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## Topical Health and Safety Updates from Riskex

### Why The Blue Zone Secrets Might be the Key to Healthier and Happier Workplaces

There are currently 5 areas in the World that are recognised as blue zones, where people live exceptionally long lives. We discuss how the commonalities in these areas can be applied to the workplace.



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### 10-year Backlog to Britain's Road Repairs: Tackling Potholes and Driving Business Safety

As the state of Britain's roads seemingly continues to deteriorate, concerns over safety and maintenance costs are mounting.

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### 4 Workplace Tragedies that Helped Shape the Health and Safety Movement

Workplace safety regulations have come a long way, but much of this progress was driven by tragic events that highlighted the urgent need for change.



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### Embracing Neurodiversity in the Workplace

Often neurodivergence is misunderstood and even excluded from the workplace. We explore how creating an inclusive environment supports neurodiversity and unlocks existing potential in your workforce.

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### Understanding the HSE Working Minds Campaign: A Strategic Move to Prioritise Mental Health at Work

The UK's leading scientific charity in the protection of health in the workplace is calling for immediate action to prevent further cases of lung disease which is now being reported in the UK for the first time.



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### Riskex's Anniversary: 20 Milestones in 20 Years

Our 20 greatest milestones from inception to this year!

[Look at how far we've come](#)

## Latest HSE Prosecutions

**Company fined £160,000 after worker loses legs**

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**Companies fined after dad crushed to death by machine**

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**Grampian Health Board prosecuted after death of patient**

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**Woodworking company fined following collision death**

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### Content you might have missed from us...



**DSE**  
Display Screen Equipment  
Back to Basics

[Everything you need to know about DSE \(Display Screen Equipment\)](#)

Includes an interactive DSE checklist



**6 Effective Safety Training Strategies for Diverse Workforces**

[6 Effective Safety Training Strategies for Diverse Workforces](#)



**New Mandatory Speed Limiters for Vehicles in UK from July 2024 to Boost Road Safety**

[New Mandatory Speed Limiters for Vehicles in UK from July 2024 to Boost Road Safety](#)

**HSE Fatality Statistics 2023/24**

Work-related fatal injuries in Great Britain

**HSE Fatality Statistics for 2023/24**  
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