



## HSE To Carry Out 20,000 “Pro-active” Inspections During 2018-2019

The Health & Safety Executive (HSE) will carry out 20,000 “pro-active” inspections to prevent harm, with increasing use of campaigns that focus these inspections on specific issues and activities found in high-risk industries: this includes a **sustained focus on health risks** associated with occupational lung disease (OLD), musculoskeletal disorders (MSDs) and work-related stress.

The HSE also plan to:

- Deliver targeted interventions focusing on the control of high-consequent risks from **legionella, fairgrounds and major construction projects.**
- Complete a targeted programme of inspections to premises using ionizing radiation.
- Deliver five major inspection campaigns, each with at least 500 inspections in the following sectors:
  - Metal fabrication
  - Agriculture
  - Waste and recycling
  - Food manufacturing
  - Construction refurbishment focusing on construction health risks.
- Review HSE guidance documents to ensure that they meet the needs of those using the service and to improve the use of digital channels.
- Continue to actively engage with and **support ongoing Grenfell inquiries** and be ready to make changed if required in response to findings.

### Contents

Page 1	HSE To Carry Out 20,000 “Pro-active” Inspections During 2018-2019.
Page 1	When A Health And Safety Inspector Calls.
Page 2	Breathe Freely. Certificate in Controlling Health Risks – Construction. Respirable Crystalline Silica
Page 3	Old Lead Paint
Page 4, 5	Hazardous Materials Of Concern. COSHH: Exposure To Hazardous Materials.
Page 5	Musculoskeletal Disorders
Page 6	Mates In Mind

### When A Health and Safety Inspector Calls

A free leaflet is available for free download from the HSE website and is designed for those in business who have duties under health and safety law. This includes all employers and those in control of workplaces. It explains what you can expect when health and safety inspector calls at your workplace. An inspector will wish to speak with your employees or their representative during the visit.

<http://www.hse.gov.uk/pubns/hsc14.pdf>



Controlling Exposures to prevent occupational lung disease in the construction industry



Breathe Freely is an initiative of The British Occupational Hygiene Society (BOHS), aimed at reducing occupational lung disease in the UK, which causes significant debilitating ill-health and an estimated 13,000 deaths each year.

BOHS have designed a new course for the construction industry designed to provide training for construction site supervisors, so they can better recognize and control the health risks specific to their workplace.

<http://www.breathfreely.org.uk/>

### **Health and Safety At Work – Vital Statistics 2017**

12,000 Lung Disease Deaths linked to past exposures at work

## **CCHR|C**

Certificate in Controlling Health Risks Construction

This course has been designed to provide training for construction site supervisors, so they can better recognise and control the health risks specific to their workplace, by:

Identifying the most commonly present health hazards found on construction sites

Understanding the principles of risk control

Identifying the measures needed to control common health risks from construction activities

## **Respirable Crystalline Silica**

It is reported that around 800 people in Britain die each year from lung cancer caused by pro-longed exposure to Respirable Crystalline Silica (RCS) at work, with 900 new cases each year.

Controlling exposure to silica dust, will reduce the risk of developing lung cancer, silicosis and emphysema.

Silica dust exposure is a cross-industry issue, with a lack of understanding or awareness of silica dust as a hazard being a major concern.

Professionals from the construction, rail, public services and mineral product sectors are working together in an approach to combat cancer risk from dust.

Respirable silica dust can be generated when activities are undertaken such as drilling, sawing, sanding or grinding of concrete, kerb stones, slates, tiles, sandstone, some plastic composites etc. Small quantities of this fine dust can cause permanent lung damage. Respirable Crystalline Silica has previously been referred to as 'Silica – The Second Asbestos'.

The Institution of Occupational Safety and Health is campaigning to stop thousands of untimely work-related cancer deaths and are promoting a 'Breathe Easy' initiative within their 'No Time To Lose' campaign. Free resources and additional information with respect to silica dust and how to control it may be accessed on the following website

<http://www.notimetolose.org.uk>

K.S.Safety Ltd are able to assist with the supply and face-fit testing of FFP3 respirators.

K.S.Safety Ltd are able to assist with the personal airborne exposure measurements to harmful substances including respirable silica.



## Old Lead Paint

Breathing in or ingesting lead dust or fume can cause serious problems like kidney, nerve and brain damage and has also been linked with incidents of infertility.

Lead pigments were widely used in paints for homes, schools and offices until the 1960's and were not removed from commonly utilized paints until the early 1980's. Lead paint can be found beneath existing paint applications in older buildings.

Where paint with a concentration of lead with a percentage content of equal to or greater than 1% is removed by sanding and abrasion, or even by blast removal, then the lead will become airborne in a finely divided state, potentially becoming concentrated during the process and fine enough to be respirable. This could be considered as 'significant exposure' under Control of Lead At Work Regulations.

Removal of paints with a lead content of less than 1%, are not liable to be considered significant exposure, **provided good control measures are employed.**

The HSE have produced a leaflet entitled "Old Lead Paint – What you need to know as a busy builder" providing a guide for procedures to be followed. <http://www.hse.gov.uk/pubns/cis79.pdf>

**"Significant Exposure"** means exposure in the following circumstances:-

- Where an employee is or is liable to be exposed to a concentration of lead in the atmosphere exceeding half the occupational exposure limit for lead.
- Where there is substantial risk of an employee ingesting lead.
- Where there is a risk of an employee's skin coming into contact with lead alkyls, or any other substance containing lead in a form which can also be absorbed through the skin.

### Current Action and Suspension Levels:

#### Action levels

Category	Action level
General employees	50 µg/dl
Women capable of having children	25 µg/dl
Young people under the age of 18	40 µg/dl

#### Suspension levels

Category	Suspension level
General employees	60 µg/dl
Women capable of having children	30 µg/dl
Young people under the age of 18	50 µg/dl

**K.S.Safety Ltd regularly undertake lead in paint surveys for architects in advance of refurbishment projects. Individual samples may also be handed to K.S.Safety Ltd for laboratory analysis.**

**K.S.Safety Ltd collect airborne personal exposure samples and arrange for lead analysis, establishing the concentration levels.**

**K.S.Safety Ltd liaise with occupational health surveillance doctors and nurses, for the measurement of lead in blood for employees who regularly work with lead or are deemed to be 'at risk'**

## **Hazardous Materials Of Concern:**

- Asbestos
- Silica
- Lead
- Iso-cyanates
- Cement
- Wood Dust
- Welding Fume
- Glass Fibre
- Paints and Adhesive
- Micro-Organisms Under The Control Of The Employer

K.S.Safety Ltd are able to assist with the implementation of control measures, monitoring, training and production of appropriate risk assessments and method statements.

**Telephone Karen for further assistance (01501) 744 400**

## **COSHH: Exposure To Hazardous Materials:**

### **Indicative Occupational Exposure Limit Values (IOELVs)**

IOELVs are human exposure limits to hazardous substances specified by the European Union based on expert research and advice. They are not binding on member states but must be taken into consideration in setting national occupational exposure limits. [In the UK we refer to these as Workplace Exposure Limits (WELs).]

Directive 2017/164/EU introduces the 4<sup>th</sup> list of IOELVs for thirty-one chemical substances to help protect workers from the ill-health effects of exposure to hazardous substances in the workplace (4<sup>th</sup> IOELV Directive).

The HSE are proposing that out of the 31 chemicals, 6 are likely to have a known impact on industry and the informal consultation by HSE suggest the new limits are likely to lead to additional costs.



This latest version of EH40 has been updated to include new and revised workplace exposure limits (WELs) introduced by the 4th Indicative Occupational Exposure Limit Values (IOELV) Directive. It will guide those responsible for controlling exposure to hazardous substances at work.  
<http://www.hse.gov.uk/pubns/books/eh40.htm>

The Control of Substances Hazardous to Health Regulations (COSHH), require employers to prevent employees from being exposed to hazardous materials. Where prevention is not possible, an employer must ensure that adequate controls are introduced to ensure that exposure is reduced as far as is reasonably practicable and in any case below the assigned 'Workplace Exposure Limit (WEL)' for that substance.

A WEL is the maximum concentration of an airborne substance averaged over a reference period, to which employees may be exposed by inhalation. WEL's should not be considered a hard and fast line between safe and unsafe.

K.S.Safety Ltd regularly undertake airborne measurement exposures in a variety of working environments including welding fume, wood dust, paints and adhesives, silica etc. The sampling methods and analytical procedures are methods approved by the Health and Safety Commission, for comparison with the WELs detailed within the publication "EH40 Workplace Exposure Limits 2005".

"Effects of exposure to substances hazardous to health vary considerably depending on the nature of the substances and the pattern of exposure. Some effects require prolonged or accumulated exposure. **The Long-term (8-hr-TWA)** exposure limit is intended to control such effects by restricting the total intake by inhalation over one or more work-shifts. Other effects may be seen after brief exposures. **Short-term exposure limits (usually 15minutes)** may be applied to control these effects.

**Telephone Karen to arrange your annual airborne monitoring evaluation programme. (01501) 744 400**

---

## Musculoskeletal Disorders (MSDs)

HSE's main focus is on health and safety issues related to pain and disorders, caused by the work a person does, whether this occurs in the neck, shoulders and arms (Upper Limbs), back, or hips, knees and ankles and feet (Lower Limbs).

Key messages about MSDs are:

- you can do things to prevent or minimize MSDs;
- the prevention measures are cost effective;
- you cannot prevent all MSDs, so early reporting of symptoms, proper treatment and suitable rehabilitation is essential.

Risk factors causing MSDs can be found in virtually every workplace from commerce to agriculture, health services to construction.

The HSE have produced a number of guidance booklets to assist employers in meeting their duties in relation to musculoskeletal disorders. Specific guidance is also available on the HSE relating to:

- Back Pain
- Upper Limb Disorders (ULDs)
- Lower Limb Disorders (LLDs)
- Display Screen Equipment
- Manual Handling

0.5 Million work-related musculoskeletal disorder cases (new or long-standing) in 2016/2017

<http://www.hse.gov.uk/msd/msds.htm>



## On September 10 it is World Suicide Prevention Day.

The day is an annual event established to raise awareness about suicide across the globe and to promote ***working together to prevent suicide***.

World Suicide Prevention Day is championed by the International Association for Suicide Prevention (IASP) who are dedicated to: preventing suicidal behaviour, alleviating its effects and providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors.

The day is an internationally recognised opportunity for people across the globe to raise awareness about rates of suicide, as well as the resources and services available to prevent it.

Mates in Mind want to get involved with the day and help our Supporters to do the same, so that we can *work together to prevent suicide*.

**Mates in Mind aims to raise awareness, address the stigma of poor mental health and improve positive mental wellbeing in the UK construction industry.**

Mates in Mind has an ambitious goal – to reach 100,000 workers in its first year and by 2025 to have reached 75% of the construction industry.

It is led by and for the industry in partnership with the Health in Construction Leadership Group and British Safety Council, as well as with other leading organisations and charities such as Mind, Samaritans and Mental Health First Aid England.

Mates in Mind helps to make sense of available options and support to employers.

0.5 Million work-related depression or anxiety cases (new or long-standing) in 2016/2017

<https://www.matesinmind.org>