

WORK-RELATED DEATHS IN GREAT BRITAIN ///

Every year **13,000** people die from work-related causes.

99%
Caused by **ill-health** due to workplace exposures
Things like dust and fumes causing cancer.

1%
Caused by **accidents** in the workplace
Things like falling from a height or being crushed by machinery.



When we talk about Health & Safety at work,
what we usually mean is just 'Safety'.

WHEN IT COMES TO **HEALTH**
CAN WE DO BETTER? ///



STAY
WISE,
REDUCE
RISK,
PROTECT
HEALTH ///

DRIVING
HEALTHIER
HIGHWAYS

Making workplaces healthier
on the M25

STAY WISE

REDUCE RISK

PROTECT HEALTH

Every year in construction there are:

4,000 Deaths from work related ill-health

82,000 Cases of work related ill-health

When it comes to health and safety, health hazards are often less well understood and that means it's likely there's more we can do to reduce the risk.

Health hazards in highways work, include:

- Breathing in silica dust can cause serious lung diseases including cancer. Silica is contained in many materials including concrete.
- Welding fumes from steels work can cause asthma, pneumonia and cancer.
- Solvent fumes from adhesives and sealants can cause asthma, dermatitis and bronchitis.
- Excessive noise from machinery and vehicles can cause hearing loss.
- Manual handling from lifting and moving equipment can cause Musculoskeletal Disorders.
- Vibration from tools can cause hand arm vibration syndrome.
- Solar radiation from working outside in the sun can cause skin cancer.

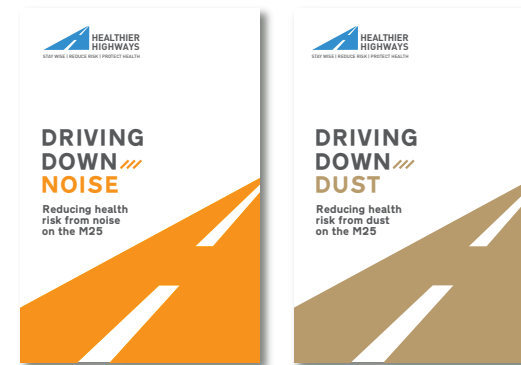
And we need to explore further the potential effects of:

- Bitumen fumes from paving works
- Diesel Exhaust Emissions from machinery and vehicles

Work related ill-health is preventable and this is where **Healthier Highways** comes in.

Our team comprises representatives from One Community Partners and leading experts in understanding and monitoring exposures to harmful substances in the work environment.

These experts are called Occupational Hygienists and their job is to **reduce risk** from health hazards to protect people in the workplace.



Just as with safety controls, health controls have to be used correctly and consistently to be effective.

As improvements are made, they'll be accompanied by the training and support you need to use them.

+ Changing the focus to health protection

When we talk about Health & Safety at work, what we usually mean is just 'Safety'. So we know we need to change the conversation. **Healthier Highways** is a developing initiative to provide you with the information you need.



STAY WISE | REDUCE RISK | PROTECT HEALTH

Healthier Highways has been designed to help us:

Understand the risks to health of working on the M25 network.

Inform all members of our community and provide the right advice in readily accessible and easily understandable formats.

Enable us to make changes to working practices as simply as possible.

Remove the practical issues that get in the way of positive change.

Motivate us all to treat health like safety and change our behaviours where necessary.

Let's not bury our heads in the ~~sand~~. *Dust*

Spotting health hazards

Safety hazards are usually easy to spot, but health hazards aren't so obvious. This is often because we aren't aware of the risks they pose to our health. So understanding what the hazards are and how they can affect our health is the first step in dealing with them.

Diffusing the health timebomb

Many ill-health effects don't appear until years after you are exposed, so it's often not obvious or noticeable that a substance is causing serious harm, even when it is. Once a disease develops there is no cure.

Assess risk and take control.

Step 1
Assess Risk

The first step to better health protection is to accurately assess the risk and this is where measuring exposures comes in. At some point everyone working on the M25 could be exposed to **dust** and **noise** so we've decided to start with these exposures first.

Our occupational hygienists have already begun site visits to monitor dust and noise levels on paving works and identify areas for improvement.

Look out for future monitoring. You may be asked to help the hygienist by wearing a dust sampler and/or a noise monitor during your work.

Step 2
Take Control

Once the exposures have been measured and risks have been evaluated, recommendations for improving control measures will be made where necessary. These improvements will be designed to protect us from being exposed to levels and types of substances which could cause ill-health.

Control measures can include a range of things such as using different products and materials, changing work methods and habits, segregating work areas, implementing engineering controls like water suppression, dust extraction tools and ventilation, and introducing PPE.

So, what are the next steps?

What can you do now?

1. Think about your own personal balance of your focus on health and your focus on safety. Have you got it right?
2. Look at the health hazards in your work environment with a fresh pair of eyes. What can you spot?

Find out more

Keep a look out for Healthier Highways online resources coming soon.

In the meantime, if you have any questions about the initiative you can contact us via email at:

Healthandsafety@connectplum25.co.uk