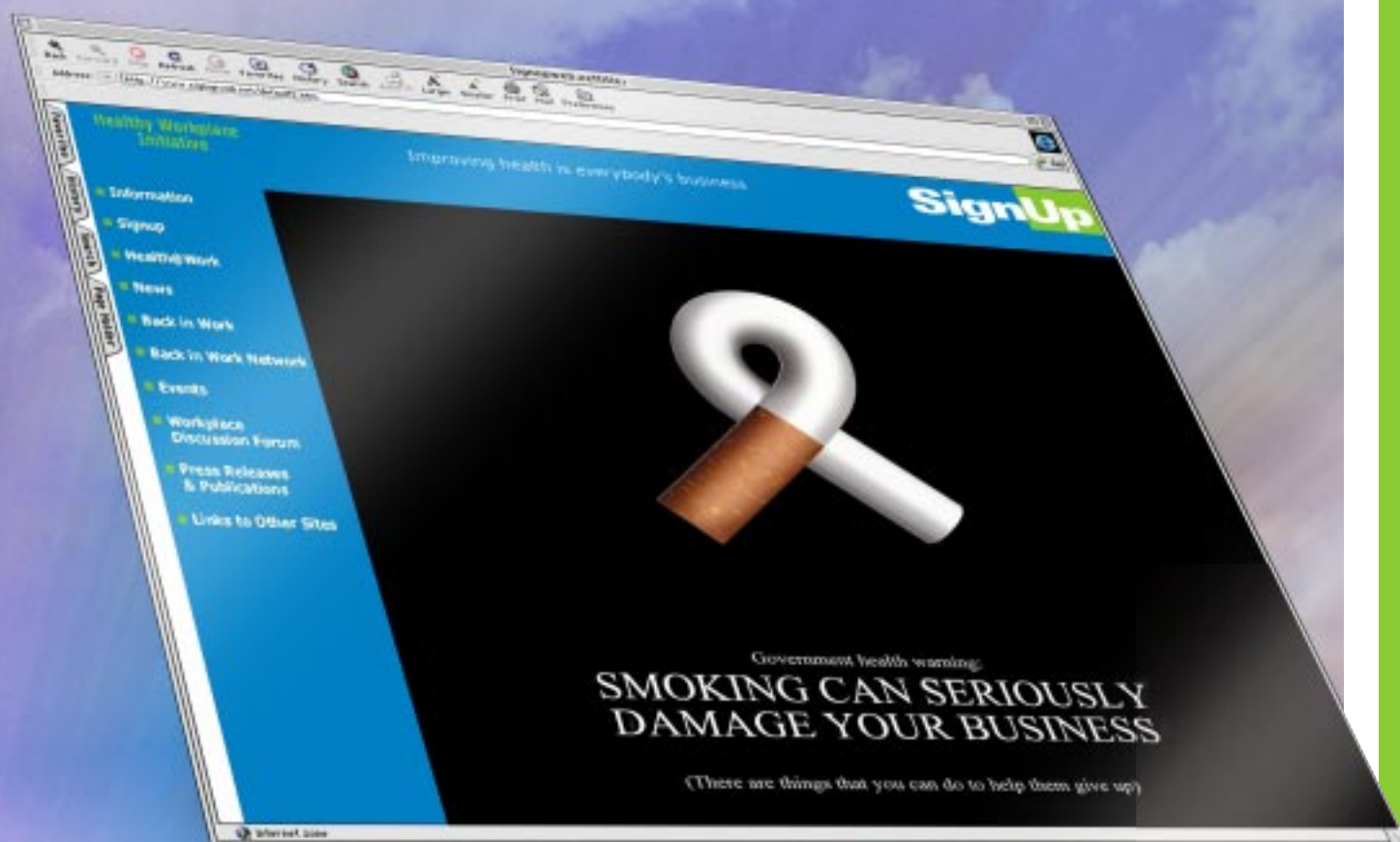


Improving health is  
*everybody's* business

# On the Web **SignUp**



## How to get the best from **YOUR** site

[www.signupweb.net](http://www.signupweb.net)

# What your virtual SignUp can do for you

In the last edition of SignUp we flagged up the brand-new website for the Healthy Workplace Initiative. The site is now fully up and running, and can be found at [www.signupweb.net](http://www.signupweb.net)

The site is full of news and information about a whole range of workplace issues, as well as providing clear updates on the Healthy Workplace Initiative. You'll be able to find out exactly what's going on in health and safety and the occupational health field, and catch up on government initiatives through some of the handy links.

You can also check out the impact of European legislation on health in the workplace, via a link to the European Network for Workplace Health Promotion. It's always interesting, and can be very helpful, to share ideas with other European countries about health at work issues. And, of course, the SignUp newsletter will be available on screen at the click of your mouse.



## Discussion Board

Another great feature of the website is the newly redesigned discussion board, which is much easier and quicker to use. You can now send documents and pictures to the board as well as posting messages, making the discussion forum a truly informative and interactive experience.

There's even a chat room which you can enter to have 'real time' debates with friends and acquaintances – existing and, we hope, new.

SignUp is your website, and a user-friendly discussion forum is a vital part of making sure that you can contribute to the site and make it your own. It's an ideal opportunity to share

information and experiences with colleagues and friends.

A discussion board is only as good as the extent to which it is used. We want this one to be a place where interesting and topical conversation can take place – we like to think of it as a virtual 'speaker's corner' – but at least you can sit in the comfort of your chair to put your points over, rather than standing on a box in the cold!

At present you can raise or respond to questions under a handful of different topics – there's even a place for you to discuss the SignUp newsletter! Let us know what you think and submit ideas for articles.

Make sure you have your say!

## How to use the workplace discussion forum

To view discussions – Click on any category, topic or posting to read the debate without participating in the discussion.

To take part – If you want to join a discussion, just click on the topic or posting you want to reply to, then click on Reply to. Enter your response, along with any other related points you want to make.

To start a new topic – Choose a category, then click on 'Post a new topic in...' Just type in your topic heading; try to keep it short so that others can see at a glance what you want to discuss.

If you have any problems using the forum, please email the moderator at [signup@doh.gsi.gov.uk](mailto:signup@doh.gsi.gov.uk)

take a look at the map overleaf), postcode and country. There is even a 'free text' search function allowing you to set your own definitions.

## Back in Work

**Back pain is the biggest single cause of sickness absence. For this reason it was chosen as the first strand of work to come out of the Healthy Workplace Initiative.**

It's now one of the most common reasons for seeking healthcare or incapacity benefits. But most back pain is actually not due to any serious disease and it should be possible to prevent many of the problems – whether they are a consequence of work or simply aggravated by it.

On the website, you will find all the latest guidance and information on the prevention and treatment of back pain. Whether you're a GP or a lay person, there's something here for you.

In addition to information on back pain, you will also find full details of all 19 pilot projects being funded through Back in Work.

Launched in 1999, Back in Work is the first major piece of work to come out of the Healthy Workplace Initiative. Nineteen pilot projects, in different parts of the country, are soon to complete their work into reducing work-related back problems, providing education and support and building awareness of good practice. Full details of findings will be posted on the site, together with a summary of the evaluation report.

## The Back in Work Network

The interest shown in Back in Work led to the setting up of the Back in Work Network – an essential resource putting you in touch with thousands of others who share a common interest in the prevention and treatment of back pain, whether it happens within or outside the workplace.

You can join the Network using a simple registration form. The Network then enables you to search by English county, government region (to see which government region you are in,



## Plus...

### Interactive Diary

A particularly useful feature of the site is the Interactive Diary.

The Diary can be freely accessed by anyone, to submit entries with information on forthcoming events – not just the major ones at Olympia, Earl's Court or the NEC, but also local and regional events. So, whether your event is for 40 or 400, let us know.

Advertising events can be expensive, and sometimes it's difficult to be sure that you've reached your target audience. So make the most of this facility to let everyone know what you're doing.

## to come...

### Library

In the near future, we hope to build up a library of articles written by you, the site users. While we will make all the Healthy Workplace publications available on the site, there is a wealth of other information that receives little publicity or gets only limited circulation.

We hope to offer you the opportunity to submit guidance that you've written, or reports of work carried out. Over time, this should become a useful resource. It will enable a great many people to access material that was previously unavailable to them, and save time searching other sites.

To make this work, we need to know what you think – let us know if there is any other design feature you would particularly like to see.

## to come...

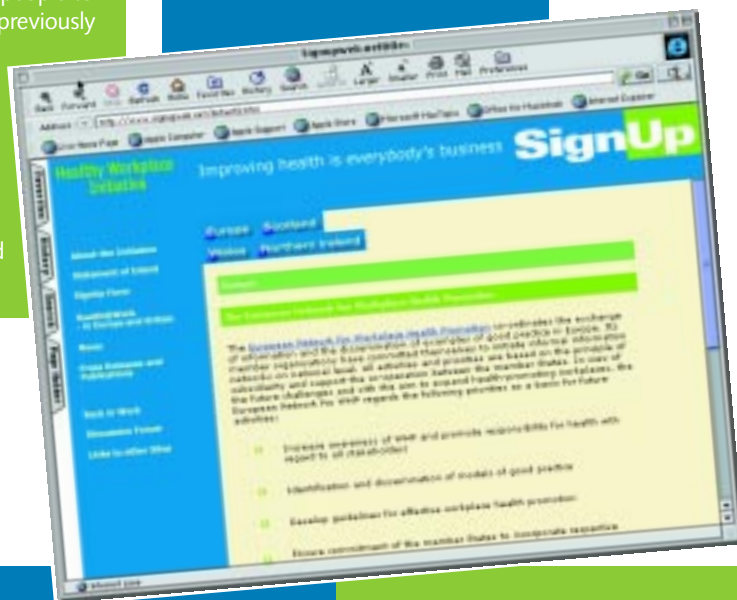
### Regional sites

We hope to be able to bring you a map that will allow you to click on your area and be taken into a part of the site that deals specifically with that region. This should help share good practice and information in local areas, and will also help to meet differing regional needs.

SignUp really is your site and the way it develops depends on you, the people who use it. It's a great way to make your mark!

## Get in touch!

Contact us at: [signup@doh.gov.uk](mailto:signup@doh.gov.uk)  
or visit the web site at:  
[www.signupweb.net](http://www.signupweb.net)



### Which is your SignUp Region?

Use this map to check which Region you're in while registering with the SignUp website.

North  
East

North  
West

Yorkshire  
and the  
Humber

East  
Midlands

West  
Midlands

Eastern

London

South  
East

South West

### Get in touch!

Contact us at: [signup@doh.gov.uk](mailto:signup@doh.gov.uk)  
or visit the web site at:  
[www.signupweb.net](http://www.signupweb.net)