



# Forestry psychosocial risks

## Psychological harm<sup>1</sup>

The percentage of forestry workers that report experiencing the following in the last 12 months:

20%

any work-related mental health or wellbeing issues

16%

high work-related stress

20%

work-related anxiety

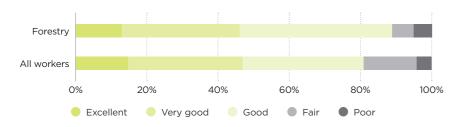
work-related depression

7%

new mental health or wellbeing issues

# Self-rated health<sup>2</sup>

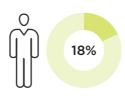
Self-rated health is a key indicator for monitoring quality of life and population health. Forestry workers were more likely to rate their health as good or above compared to all workers.



- <sup>1</sup> WorkSafe Workforce Segmentation and Insight surveys 2020 and 2021.
- <sup>2.</sup> WorkSafe (2022). New Zealand Psychosocial Survey 2021.
- <sup>3.</sup> WorkSafe (2024). Work-related suicide: Examining the role of work factors in suicide.
- 4. WorkSafe (2023). Mentally healthy work online form analysis: Review of concerns received from 26 April 2022 - 1 May 2023.

## Work-related suicide<sup>3</sup>

Work-related suicide research reviewed 1,678 coronial findings (from applicable cases) between 2017–2021.



an estimated 18% of workers who die by work-related suicide each year work in agriculture, forestry and fishing sectors estimated number of agriculture, forestry and fishing workers who die by work-related suicide each year

**69**% of workers in these sectors took their life using means related to work. All agriculture, forestry and fishing workers who died by work-related suicide during 2017-2021 experienced **significant work-related stressors**. The following work-related stressors appeared in work-related suicides by people who worked in agriculture, forestry and fishing:

HOW WORK	SOCIAL FACTORS	WORK	WORK
IS DESIGNED	AT WORK	ENVIRONMENT	CONTEXT
<ul> <li>Job demands</li> <li>Workload and work pace</li> <li>Working hours and schedule</li> <li>Job security and precarious work</li> <li>Job control and autonomy</li> </ul>	<ul> <li>Bullying and victimisation</li> <li>Interpersonal relationships</li> <li>Work-life balance</li> <li>Leadership</li> <li>Violence at work</li> </ul>	- Work-related injury	<ul> <li>Performance management process</li> <li>Making a mistake at work</li> </ul>

## Offensive behaviours<sup>2</sup>

Offensive behaviours can cause harm to the person they are directed at as well as people witnessing the behaviour. Repetitive or severe exposure can cause both physical and psychological harm.

Percentage of forestry workers who were exposed to the following at least once in the last 12 months:

29%

13%

17%

threats of violence

cyberbullying

7%

bullying

sexual harassment

7%

physical violence

## Policies around bullying, harassment and violence<sup>1</sup>

33%

of forestry employers report they do not have a policy to support the management of incidences of bullying and harassment, including sexual harassment 40%

of forestry employers report they do not have a policy to guide their response to violent incidents, including threats of violence

# Psychosocial risks<sup>2</sup>

Forestry workers are more likely to be exposed to:



Higher work life conflict



Insecurity over working conditions



Lower social support from colleagues

#### Protective factors<sup>2</sup>

Protective factors can mitigate the impact of risk factors and may enhance mental wellbeing. Forestry workers are more likely than all New Zealand workers to report:



Lower demands for hiding emotions



Lower emotional demands



Higher influence at work



Higher predictability

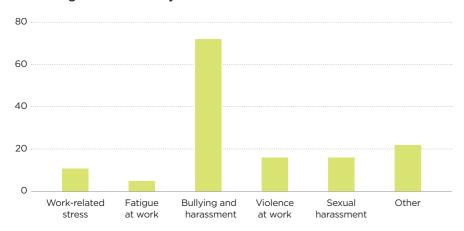
## Mentally healthy work concerns<sup>4</sup>

This data involves mentally healthy work concerns WorkSafe received from 26 April 2022 - 1 May 2023.

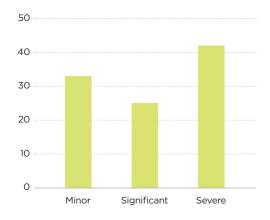
6%

of mentally healthy work concerns that WorkSafe received in that period were raised from workers in the agriculture, forestry and fishing sectors (18 out of 283 concerns)

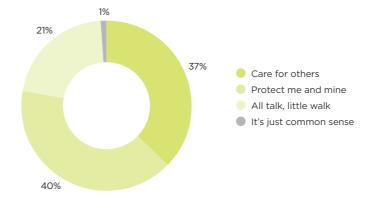
## Percentage of concerns by issue



## Percentage of concerns by levels of harm



## **Employer health and safety maturity in forestry**



# Employers' health and safety perceptions<sup>1</sup>

Percentage of forestry employers that agree with the following statements:

80%

supervisors (or staff's immediate bosses) are held accountable for the safety of staff

87%

I am confident our workers always tell a co-worker if they aren't working safely

84%

I feel a strong sense of responsibility for the overall wellbeing of employees at both work and home 94%

we have a strong safety culture where each person is always watching out for each other's health and safety

93%

I am confident we always give our workers health and safety information that is easy to understand

85%

health and safety is a real investment in our business

## Employers' health and safety practices<sup>1</sup>

Percentage of forestry employers that:

54%

say they conduct an assessment on workers' level of exposure to a health risk

71%

say they make changes to the work environment or equipment to reduce the risk to people's health and safety 76%

say they provide workers with health checks/monitoring for health problems that could be related to their work

68%

say they develop or update a formal management plan or policy to address key health and saftey risks