

# Podcast launched to help disabled people and those with long-term health conditions in the workplace

Britain's workplace regulator has just launched a podcast outlining seven principles to support disabled workers and those with long-term health conditions to thrive in the workplace.

Late last year the Health and Safety Executive (HSE) launched [new guidance](#) on what employers can do to support staff.



Rebecca Hyrslova, FSB

This guidance is openly discussed by host Mick Ord, former BBC Radio journalist, Moya Woolley, Occupational Health Policy Team Leader at HSE and Rebecca Hyrslova, Policy Advisor at Federation of Small Businesses (FSB) in a [new podcast](#).

An estimated 149.3 million working days were lost because of sickness or injury in the UK in 2021, equivalent to 4.6 days per worker.

The HSE guidance focuses on early and supportive action from employers, outlines employers' responsibilities, and preventative steps they can take to help people stay in work and be a productive team member.



Moya Woolley, HSE

Mick, Moya, and Rebecca discuss seven principles to support disabled workers and workers with long-term health conditions in work:

[Create a supportive and enabling workplace](#)

[Take an inclusive approach to workplace health](#)

[Understand the work barriers that impact on workers](#)

[Make suitable workplace adjustments or modifications](#)

[Develop skills, knowledge and understanding](#)

[Use effective and accessible communication](#)

[Support sickness absence and return to work](#)

Listen to the [podcast](#) now.

#### **Notes to editors:**

1. The [Health and Safety Executive](#) (HSE) is Britain's national regulator for workplace health and safety. We prevent work-related death, injury and ill health through regulatory actions that range from influencing behaviours across whole industry sectors through to targeted interventions on individual businesses. These activities are supported by globally recognised scientific expertise.
2. More information about the [legislation](#) referred to in this case is available.
3. Further details on the latest [HSE news releases](#) is available.