Construction Occupational Health Management Essentials (COHME)

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Occupational Health

- The effect of work on health and health on work
  - Managing risks to prevent work related ill health - informed by health surveillance and monitoring
  - Ensuring that the health of workers does not compromise the health and safety of themselves and others

The scale of the problem

- 4.5% of construction workforce affected by illness caused by or made worse by their work
- Translates to 90,000 workers in the construction and building trades
- 1.8 million working days lost due to work-related illness (0.9 due to accidents)

- Musculoskeletal disorders (MSD)
- Hearing damage
- Hand arm vibration syndrome (HAVS)
- Dermatitis
- Respiratory illness: asbestos related, asthma and silica related
- Stress

Manage the risks not the symptoms

- Identify and control health risks before they cause problems
- Integrate health risk control into safety management systems
- Use occupational health providers intelligently to assist the management of risks and care of those affected

Construction Occupational Health Management Essentials

Based on familiar staged approach to the management of health and safety risks

- Having arrangements in place
- Assessing health risks
- Elimination of risks
- Reduction and control of risks
- Management of remaining risk (including health surveillance)

COHME content

- Aims to give all dutyholders in the construction industry the information they need in a way that seems relevant to their roles
  - Clients
  - Designers
  - Contractors

- Information about
  - MSD
  - HAVS
  - Noise
  - Dermatitis
  - Respiratory risks (inc asbestos and silica)
  - Stress
  - Health surveillance
  - Fitness for work

- Construction homepage
- **Managing risks**
- Clients
- Designers
- Principal contractors
- Contractors
- Health risks
- Getting expert help
- Minimum competencies
- Health surveillance
- Monitoring
- Safety-critical workers
- Health records
- Back to work
- Further reading
- Links
- Infonet e-Bulletin
- Feedback

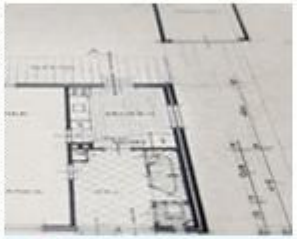
Local search Go

Call HSE Infoline
0845 345 0055

Managing occupational health risks in construction

The UK construction industry employs more than 2 million people, who - because of the nature of the work they do - have a high incidence of occupational ill health. The effects can be devastating for the individuals and their families as there is often a long-term impact on quality of life and financial security.

Clients



Designers

Principal contractors

Contractors

Common ill-health problems in construction include:

- ✔ back pain;
- ✔ skin problems;
- ✔ breathing problems;
- ✔ problems caused by noise or vibration; and
- ✔ stress.

Managing occupational health is not just about providing things like health checks before someone starts work, first aid, welfare, general information about health, well-being and fitness to work, or managing sickness absence and return to work - there are also things you can do to reduce risks to workers' health.

- **Health risks by trade PDF [78KB]**

This website tells you how you can manage occupation health and meet the requirements of the Construction (Design and Management) Regulations 2007 (CDM):

The Anatomy of an Accident/hazardous Incident

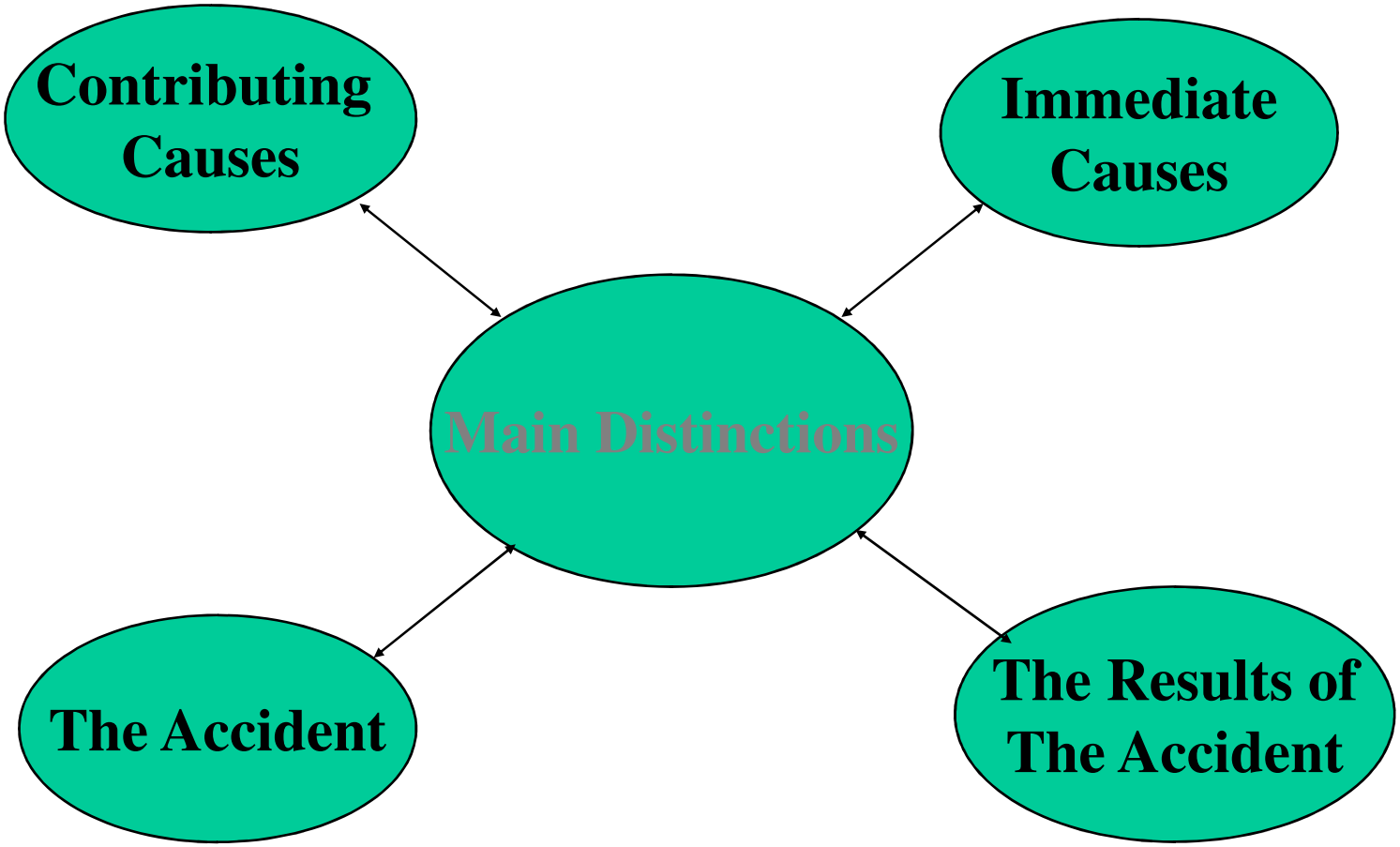
Introduction

There is a consensus amongst safety engineers that there are four distinct parts in the anatomy of an accident.

- Contributing causes
- Immediate causes
- The accident
- The results of the accident

Main Distinctions of an Accident

The Four Main Areas



Contributing Causes

- Safety instruction inadequate
- Safety rules not enforced
- Safety not planned as part of the job
- Infrequent employee safety contacts
- Hazards not corrected
- Safety devices not provided

Contributing Causes
Mental Condition of Person:

- Lack of safety awareness
- Lack of coordination
- Improper attitude
- Slow mental reaction
- Inattention
- Lack of emotional stability
- Nervous
- Temperamental

Contributing Causes
Physical Condition of Person:

- Extreme fatigue
- Deaf
- Poor eyesight
- Physically unsuitable for the job
- Heart condition
- Physically unqualified for the job

Immediate Causes of Accidents

Unsafe Acts:

- Protective equipment or guard provided but not used
- Hazardous method of handling (failure to allow for sharp or slippery objects and pinch points, wrong lifting, loose grip, etc.)
- Improper tools or equipment used although correct tools available
- Hazardous movement (running, jumping, stepping on or climbing over, throwing, etc.)
- horseplay

Immediate Causes of Accidents

Unsafe Conditions:

- Ineffective safety device
- No safety device although one is needed
- Hazardous housekeeping (material on floor, poor piling, congested aisles)
- Equipment, tools or machines defective
- Improper dress or apparel for the job
- Improper illumination or ventilation

The Accident

- Fall
- Slip
- Slide
- Strike against
- Caught in or between
- Erupt or explode
- Burn

The Accident

- **CENTIPEDE**: **C**ontact, **E**ntanglement, **N**ips & **T**raps, **I**mpact & **P**rojections, **E**jections, **D**ischarge & **E**nvironmental.

- **NECTRE**: **N**oise & **V**ibration, **E**lectricity, **C**hemical, **T**emperature, **R**adiation, **E**xplosion

Results of The Accident

- Annoyance
- Production delays
- Reduced quality
- Spoilage
- Minor injuries
- Disabling injuries
- Fatality
- Costs – Legal, Production, Medical aid, Insurance premiums, Compensation, Investigation times, Defence times……..

Summary

Contributing and Immediate Accident Causes

It is all too easy to identify the contributing and immediate causes of an accident after it has occurred. The difficult part comes when you have to predict when an accident is likely to happen and what would be the probable outcome. When an accident does occur, it is an indication that someone along the line has not done a good job of accident prevention and unsafe acts and unsafe conditions have been created. The supervisor or safety officer will need to have a working knowledge of the fundamental steps that need to be taken to ensure effective control of the contributing causes of accidents.

Risk Assessment in the workplace

Objectives

To know:

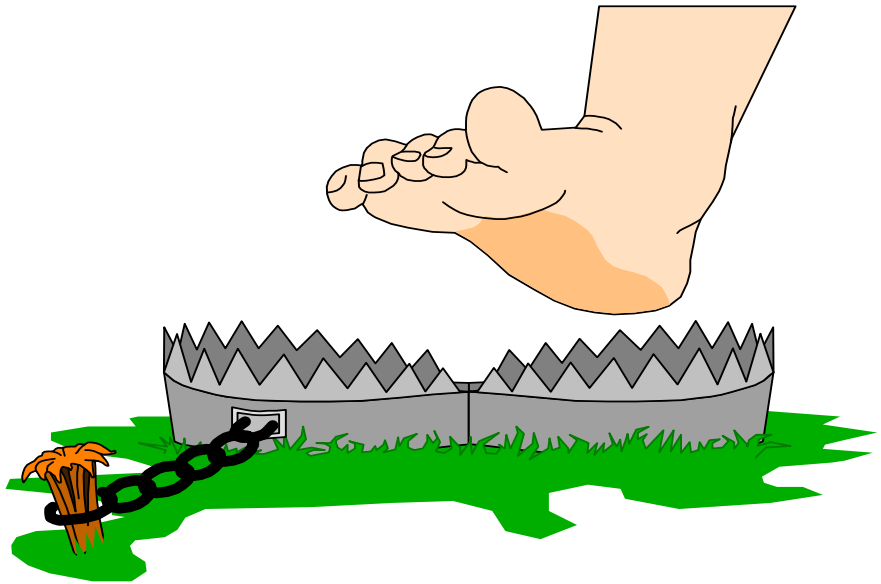
- What risk assessment is;
- Where the need for risk assessment comes from; and
- The principles behind carrying out a risk assessment.

Risk Assessment - What Is It?

1. Identification of hazards within the workplace.
2. Determining the likelihood that these hazards will cause harm.
3. Prioritising prevention and control measures.

What is a Hazard?

"Something with the potential to cause harm"



What is Risk?

"The likelihood of harm resulting from a hazard"

Risk = Severity x Probability

Control Measures

- Avoid risk
- Combat risk at source
- Adapt work to the individual
- Substitution
- PPE/Training

The Legal Position

- Health & Safety At Work Etc Act 1974
  - General duty to ensure health, safety and welfare at work of all employees so far as is reasonably practicable.

Management of Health & Safety at Work Regulations 1999

- Legal duty on employers to carry out risk assessments as first step in ensuring safe and healthy workplace
- Written record (5 or more employees)
- Identify preventive and protective measures
- Review assessments if no longer valid
- Risk assessments must be “Suitable and Sufficient”

What Is “Suitable & Sufficient”?

- Identify all hazards
- Identify specific regulations
- Systematic approach
- Include non-routine operations
- Identify who is at risk
- Take existing control measures into account

5 Steps to Risk Assessment

1. Look for and list the hazards
2. Decide who might be harmed and how
3. Evaluate risks arising from hazards and decide whether existing controls are adequate
4. Record the findings
5. Review assessment when necessary

Standards for Action

Low Risk – Action within 1 month

Medium Risk – Action within 2 weeks

High Risk – Stop job until action completed

Remember!

Risk Assessment is a means to an end, not an end in itself!

Questions?