

# Post-Webinar Resource Sheet

## for: Are you an Occupational Hazard?

Thank you again for joining Thrive Talking Webinar!

Please read through this post-webinar handout to learn more about the resources available!

### Why is this topic important?

- Helps you prevent injuries and long-term health issues by spotting risks at work.
- Knowing of workplace hazards maintains legal compliance and protects both staff and the business.

## Resources:

### Podcasts/Talks:

- **Ted Talk: 'The hidden magic of Occupational Therapy'** – Jill Martin
- **Podcast: The Accidental Safety Pro Podcast** (Jill James)

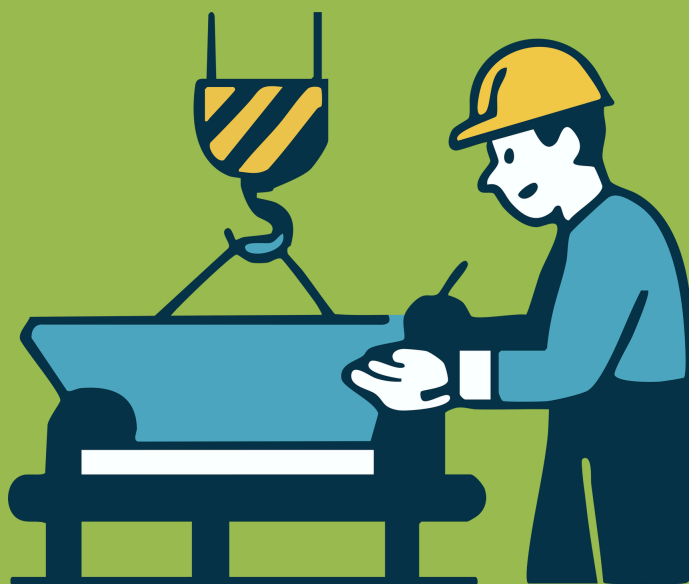
### Organisations:

<https://valentineoh.co.uk/>

<https://www.hse.gov.uk/>

### Books/PDFs:

- **Valentine OH Free Downloadable PDFs:**  
[www.valentineoh.co.uk/downloads/](http://www.valentineoh.co.uk/downloads/)
- **Health and Safety at Work For Dummies**, UK Edition



### Support & Helplines:

- **Samaritans (UK):**  
[samaritans.org](http://samaritans.org) |
- **SHOUT:** [giveusashout.org](http://giveusashout.org)  
or Text "SHOUT" to 85258



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