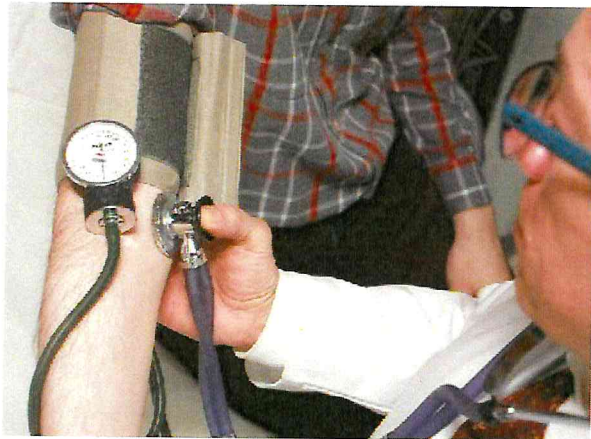


## General health and wellbeing

<b>Reason</b>	It is a legal requirement that employers ensure your general health and wellbeing. There is a high risk of ill health and injury in the construction industry.
<b>Outline</b>	This talk covers some of the causes of work-related ill health and some preventative measures that can be put in place.



*Make use of any occupational health facilities on site*



*Site canteen area for taking breaks*



A large, empty rectangular area with horizontal dashed lines, intended for taking notes.



The Construction Industry Helpline provides support and advice on a range of topics, from occupational health and wellbeing to financial aid in times of hardship caused by accident, illness or bereavement. Tel: 0345 605 1956.

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### General health and wellbeing

1. General ill health is a broad term covering anything from stress to a bad back or respiratory diseases.
2. Poor working practices are one of the main causes of ill health.
3. Over two million working days are lost in the construction sector every year as a result of work-related ill health.
4. People with health problems have to be treated fairly, with consideration by their employer and fellow workers.
5. Your general health is important for the quality of your later life – an injury today can cause many years of suffering, discomfort and sometimes disability.

### Control measures

1. Your employer has a duty to ensure that your general health and wellbeing is provided for in the workplace.
2. Use the correct methods of work and ensure you use the correct protective measures (such as dust suppression, personal protective equipment (PPE), and so on), so that exposure is reduced.
3. Suitable welfare facilities (for example, washing, eating, drinking and changing facilities) should be provided to minimise the risk of ill health. This is a legal requirement and should be provided for you. Welfare facilities should be hygienic and well maintained.
4. If you take medication or have an existing health problem you must tell your employer so that your wellbeing can be assured.
5. Follow instructions from your supervisor, have a questioning mind and, when in doubt, ask.

### Precautions

1. If you believe you may be suffering from ill health (such as early onset of noise-induced hearing loss, signs of hand-arm vibration syndrome, bad back, dermatitis, respiratory problems or signs and symptoms of stress) bring it to the attention of your supervisor, health and safety adviser, occupational health adviser or someone in a position of responsibility.
2. Ensure that the respiratory protective equipment (RPE) you have been given is the right type for the job and you have been face-fit tested.
3. If you discover a problem (such as a blocked toilet), don't ignore it – report it.
4. If you think you need help with a task, ask – don't try and cope on your own.



**When should you report something that could cause ill health to you or others?**

**Who should you report a problem to?**

**What should you do if you think the welfare facilities are inadequate?**

**What should you do if one of your workmates has a family problem that is causing them stress?**

**What is a face-fit test?**



**Now inform your workers of the company provision for providing good general health and wellbeing on site and any relevant employee assistance programmes provided.**