

Diabetes in the Workplace

Inspiring awareness and change

How big is the problem?

700
PEOPLE
A DAY



1,000,000
DO NOT KNOW
THEY HAVE DIABETES

4.6
MILLION
PEOPLE
HAVE DIABETES

12.3 MILLION
PEOPLE
AT RISK OF
TYPE 2
DIABETES

BLINDNESS
~~100~~ 170
AMPUTATIONS
A WEEK

75% MEN WHO
HAVE DIABETES
SUFFER
ERRECTILE
DISFUNCTION

Diabetes risks in your workplace

1. Safety risks

- Loss of control of machinery and equipment
- Driving accidents
- Falls
- Traumatic injury

2. Compliance risks

- Health and Safety laws
- Equality and discrimination laws
- Driving regulations

3. Productivity risks

- Absenteeism
- Presenteeism (lower productivity while at work)

What is diabetes?

Diabetes is a sugar intolerance

Auto-immune
disease

Type 1

Managed by insulin

As a result of
lifestyle, stress,
shift patterns,
genetics, etc

Type 2

Progressive condition

Minimal
intolerance



Pre
diabetes



Type 2 managed
by diet



Type 2 managed
by medication



Type 2 managed
by insulin

Symptoms of diabetes



Slow
healing



Extreme
fatigue



Blurry
vision



Sexual
disorder



Increased
thirst



Tingling or
numbness in
hands and
feet



Frequent
urination



Increased
hunger

Diabetes can present as an invisible condition for many years until people start to see the damage

Different risks of diabetes

Type 1 & 2 diabetes on insulin

- Sudden loss of consciousness
- Impaired awareness
- Impaired concentration
- Impaired balance or coordination
- Increased risk of depression
- Impact on driving (DVLA regulations)

Risk of hypoglycaemia

Undiagnosed

- Impaired awareness
- Impaired concentration
- Impaired balance or coordination
- Lack of sensation in feet

Risk of hyperglycaemia

What is the likelihood of a hypo?

In a company of 1,000
people



Estimated 528 mild-
moderate hypo
episodes per year – a
rate of 48 a month



Estimated between 33-
66 severe hypo episodes
per year – a rate of 3-6
per month

Can your workforce identify and assist someone having a hypo?

During a severe hypo:



35% were reported by another person to be confused



23% were told by another person they were having a hypo

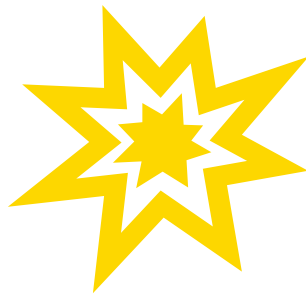


21% were found unconscious by another person

Educating your workforce on the signs and symptoms of a hypo is critical to preventing and reducing serious accidents in the workplace

Compliance

- Health and Safety at Work Act
- Equality Act
- Driving Regulations (DVLA)



Loss of control of
machinery and equipment



Motor vehicle
collisions



Falls



Traumatic
injuries

Inspiring change in your organisation

- Ensure your staff know about diabetes and its risks
- Establish a Diabetes Safety Plan
- Sign up to the Tackling Diabetes Charter
- Take the One Less Challenge



Thank you

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