

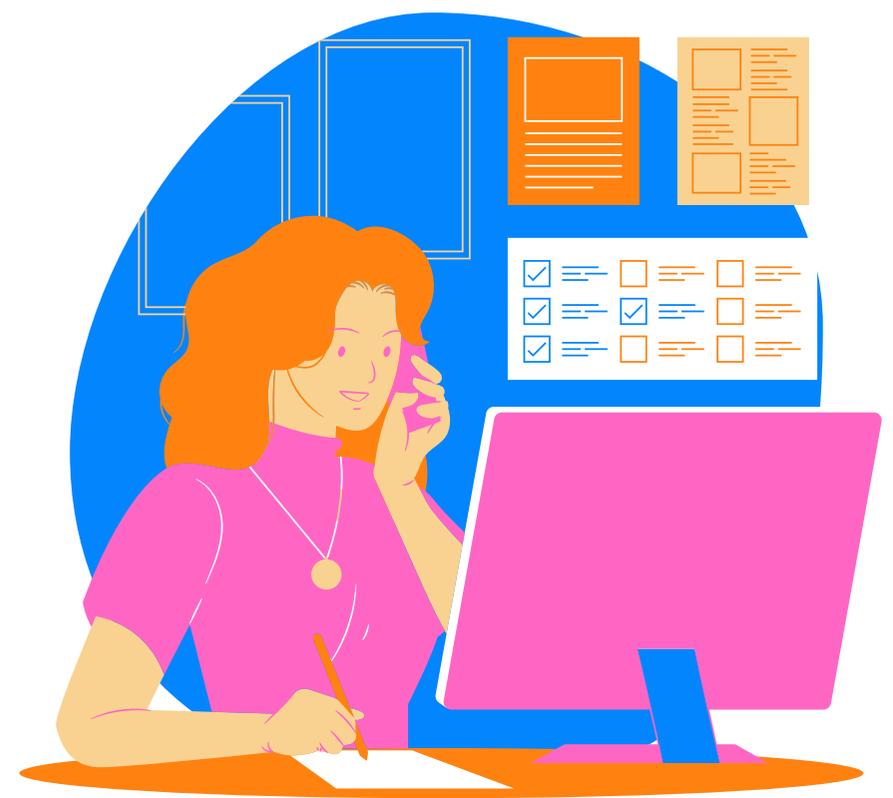


**How  
employers  
can lead 'the  
change' on  
menopause**

**Nearly 5 million**

women aged 50–64 are currently in employment in the UK, they represent the fastest-growing demographic in the workplace

**For the first time in history women are likely to be menopausal or post-menopausal for a much longer period of their careers.**



**How can you**  
**'lead the change'**  
**on menopause policy?**



## **It's your choice**

Whilst government won't legally support menopause policies.

There's nothing preventing employers from putting them in place.

# 5 Ways to make a change...



**Nominate a menopause ambassador**



**Train leaders and managers in menopause and its effects**



**Have flexible working arrangements where it is possible to do so**



**Offer menopause leave**



**Have an overall policy for Menopause**

**Need help with including  
menopause as part of your health  
and safety policies?**

**Get in touch!**

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