



MENTAL HEALTH AWARENESS WEEK: 15 – 21 MAY 2023

15 - 21 May was Mental Health Awareness Week and the theme this year, set by the Mental Health Foundation, was anxiety.

Anxiety and depression are the most common mental health problems and can be caused by prolonged stress at work.

A report by Deloitte estimates that the total annual cost of poor mental health to employers has increased by 25% since 2019, costing UK employers up to £56 billion a year.

Whether you're a small business or a large corporation, the law requires all employers to prevent work-related stress to support good mental health in the workplace by including it in your risk assessment.

HSE's [Working Minds campaign](#) aims to help businesses and workers prevent work-related stress. You can access the following related resources:

- [a poster with Working Minds 5 simple steps \(.pdf\)](#)
- [a roundup of resources \(.pdf\)](#)
- [a risk assessment template](#)

[HSE's Talking Toolkit](#) for practical step-by-step guidance in speaking to workers about preventing work-related stress.

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

- Talk about your feelings
- Keep active
- Eat well
- Take a break
- Drink sensibly
- Keep in touch
- Do something you're good at
- Accept who you are
- Ask for help
- Care for others

Mental Health Foundation
mentalhealth.org.uk

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Support AGA Running Thame 10k
The Value of Safety

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New Podcast on Disability
Companies Sentenced after Worker Hospitalised for 2 weeks

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Free CDM Advice

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AGA E-Learning
Face Fit Testing

AGA ARE RUNNING THE THAME 10K IN SUPPORT OF 2 LOCAL CHARITIES

Please help our cause and donate to one of our pages below:



SSNAP - SSNAP was founded in 1982 and has supported the Newborn Care Unit at the John Radcliffe Hospital ever since. The unit can care for up to 56 babies at any one time and is a Level 3 Centre, the most sick and premature babies from across the Thames Valley, are looked after here in Oxford.

https://www.justgiving.com/page/am-plater-1684937939563?utm_source=Sharethis&utm_medium=one_page&utm_content=page/am-plater-1684937939563&utm_campaign=pfp-email&utm_term=38389ba2916342d1b3aabc383aaa58ba



Nic Willoughby Fund - The Nic Willoughby Fund was set up in September 2018 in partnership with Heart of Bucks after tragically losing 22 year old Nic due to an undiagnosed heart condition. Nic was a much loved and highly thought of young man, keen on sports and fun loving.

They provide financial support and assist in the development of grassroots sports primarily in the Oxfordshire and Buckinghamshire areas. Provide funding for heart screenings for young men and women in Oxfordshire and Buckinghamshire areas. Provide financial aid to support local individuals on their path to the highest standard of sport.

https://www.justgiving.com/crowdfunding/teamaganicwilloughbyfund?utm_id=1&utm_term=iXZgyiGrg

Donating through JustGiving is simple, fast and totally secure.

THE VALUE OF SAFETY

There's more value in safety interventions than avoiding accidents, and measuring it is becoming ever more important – but it's hard. We explore why.

Businesses that foster a good safety culture and invest to prevent injuries and fatalities are usually rewarded with a positive return on investment, reflected in the organisation's avoidance of harm and costly prosecutions.

But there is greater value to be gained from OSH investments. A safe working environment contributes to better mental health and physical wellbeing, which can mean higher productivity due to fewer days lost to sickness or injury, lower staff turnover – and a better bottom line.

Decision-makers, however, don't always make the connection between OSH and improved business performance because these greater 'values' can be difficult to measure and quantify.

A project funded by the Lloyd's Register Foundation is exploring ways to determine the 'Value of Safety' – including its definition – with the aim of creating standardised measurements demonstrating value to employers and driving return on investment.



Researchers at Delft University of Technology in the Netherlands assessed 'the status and effectiveness of current methods to value safety' and explored opportunities for improvements. Their findings (Yang et al, 2022) have provided the foundation for part two of the project, which is being undertaken by the US National Safety Council (NSC). The end goal is a 'modern model' that 'standardises safety terminology' to encourage 'better knowledge-sharing and integration'

NEW PODCAST ON DISABILITY

A new HSE podcast discusses how businesses can create an inclusive approach to workplace health.

In November 2022 HSE published [new principles and guidance](#) for employers to support disabled workers and workers with long-term health conditions to remain in work.

In the latest episode of the HSE podcast, the simple principles and practical examples are discussed by Moya Woolley (Occupational Health Policy Team Leader at HSE) and Rebecca Hyrslova (Policy Advisor at Federation of Small Businesses).

Listen to the [Disability in the Workplace podcast](#).



COMPANIES SENTENCED AFTER WORKER HOSPITALISED FOR 2 WEEKS

Two construction companies have been sentenced after a worker was hospitalised for nearly two weeks after being struck by a 124kg panel.

The man was working as a lift supervisor at a construction site at Eskdale Terrace, Newcastle, on 22 January 2020.



He had been using a tower crane to lift a structured insulated panel (SIP). During the lifting operation, the SIP struck steelwork and fell on top of the worker.

He spent 13 days in hospital following the incident after fracturing his collarbone, shoulder blade, left ankle and left rib.

An investigation by the Health and Safety Executive (HSE) found Tolent Construction Limited, the principal contractor, had failed to properly plan, manage and monitor the construction phase. This resulted in a failure to ensure a suitable and sufficient lift plan was in place for the lifting of individual SIPs. Most importantly, the lift plan failed to stipulate how the individual SIPs were to be safely lifted and failed to consider proximity hazards or how the SIPs would be adequately controlled during the lifting operation.

HSE's investigation also identified Clad Build UK Limited (trading as SIP Build UK), as the contractor responsible for the design, supply and installation of the SIPs. Clad Build UK Limited failed to plan, manage and monitor the work or to provide the necessary information and instruction to workers on how to prepare the SIPs for lifting. Clad Build UK Limited also failed to ensure effective supervision and monitoring of work being undertaken by a sub-contractor working under its control and to comply with requests for information from the principal contractor.

Tolent Construction Limited of Grey Street, Newcastle, pleaded guilty to contravening Regulation 13 (1) of the Construction (Design and Management) Regulations 2015. The company was fined £1,000 and ordered to pay £8,468.50 in costs at Newcastle Crown Court on 17 April 2023.

Clad Build UK Limited of Foxbridge Way, Normanton Industrial Estate, Normanton, West Yorkshire, pleaded guilty to contravening Regulation 15 (2) of the Construction (Design and Management) Regulations 2015. The company was fined £12,000 and ordered to pay £45,000 in costs at Newcastle Crown Court on 17 April 2023.

HSE inspector Stuart Whitesmith said: "HSE will not hesitate to take enforcement action against those that fall below the required standards. This case should raise awareness of the dangers of failing to properly plan and safely carry out this type of lifting operation. SIPs are increasingly used in the construction industry and all contractors should be aware of the need to suitably plan, manage and monitor their safe installation."

TAKE OUR ASBESTOS QUIZ

HSE's Asbestos and You campaign urges tradespeople working in construction to be aware of disturbing asbestos.

Find out if you know enough to protect yourself and others from exposure to asbestos fibres by taking the [Asbestos and You quick quiz](#).

You can share your results with others on social media and with those you work with to see how they do!

Help raise awareness that asbestos didn't disappear when it was banned in the UK and remains in places that you might not expect.

Join the many organisations supporting the Asbestos and You campaign by downloading the campaign toolkit and resources to share with your networks.

- Download the [campaign toolkit \(.pdf\)](#)
- Download and share [social media graphics](#)
- Visit the [Asbestos and You campaign website](#)

HSE INSPECTION INITIATIVE TARGETING RESPIRATORY HEALTH RISKS

Site inspections across Great Britain have started.



How dust is managed on site is a matter of life and death. Construction workers are dying and many more become chronically ill because construction dust can cause serious lung disease. Employers have a legal duty to control dust effectively and protect their workers' lung health.

Starting next week, HSE will be carrying out a targeted health inspection initiative focusing on the respiratory risks to construction workers from exposure to silica and wood dust.

Running from Monday 15 May 2023 - Friday 14 July, the inspection initiative and supporting Dust Kills campaign aim to support industry by raising awareness of health issues in

relation to dust exposure and the importance of effective control measures to improve the long-term health of those working in construction.

Are you confident that you have the effective controls in place to protect yourself and your workers?

Dust kills. Act now to protect your future.

Stay safe around construction dust. We have advice for employers, workers and small builders to work safely. You can visit:

- Our campaign website [Construction Dust – Work Right to keep Britain safe](#)
- [Construction Dust Information Sheet \(CIS 36\) \(.pdf\)](#)
- [Construction Dust Busy Builder Sheet \(CIS 78\) \(.pdf\)](#)

For further information about the campaign [read our latest press release](#).

Follow the campaign on our [social media channels](#) for more information. You can also join the conversation at #WorkRight.

PORTABLE APPLIANCE TESTING MYTHS

Portable appliance testing (PAT) is the examination of electrical appliances and equipment to make sure they are safe to use.

There are many common myths about PAT - use our [frequently asked questions](#) to find the facts about inspecting and testing this type of equipment.

Our leaflet [Maintaining portable electric equipment in low-risk environments](#) is free to download and sets out simple and sensible precautions you should take to prevent danger from portable or movable electrical equipment.

HSE's website has further guidance on [electrical safety at work](#).



NEW GUIDE: INTRODUCTION TO MANAGING HEALTH AND SAFETY

HSE has developed a new online guide to help you quickly find and understand what your business must do to comply with health and safety law.

The [step-by-step guide](#) will help you:

- understand what managing health and safety means.
- find the right guidance for your workplace.
- use the Plan, Do, Check, Act approach to manage health and safety in a way that is simple and proportionate to your risks, while still complying with the law



We also have guidance on [common workplace risks](#) where you can find specific advice for your workplace.

Please [take part in our survey](#) to provide your feedback on our new online guides.

FREE CDM ADVICE

[Continued Professional Development for all.](#)



Do you need help understanding the CDM Regulations 2015? Not sure if you are complying with your duties correctly?

We offer a free CPD consultation to keep you up to date. One of our experienced CDM Consultants will host a virtual session and provide up-to-the-minute, competent advice. We cover everything from Duty Holders to Design Risk Management and welcome any questions or scenarios you need help with.

Please get in touch if this would be of interest to you info@aga-ltd.co.uk

AGA E-LEARNING COURSES

Whether you are looking to improve your own knowledge or provide training to employees, our E-Learning courses will guide you through the regulations, your legal duties, identifying hazards in your workplace and suitable control measures. Each course is followed by a short test to clarify your understanding regarding that topic, upon which, after completion, you will be issued a certificate.

Each course costs £20+vat unless otherwise stated. The courses we currently offer training in are:

For more information or to book our courses visit www.aga-ltd.co.uk/e-learning-courses.

FACE FIT TESTING LEGAL REQUIREMENT



[AGA have 6 fully qualified Face Fit Testers ready to come to your site.](#)

Where respiratory protective equipment (RPE) is used as a control measure under Health and Safety Legislation, it is vital that the selected RPE is adequate and suitable. RPE must reduce exposure to as low as reasonably practicable, and in any case to an acceptable level (e.g., below any applicable Workplace Exposure Limits or Control Limits).

To ensure that the selected RPE has the potential to provide adequate protection for individual wearers, the ACoPs supporting COSHH, CAR and CLAW stipulate that tight-fitting RPE must be fit tested as part of the selection process. This will help to ensure that inadequately fitting facepieces are not selected for use. Ill-fitting facepieces can create inward leakages of airborne contaminants.

AGA can advise you on:

- The different types of RPE available
- The different grades of RPE and how to understand what the right RPE for the task is.
- The different exposure hazards and ill health from working with wood, silica and construction dust.
- The law and requirements for RPE use.
- How to correctly fit RPE

We can then test the face fit of RPE on your operatives using our testing kit and provide certification for each operative.



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