

**TOOLBOX TALK
NO.18**

Health on Site



All workers have a right to work in places where risks to their health and safety are properly controlled. **Health and Safety is about stopping you getting hurt at work or ill through work.**

People who work in the construction industry are exposed to many things that can adversely impact on their health, these include:

- noise
- vibration
- dust
- manual handling
- hazardous substances.

**Good health is
contagious!**

Work related health matters are often overlooked by construction operatives.

Comply with the Health and Safety at Work Act 1974

- ✓ You have a duty to look after yourself and others affected by what you do and don't do.
- ✓ Always report any fault or effect which could endanger your health and safety.
- ✓ You must comply with all safety requirements laid down by your employer.
- ✓ Don't abuse or damage and PPE or item supplied for our safety.
- ✓ Never carry out work of a dangerous nature or operate machines unless you're trained to do so.

How is your health?

- Contact with some hazardous substances can result in a severe form of dermatitis which could result in suffers having to give up their trade.
- Exposure to noise and vibration can cause permanent health problems.
- How's your suntan? Getting sunburnt is a real risk. Over 40,000 cases of skin cancer each year result from sunburn.
- All dust is hazardous to health, some types more so than others. For instances, silica, asbestos, hardwood dusts can all cause long term health problems including cancer.
- Fumes from solvents and paints can cause headaches and cause breathlessness.
- Inhaling dust can cause asthma.

What can you do about it?

- Ensure when handling hazardous substances that they have been assessed by Lucas management and that you wear correct PPE as detailed in the material safety data sheet, COSHH Risk Assessment and your method statement.
- If working in noisy environments wear correct hearing protection; if suffering affects from noise – tell your supervisor.
- Take care when working outdoors to protect your skin – keep your shirt on!
- If the site canteen doesn't offer a health food choice – bring your own food as a healthier alternative.
- Be prepared to wear face masks or respirators if the dust in the air becomes a hazard. If it does, your employer should assess it.
- **If you have not been trained and tested to fit face masks, please ensure you request this training NOW!**

Questions:

1. *What would you do if you thought that your work could be adversely affecting your health or another person on site?*
2. *What do you think you could do to improve your health and well-being?*