

Health and Safety Newsletter Issue 3: July 2018

Welcome:

Because of the HSE focus on health at work, Edition 3 is concentrating on risks to health in all businesses. We seem to always be thinking of accidents and injuries but never the long-term effects on health. Its also worth noting that although the statements opposite refer to construction they are equally relevant in all businesses

Member Contributions

Good health and safety is essential and provides numerous benefits.

For any business, health and safety should be a top priority, even if our work isn't considered to be highly regulated or high risk. The company is at risk if we don't take the right health and safety precautions and failing to do so may have serious implications. The benefits of H&S are clear for all to see: It:

Protects Employees: *Your most valuable asset, is an employee* and they should always feel safe in the workplace, so it's important that we ensure that the correct health and safety provisions are in place which will help to mitigate risk and provide a safe and healthy workforce. Protecting our employees also reduces the number and the severity of injuries and illness caused by accidents at work. The most common of which include back pain from lifting, injuries from trips or slips, falling from heights and also upper limb disorders as a result of computer use.

Increase Productivity Good health and safety normally increases the overall productivity of a business. With the right measures in place, employees will be able to do their job more efficiently and remain safe while doing so.

Maintains a good reputation A company with a poor history of health and safety or a workplace plagued with accidents isn't going to have an excellent reputation in their industry, with customers or employees.

Reduces Sick Leave/Time Off Injuries or illness caused by poor health and safety will lead to an increase in employee time off and sick leave. Good health and safety will help you to mitigate these risks by adopting good health and safety practices. By doing everything you can at your end, you will keep your staff as safe as possible and reduce the amount of sick leave and time off.

Prevention of Litigation and Compensation Maintaining a high standard of health and safety may reduce the amount you have to pay out for insurance, and this can be a massive business benefit for companies who have a lot of assets to insure.

Graham Doughty Managing Director ATS

EC Safety Solutions Updates

Our Website and client portal has had a make over and is now much faster. We are also working towards on line accident reporting: We carried out the following training for various clients in May 2018

- 4 x IOSH Working Safely for the CSCS card
- 1 x Post Room Safety (dealing with suspect packages)
- 3 x First Aid at Work, including a free one for a local charity
- 2 x Working at Height
- 2 x Manual Handling
- 10 x eLearning courses various

We also delivered 2 CSCS Green Card courses free of charge to assist young local people to get into work and provided work experience for an unemployed person

If you want to book a course, follow the link to our home page and select your training: <http://www.ecsafetysolutions.com>

(Remember we also offer e-learning and client discounts)

In the News

1. [A building contractor has been fined after failing to carry out the correct procedures after asbestos was found during the refurbishment of a building at Bedford School in Bedford](#)
2. [A Maidstone company has been sentenced after a maintenance worker fell five metres through a roof and died](#)
3. [Property management consultancy and asbestos surveying company fined after inadequate refurbishment](#)

DON'T FORGET WE ARE "YOUR" SAFETY ADVISORS AND HERE FOR YOU AT ALL TIMES
www.ecsafetysolutions.com

Topic of the Month

Health Risks in Construction

The HSE noted that there have been big improvements over recent years in reducing the number and rate of injuries to construction workers. However, despite this, construction remains a high-risk industry and accounts for a high percentage of fatal and major injuries. What is less recognised is that construction is a high-risk industry for health issues too. Every year more working days are lost due to work-related illness compared to injuries. The statistics reveal that construction workers have a high risk of developing diseases from a number of health issues.

Cancer – Construction has the largest burden of occupational cancer amongst the industrial sectors. It accounts for over 40% of occupational cancer deaths and cancer registrations. It is estimated that past exposures in the construction sector annually cause over 5,000 occupational cancer cases and approximately 3,700 deaths. The most significant cause of these cancers is asbestos (70%) followed by silica (17%) working as a painter and diesel engine exhaust (6-7% each).



Hazardous Substances – dusts, chemicals and potentially harmful mixtures (e.g. in paints) are common in construction work. Some processes emit dusts, fumes, vapours or gases into the air and these can be significant causes of breathing problems and lung diseases. A number of construction-related occupations also have high rates of dermatitis from skin exposures to hazardous substances.

Physical Health Risks – skilled construction and building trades are one of the occupations with the highest estimated prevalence of back injuries and upper limb disorders. Manual handling is the most commonly reported cause of over seven-day injuries in the industry. Construction also has one of highest rates of ill health caused by noise and vibration

Underlying Causes:

1. Construction work takes place in many and varied environments
2. Construction sites are constantly changing
3. There is generally a low awareness of health risks and the controls needed
4. Many workers are either self-employed, work for small companies, or frequently change employers

Principles of Control

1. 'Ill-health can be prevented' – it is possible and practical to carry out construction work without causing ill-health.
2. 'Treat health like safety' – managing health risks is no different to managing safety risks. Follow the Assess, Control, Review steps.
3. 'Everyone has a role to play' – everyone involved in construction has a responsibility in managing risks to health. Each must take ownership of their part of the process.
4. 'Control the risk, not the symptoms' – monitoring and health surveillance programmes are not enough on their own. While they are an effective part of managing health risks, the first priority is to stop people being exposed to the risk in the first place.
5. 'Manage risk, not lifestyles' – the law requires steps to be taken to prevent or adequately control work-related health risks. Helping workers tackle lifestyle issues like smoking or diet may be beneficial but is not a substitute for this.

Useful Links:

[Occupational Health Risk Management in Construction](#)

[TBT on Sun Safety](#)