

A WWT Construction Industry sponsored event supported by



## A FREE Construction 'Working Well Together' Event for small companies and others

### PHYSICAL HEALTH RISKS



In support of the



### HSE October 2022 Inspection Campaign

Tuesday 27<sup>th</sup> September 2022, 08.30 – 12.30

Registration and (free) breakfast rolls from 08.00



Walsall FC, Banks's Stadium, Bescot Crescent, Walsall. WS1 4SA



In 2019/20, 480,000 workers suffered from work-related musculoskeletal disorders. This accounts for 8.9 million working days lost due to work-related MSDs. Do the right thing and protect your employees from work-related MSDs.

► Learn about ways to protect your employees from work related MSDs and other physical health conditions, including HAVS and Noise.

- Presentations - talks from experts
- A chance to network and share problems and solutions with others
- Helping you / your business to continuously improve



To book your **FREE** place go to Eventbrite

<https://www.eventbrite.co.uk/e/protect-your-employees-from-work-related-msds-and-other-health-conditions-tickets-358532499357>



After the event presentations will be posted on the BHSEA website









[www.bhsea.org.uk](http://www.bhsea.org.uk)

# Event Photos



## Programme and Slides

<i>Topic</i>	<i>Who by</i>
<b>Welcome and Introduction / HSE Campaign</b> 	Louise Mansfield, BHSEA Chair
<b>HSE Keynote – HAVS and Noise</b> 	Paul Delderfield, HSE
<b>Noise (understanding and controlling)</b> 	Julian Dowson, Peritus
<b>Manual Handling</b> 	Phillip Kasozi, Kasozi Wellbeing
<b>The Effects of Drugs &amp; Alcohol on Physical Health</b> 	James Clark– Hampton Knight
<b>HAVS Monitoring</b> 	Keith Phillips - HAVSco



## HSE - Moving & Handling Materials Health Campaign

Louise Mansfield – Bevan Brittan

**HSE's health focussed inspection initiative planned for quarter 3 of 2022-23**

### **Inspection activity focus during the initiative:**

- The focus will be on the risks associated with moving and handling construction materials
- The HSE Construction Division Health Initiatives are a component of the focussed effort to reduce work-related ill health and are set out in the [HSE Business Plan 2022/23](#).

### **The campaign will:**

- Include a 6-week inspection period from **Monday 3 Oct – Friday 11 Nov**.
- Support HSE's continuing strategy to improve the health of construction workers focussing on the health risks associated with moving and handling construction materials.
- Support the industry by raising awareness of health issues in relation to moving and handling materials.

**Next**



## HSE - Moving & Handling Materials Health Campaign

Louise Mansfield – Bevan Brittan

### MSD assessment tools: (MAC /ART/ RAPP).

- A number of assessment tools have been developed to help duty holders and inspectors identify the risks from work activities that could give rise to MSDs and enable them to select and apply control measures to manage the risk effectively.
- These tools are the:-
  - Manual Handling Assessment Charts (MAC Tool – updated November 2018),
  - Assessment of Repetitive Tasks (ART Tool); and
  - Risk Assessment of Pushing and Pulling (RAPP Tool).
- These MSD assessment tools are available from HSE's website:  
<https://www.hse.gov.uk/msd/toolkit.htm>



## Work Right is a campaign by the Health & Safety Executive aimed at helping smaller businesses and workers

[Working Minds - Work Right to keep Britain safe \(campaign.gov.uk\)](https://campaign.gov.uk)



### Campaigns

Covid

Covid Yorkshire

Stress

MSDs 

Lungs

Construction Dust

Working Minds

### MUSCULOSKELETAL DISORDERS (MSDs)

- MSDs include injuries and conditions that can affect the back, joints and limbs, which can reduce a person's quality of life. You can develop a musculoskeletal disorder or it can be made worse through work.
- HSE statistics show that in 2019/20, **480,000** workers suffered from work-related musculoskeletal disorders. This accounts for **8.9 million** working days lost due to work-related MSDs. Do the right thing and protect your employees from work-related MSDs.

### MANAGING THE RISKS OF MSDS

Employers must manage the risk of MSDs in the workplace. Tasks which have a high risk of causing MSDs include manual handling, repetitive work, awkward postures and exposure to vibration. There are also risks associated with use of display screen equipment such as PCs, laptops, tablets and smartphones.

Find out what you can do to tackle the risks of MSDs:

[Musculoskeletal disorders in the workplace – HSE](#)

[Musculoskeletal \(MSD\) Online Assessment Tool](#)



## HSE Keynote incl. HAVS and Noise

Paul Delderfield, HSE



### **BHSEA WWT event**

### **Hand-Arm Vibration and Noise– are they still issues?**

**Paul Delderfield**

Principal Specialist Inspector of Health & Safety (Noise & Vibration)

[Link to presentation slides / website](#)



# Noise (understanding and controlling)

Julian Dowson, Peritus

## Noise

(Understanding and Controlling it)

**Julian Dowson**  
MA B.Ed CertOH LFOH  
Director  
Peritus Health Management

An Integrated Occupational Health & Occupational Hygiene Risk Management Service



### Physics of Noise

Defined as a fluctuation in pressure above and below the ambient pressure of a medium that has elasticity and viscosity (Solid, liquid and gas)

**ENERGY!**

[Link to presentation slides / website](#)





# Kasozi Wellness Scheme – Employee Wellbeing

Phillip Kasozi, Kasozi Wellness

**KASOZI WELLNESS SCHEME**

By Phillip Kasozi

Vicarage Walk, Great Brington, St. Neots, United Kingdom PE13 5DF  
©2021 Kasozi Wellbeing Ltd  
Company No. 12425458

**KASOZI WELLNESS**

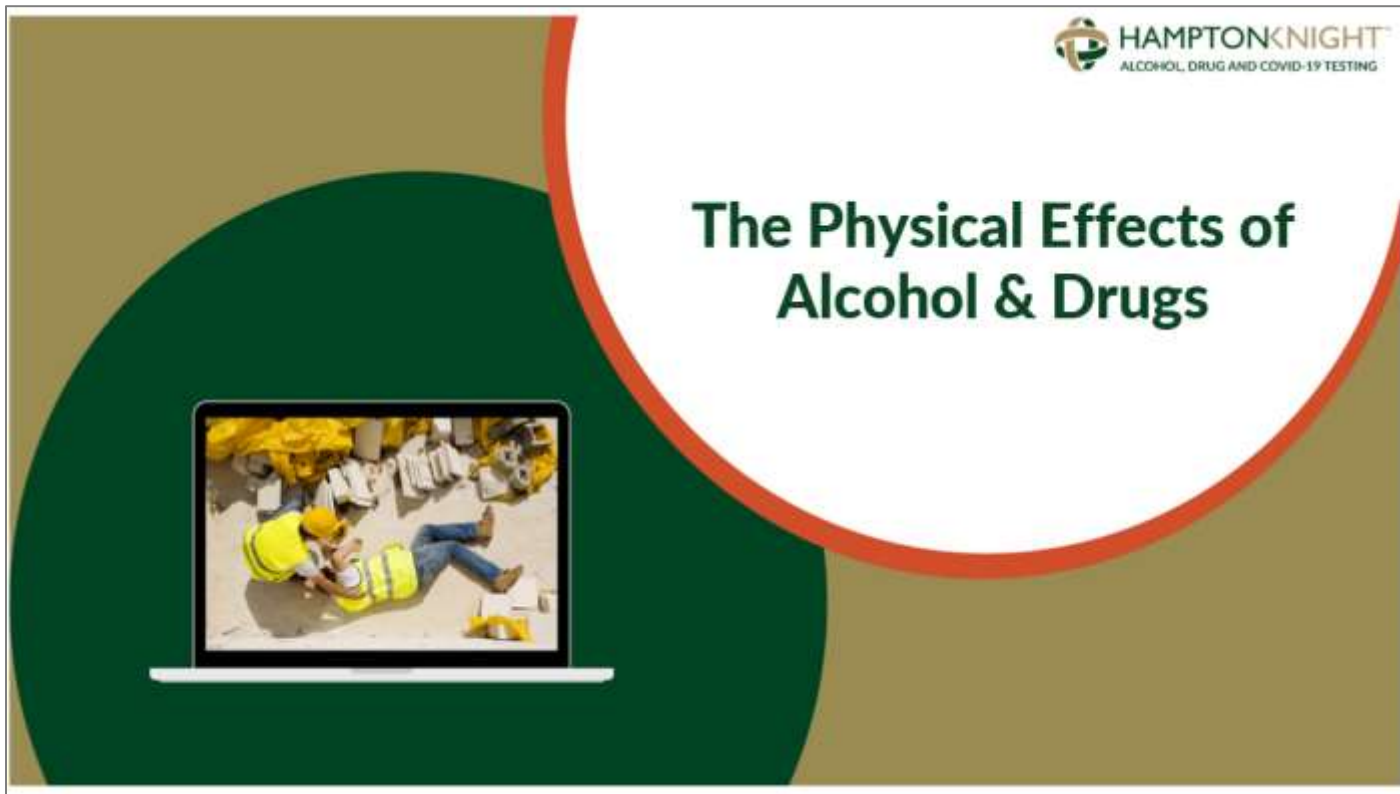
- Stronger and healthier workforce
- Happier workers
- Increase productivity
- Help reduce absence & sickness costs

[Link to presentation slides / website](#)



# The Effects of Drugs and Alcohol on Physical Health

James Clark – Hampton Knight



[Link to presentation slides / website](#)



# HAVS Monitoring

Keith Phillips, HAVSco

## What is HAVS?

- ❑ Hand-arm vibration syndrome (HAVS) is the term used to describe the effects of hand transmitted vibration on the blood vessels, nerves, muscles and other tissues in the upper limb and is the main concern posed by exposure to vibration.
- ❑ HAVS commonly manifest itself as vibration white finger or carpal tunnel syndrome.
- ❑ HAVS is caused by the transfer of vibration through a workers hands and arms, in as little as **6 months**.
- ❑ **1 in 10** people who work regularly with vibrating tools may develop HAVS.



[Link to presentation slides / website](#)

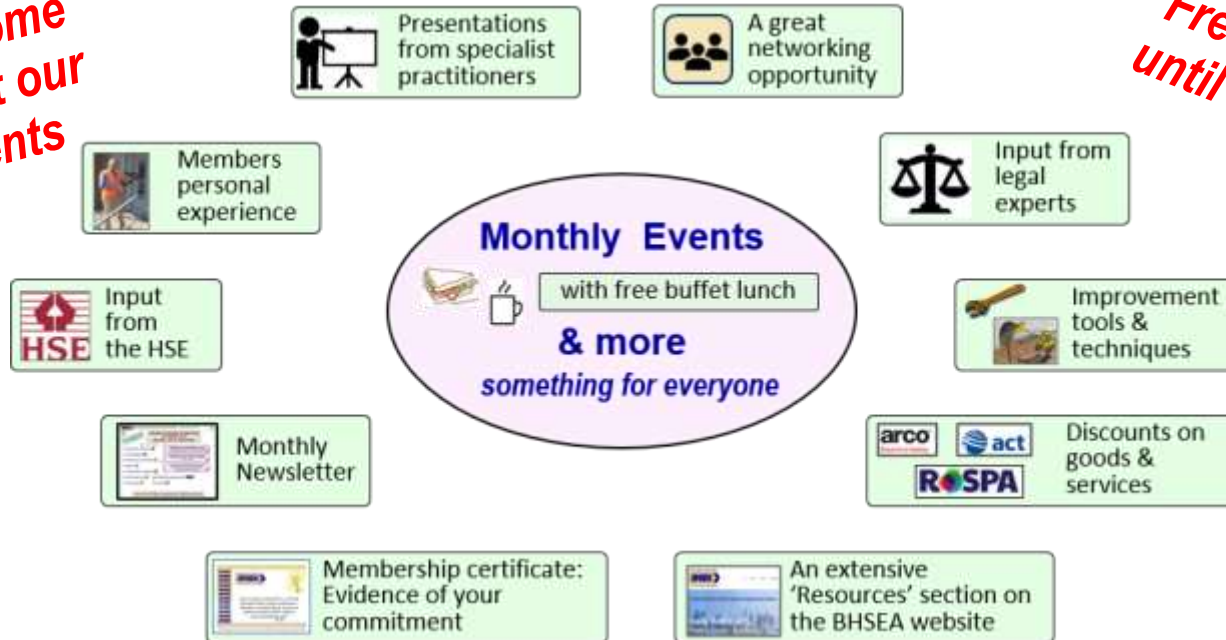
# Stay informed – Stay in touch BHSEA Membership – What’s in it for you?

92 Years of Supporting *full-time & part-time* Health & Safety Practitioners



*A warm welcome awaits you at our monthly events*

*Free Membership until further notice*



# Thankyou

## all our speakers and their organisations



## and all of you for coming

Next



# WWT/SHAD Event – Temporary Works Wednesday 23 November



**A FREE Construction  
'Working Well Together' Event  
for small companies and others**



## Managing and Planning Temporary Works Safely

Wednesday 23<sup>rd</sup> November 2022, 08.30 – 12.30   
Registration and (free) breakfast rolls from 08.00   
Walsall FC, Banks's Stadium, Bescot Crescent, Walsall. WS1 4SA

Temporary works provide an engineered solution that is used to support or protect either a structure during construction, an item of plant or equipment, the sides of an excavation during construction operations or to provide access. Temporary works need to be planned and managed.

**Learn about ways to manage Temporary Works safely both above and below ground**

- Presentations - talks from experts
- Live demonstrations
- A chance to network and share problems and solutions with others
- Helping you / your business to continuously improve



**EVERY WEEK  
ONE OF US  
DIES**



To book your **FREE** place go to Eventbrite  
<https://www.eventbrite.co.uk/e/managing-and-planning-temporary-works-safely-tickets-419385903527>

## Topics / Highlights / Features

- Welcome - BHSEA / Construction Chair
- Keynote Speech – HSE
- CDM and Temporary Works
- Managing and planning Temporary Works both above and below ground safely
- IT Solutions
- Supplier Demonstrations
- Book your place [here](#)

### Supported by



# Finally – please:

- If you are not a BHSEA member then visit the [BHSEA website](https://www.bhsea.org.uk) and click on 'Join'. Membership fees are currently being waived.
- Sign up to the BHSEA newsletter at [www.bhsea.org.uk](https://www.bhsea.org.uk) for information on all forthcoming events.

