safety?

Over the past decade, nearly a quarter of workplace deaths in Victoria happened during these two months.

It's a sobering stat and a reminder that we all need to stay sharp and safe, even as the holiday season approaches.

Every incident represents a life lost, a family grieving, and a tragedy that could often have been prevented.

What's Behind the Year-End Spike?

So, why is this time of year so risky? There are a few reasons:

1. Deadline Crazyness

Everyone's rushing to wrap up projects before the holidays, and that pressure can lead to mistakes. It's tempting to cut corners when you're racing against the clock, but shortcuts and safety never mix.

2. Holiday Brain

As soon as December rolls around, most of us are half-thinking about holiday plans, gifts, and celebrations. While it's natural to be excited, that distraction can lead to lapses in focus on the job.

3. Tiredness

As the year winds down, tradies across the country are putting in the hard yards to finish jobs before the holidays. But the push to meet deadlines often comes at a cost—fatigue. And when you're tired, the risk of accidents skyrockets.

Fatigue isn't just about feeling sleepy; it's a serious workplace hazard. It slows reaction times, clouds judgment, and makes mistakes more likely. For those in construction handling heavy tools, working at heights, or navigating busy sites, even a split-second lapse can lead to injury—or worse.

End-of-year fatigue builds up for a few reasons:

Longer Hours: The pre-holiday rush means tradies often work overtime.

Heat Stress: Warmer weather adds physical strain to already demanding work.

Mental Load: Balancing work with holiday prep can leave little time to rest and recharge.

How to Stay Safe During the Holiday Rush

No one wants to end the year dealing with an injury—or worse.

Here are some simple ways to keep safety front and centre:

- **Don't Let Deadlines Rule:** It's better to miss a deadline than to risk an accident. Set realistic goals. Stay focused on doing the job safely, not just quickly.
- **Keep Safety Top of Mind:** Refresh training, post reminders, and talk about safety at every opportunity.
- **Speak Up:** If you see something unsafe, say something. Better to pause and fix it than to risk an incident.
- **Plan Smarter, Not Harder:** Spread out tasks and give yourself realistic timelines to avoid the last-minute crunch.
- **Take regular breaks:** When you push yourself too hard for too long, fatigue sets in. Tired workers are more likely to make mistakes, react slower, and lose focus—all of which can lead to accidents or injuries, especially in physically demanding jobs.
- **Stay Hydrated:** When you're dehydrated, your concentration, memory, and decision-making take a hit. That's a big problem when safety and accuracy are on the line.

Safety First, Always

The end of the year can feel like a sprint to the finish line, but it's worth slowing down to stay safe.

Everyone deserves to go home in one piece, enjoy the holidays, and come back to work refreshed in the New Year.



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Stay alert, stay focused, and let's work together to make this year's finish line the safest one yet.

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