Health Risks at Work

and

LOcHER

(Learning Occupational Health by Experiencing Risk)

Mike Nixon, CMIOSH, MIIRSM, MRSC, FTSC
SGUK Treasurer and one of our Partners
Karen Hoskins, SGUK, Steering Group member and MD, IBIS Solutions Ltd
Working with the HSE

- For many years we have worked in Partnership with the HSE to support various campaigns.

- Their new strategy just launched dovetails very nicely with our Health Risks @ Work and LOcHER initiatives and we aim to support it going forward.
Helping GB Work Well

- Acting together: Promoting broader ownership of health and safety in Great Britain
- Tackling ill health: Highlighting and tackling the costs of work-related ill health
- Managing risk well: Simplifying risk management and helping business to grow
- Supporting small employers: Giving SMEs simple advice so they know what they have to do
- Keeping pace with change: Anticipating and tackling new health and safety challenges
- Sharing our success: Promoting the benefits of Great Britain’s world-class health and safety system
How SGUK and the local groups can Help GB Work Well

- **Acting together** – working with our partners, supporters and sponsors to promote the issues via the network of local safety groups.

- **Tackling ill health** - using the HR@W and LOcHER initiatives to raise awareness.

- **Managing risk well** - highlighting the risks and using peer pressure to demonstrate effective simple solutions.
How SGUK and the local groups can Help GB Work Well

- Supporting small employers – the simple layman's language used in HR@W will assist in driving changes in attitude to Occ. Health issues

- Keeping pace with change – the six modules of HR@W are on a rotating cycle of review and changes in technology or knowledge can easily be adapted

- Sharing the success – as our campaigns roll out we know that there has been take up in the UK, Australia, Dubai, Ireland etc. mainly from talking to visitors on our stand
Over the last 5 years we have worked with the HSE, SCHWL, RoSPA, SCoS, IBIS, Deb, BSIF and many others to help develop and promote cutting edge tools to tackle Occupational Health Risks at Work e.g.

- HR@W
- LOcHER
HR@W – How it works

● A multi-language introductory DVD communicates information in a clear and jargon free manner which signposts the UK worker base – particularly SME’s towards further more detailed information via a user friendly web site.

● All of this information is available “Free of Charge” to encourage engagement with the initiative and raise awareness of these important occupational health issues.
HR@W – What’s it about?

- This initiative provides information and assistance in identifying the major causes of occupational ill health, raising awareness of these illnesses and provides practical solutions and sources of support.

- It has the full support of the major health and safety professional bodies and other participating organisations.
Health Risks @ Work

Topics on the Multi – language DVD to raise awareness of Occupational Health Issues are:

- Risks to Skin
- Risks to Breathing
- Risks to Hearing & Touch
- Risks to Muscles, Bones & Joints
- Risks to Wellbeing
What next?

- What should I know?
- Am I at risk?
- What should I do?
- What should I avoid?
- Where can I get help?
Health Risks at Work

Do you know yours?

Risks to Your Breathing

Hazardous substances include:
- Chemical products used or professional work (e.g., adhesives, cleaning agents)
- Substances present in sport (e.g., ozone, dust in swimming pools)
- Natural substances (e.g., flour and grain dusts)
- Biological agents (e.g., fungi, bacteria, viruses)

Risks to your breathing can be present in the workplace if:
- Dust, fumes or gases (e.g., wood, paint, metal, coal, rubber, dusts)
- Smaller items (e.g., paint and rubber sprays, oil mist)
- Fumes (e.g., welding, hot spring, water (e.g., asbestos, lead)
- Vapours (e.g., dangerous solvents, cleaning chemicals)
- Vapours (e.g., solvent vapour released from overheads, paint, inks)
- Car (e.g., fumes, carbon monoxide)

Employees can be exposed to hazardous substances by:
- Breathing in
- Skin contact
- Touching it
- Eye contact

Health effects of exposure to hazardous substances can include:
- Long-term effects (e.g., asthma, skin problems, cancer, lung disease)
- Reproductive (e.g., stress, skin cancer, burns)
- Inhalation of fumes (e.g., cancer in other parts of the body, nervous system problems and infections of the respiratory organs)
- Damage to eyes

So how does all this affect your health?
You are not being able to do your job safely
Obstruction of the airways

www.healthrisksatwork.com
Results

- We see this as a simple low cost solution to help busy Health & Safety professionals cascade out the messages about poor occupational health.
- Due to the simple language used SMEs and the worker should receive clear cut messages about protecting the health of the employee.
- These measures in due time will help reduce the financial burden on society.
Results

- Hopefully you can see we have not been whispering but shouting about **OCCUPATIONAL HEALTH** and the serious issues like 13,000 deaths per year
- Over 500 visits per month to the HR@W website
- We have distributed over 25,000 free DVD’s and 1000 workbooks
- Providing confidence to H & S professionals about tackling Occupational Health risks
Supporting the initiative
A refreshing approach to health in the workplace

SafeTea Break 2015
Introducing the SafeTea Break

- Choreographed toolbox talk
- Covers 5 key health risks at work:
  - Breathing
  - Hearing
  - Skin
  - Hand-arm vibration
  - Musculoskeletal disorders

Engaging content
- Open questions
- Ice-breakers
- Thought-provoking examples
- Simple and cost-effective to run
- Free-of-charge kit
- Delivered in-house
- Minimal time away from job

All on website
IT'S IN YOUR HANDS®

Prevent work related skin disease

Updated and expanded in 2013, as part of the Health Week at Work Campaign.

Work-related skin diseases can cause serious problems. Many people (and even some doctors) underestimate the importance of early action to protect health and safety. The consequences of non-compliance can be severe, including the spread of infection and cross-contamination. By taking a more positive approach to looking after hand health and hygiene, you can protect yourself against infection and cross-contamination.

Whether you are an employer or an employee, do not become a victim of work-related skin disease.

Remember: IT'S IN YOUR HANDS®

Avoid work related skin disease

IT'S IN YOUR HANDS®

The 3 main work-related skin diseases are dermatitis and skin cancer. Both can be avoided by following these 4 STEPS:

1. **SAFE WORKING DISTANCE (SWD)**
   - Keep a safe distance from hot and steamy areas when working.
   - Wear gloves whenever possible.

2. **AVOID SKIN CONTACT**
   - Minimize skin contact with hazardous substances, and seek immediate medical advice if skin contact occurs.

3. **PROTECT THE SKIN**
   - Use the right protective materials and equipment.
   - Wash your hands regularly and use hand sanitizers as needed.

4. **CHECK YOUR SKIN**
   - Check your skin regularly and report any changes to your doctor.
   - Avoid working in hot, humid, or steamy environments.

CREDITS

Campaign created and managed by:
- IOM
- BSIF
- Safety Groups UK
- TUC

Language supported by:
- BSIF
- BSIF
- BSIF
- TUC

End.
Supporting HRAW - BOHS

The UK ill-health burden

Working days lost due to health and safety incidents (26.4 million days)

- Musculoskeletal
- Stress
- Other illness
- Injury

Note: Includes long standing ill health cases

Work-related deaths by cause (over 12,000 deaths)

- Other illness
- Injury
- Cancer

Chronic Obstructive Pulmonary Disorder

Ill health accounts for 45% of the health and safety incidents, 84% of the related sickness absence and over 99% of the work-related deaths each year.
Listen today ..... Hear tomorrow !!

• Hearing protection is a last resort but must be used until noise risks are under control

• Choose the correct level of protection. This will not usually be the highest available

• Make sure it is suitable for the user and their work activities, and that they can use it comfortably with any other PPE or equipment they have to wear or use

• Ensure they wear it at all times in the noisy area. If they remove it, even briefly, they will have wasted most of the time they have spent wearing it. For example, removing protection for just 5 minutes out of one hour will reduce the protection achieved by more than half
H&S Industry Trends

Safety Culture / Behavioural Safety:

Eliminating the perception that H&S is exclusively the domain of the health and safety professional

Encouraging worker involvement to change mindsets

Focus on Health Risks and Long Latency:
Major concern around the new health cases rather than safety, highlighted in the new IOSH No Time To Lose campaign
Supporting other campaigns

We are pleased to support the BOHS Breathe Freely campaign to help raise awareness and reduce lung disease among construction workers.

We will also promote the Breathe Freely message as we continue to deliver the overall focus on "Risks to breathing" as part of Health Risks at Work campaign in particular as we highlight this major problem area within the Construction Dust Partnership.
Safety Groups UK is also happy to support the IOSH campaign on occupational cancer “No Time to Lose” that covers Diesel Fume, Solar Radiation and the recent launch on Silicosis
Controlling the risk at source

We also support the ILEVE Competency Card for LEV Engineers
Partnership working

This initiative has seen a significant increase in the number of small service providers undertaking face fit testing – thus better protection for individuals.

Respirator selector guide and tool

https://www.youtube.com/watch?v=ELvLIBQDt1w&feature=youtu.be
Construction Dust Partnership

Dust is defined by its size

Inhalable dust
- Larger sized dust that you can generally see with the naked eye
- This gets trapped in the upper sections of your lung

Respirable dust
- Smaller sized dust that can be invisible to the naked eye
- This gets trapped in the lower sections of your lung
So where do local Safety Groups fit in?

- 72 plus Groups in UK – National Coverage
  Providing low cost, local, entry level advice and briefing

- Partnership working with HSE, RoSPA, IOSH, BSC, IIRSM, NEBOSH, IBIS etc.

- Raising awareness/spreading good practice

- Facilitating events & cascading information to SMEs

- Providing a friendly informal point of contact for SMEs & others via the UK network of safety groups and the opportunity to attend local safety group meetings

Please visit stand **E80** for more information and your Free DVD and workbook
By clicking each area on our website www.safetygroupsuk.org.uk you will be taken to the groups that operate in this locality to find out more information on their activities.
The LOcHER Project

NEW

Learning Occupational Health by Experiencing Risk

Safety Groups UK
PROMOTING HEALTH & SAFETY NATIONWIDE
By targeting those young people getting ready to enter the world of work

• To get their attention early about work-related ill-health control

• The LOcHER experience would assist the target audience to take appropriate exposure control actions when they come across risky exposure situations at work and help protect their health
LOcHER details

The project is aimed at those getting ready to enter the world of work

• To get their attention early about work-related ill-health control

• The LOcHER experience will help the target the students/apprentices to take appropriate exposure control actions when they come across risky exposure situations at work and thus protect their health during a long period of occupation

I will now hand you over to Karen Hoskins our steering group member and partner organisation who are helping to bring this project to fruition for a more detailed explanation
The LOcHER Project Ambassadors
South Essex College
The LOcHER Project Ambassadors

Prestons College
Sensory Routes and Recall Rates

Ref: Dr. Bob Rajan OBE
The Glove-Off Challenge!
The LOcHER Project Ambassadors Recognition Awards

[Image of certificate and group photo]
#HelpGBWorkWell
Industry Recognition
The LOcHER Project College Gigs
http://stewart-mac.com/
Thank you for your attention

We welcome any Questions or Comments?

Free DVD’s and Workbooks are available from the SGUK display on E80