



For immediate release

28 April 2026

International Workers' Memorial Day 2026: Fighting Psychosocial Hazards at Work – Remember the Dead. Fight for the Living.

On International Workers' Memorial Day, 28 April 2026, workers and trade unions around the world will come together to remember those who have died, been injured, or made ill because of work — and to demand action to prevent further harm.

In 2026, the global trade union movement, coordinated through the International Trade Union Confederation (ITUC), is focusing Workers' Memorial Day on the urgent and growing crisis of psychosocial hazards at work, as highlighted on the dedicated campaign website 28april.org

Psychosocial hazards include work-related stress, excessive workloads, long and unpredictable hours, job insecurity, bullying, harassment, workplace violence, and the harmful use of technology and surveillance. These risks are now among the leading causes of work-related illness worldwide, contributing to mental ill health, cardiovascular disease, burnout, and suicide — all of which are preventable.

Despite this, psychosocial risks are still too often ignored or treated as individual resilience issues, rather than recognised as health and safety failures caused by how work is organised. The ITUC warns that deregulation, weak enforcement, insecure work, climate-related stressors, and technological intensification are driving a global rise in psychosocial harm.

The long-standing message of Workers' Memorial Day — *“Remember the Dead. Fight for the Living.”* — reminds us that behind every statistic is a worker whose life has been permanently changed or cut short by unsafe work, including unsafe systems of work that damage mental health.

Greater Manchester Hazards Centre will mark International Workers' Memorial Day with an event at Lincoln Square in Central Manchester On 28th April from 11.30am

<https://gmhazards.org.uk/index.php/event/international-workers-memorial-day-28-april-2026>

We will be remembering those we have lost and standing with workers currently experiencing harm caused by work-related stress, pressure, and insecurity. Other events will be held around the country see: <https://www.megaphone.org.uk/events>

William/ Marie from Hazards said:

“Psychosocial hazards are real hazards. Stress, bullying, harassment, overwork, and insecure work are killing workers just as surely as physical dangers. This Workers' Memorial Day, we honour those we have lost and recommit ourselves to changing the way work is organised so that it protects, rather than damages, people's health.”



International Workers' Memorial Day is not only a day of remembrance, but also a call for action. In line with the ITUC's 2026 demands, Hazards calls on employers, regulators, and governments to:

- Formally recognise psychosocial hazards as workplace health and safety risks
- Carry out meaningful risk assessments on work-related stress and mental health
- Tackle bullying, harassment, violence, and discriminatory workplace practices
- Regulate excessive working hours and unsafe workloads
- Strengthen enforcement of health and safety law
- Ensure all workers, including those in precarious and outsourced work, are protected

Psychosocial harm is not inevitable. Strong laws, strong enforcement, and strong unions save lives. On 28 April, we remember those who have died and fight to ensure future generations of workers are safe, healthy, and treated with dignity at work.

Ends

Notes to Editors

International Workers' Memorial Day takes place annually on 28 April.

In 2026, the ITUC global theme focuses on psychosocial hazards at work, including stress, working hours, job insecurity, bullying, and the mental health impacts of work organisation.

Campaign resources and statements are available at 28april.org and <https://gmhazards.org.uk>

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