

Toolbox Talk Details

Title	B01 - General health and wellbeing
Reason	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.
Outline	This talk covers some of the causes of work-related ill health and some preventative measures that can be put in place.

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 must 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 investigate all accidents to establish the cause and prevent recurrence.
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), do not ignore it – report it.
4. If you think you need help with a task, ask – do not try and cope on your own.

Revision Date	Assessed By	Signature
January 2021	Michael Reddan	