Employee Safety, Health and Wellbeing Calendar

2018

coffey — Engineering Tomorrow's Infrastructure

Q1 — *Quarterly Promotion:* **Plant & Machinery**

Q2 — *Quarterly Promotion:* **Outdoor Working**

Q3 — *Quarterly Promotion:* **Working at Height**

Q4 — *Quarterly Promotion:* **Driving & Work Related Vehicle Safety**

January
Promotion: ***Plant and Machinery***
Monthly Focus: ***Thumbs Up Plant Safety***
Diary Events
1 Global Family Day
28 European Cervical Cancer Prevention Week
Vhi EAP Promotion: Control of your finances

February
Promotion: ***Plant and Machinery***
Monthly Focus: ***Abrasive Wheels***
Diary Events
4 World Cancer Day
6 Safer Internet Day
WORLD CANCER DAY 4 FEB
Vhi EAP: How to Improve your finances

March
Promotion: ***Plant and Machinery***
Monthly Focus: ***Lifting Operations***
Diary Events
14 National No Smoking Day
23 Daffodil Day
Vhi EAP: Simplifying your financial life

April
Promotion: ***Outdoor Working***
Monthly Focus: ***Inclement Weather***
Diary Events
7 World Health Day
28 Workers Memorial Day
WORKERS MEMORIAL DAY FRIDAY 28 APRIL 2017
Vhi EAP: Successful relationships-communication

May
Promotion: ***Outdoor Working***
Monthly Focus: ***Dust & RCS***
Diary Events
1 World Asthma Day
12 Pieta House DIL
Pieta House DARKNESS INTO LIGHT
Vhi EAP: Ending relationships on good terms

June
Promotion: ***Outdoor Working***
Monthly Focus: ***Sun Smart***
Diary Events
14 World Blood Donor Day
9 Global Wellness Day
12-18 International Men's Health Week
Vhi EAP: Helping elderly relatives

July
Promotion: ***Working at Height***
Monthly Focus: ***Ladder Use***
Diary Events
24 Samaritans Awareness Day
28 World Hepatitis Day
Make a date 24:7 WITH SAMARITANS
Vhi EAP: Recognising the signs of stress

August
Promotion: ***Working at Height***
Monthly Focus: ***MEWPs & Platforms***
Diary Events
1-31 National Road Victim Month 2017
19 World Humanitarian Day
Vhi EAP: 10 tips for getting fit

September
Promotion: ***Working at Height***
Monthly Focus: ***FPE*** *(Fall Protection Equipment)*
Diary Events
10 World Suicide Prevention Day
23 Positive Ageing week
1-30 Irish Heart Month
WORLD SUICIDE PREVENTION DAY 10th September
Vhi EAP: Eating well for a healthy weight

October
Promotion: ***Driving & WRVS***
Monthly Focus: ***Safe Driver***
Diary Events
10 World Mental Health Day
1-31 Breast Cancer Awareness Month
Vhi EAP: Balancing work and family

November
Promotion: ***Driving & WRVS***
Monthly Focus: ***Safe Vehicle***
Diary Events
13 Alcohol Awareness Week
20 Road Safety Week
1-30 Movember
Road Safety Week
Vhi EAP: Setting & reaching your career goals

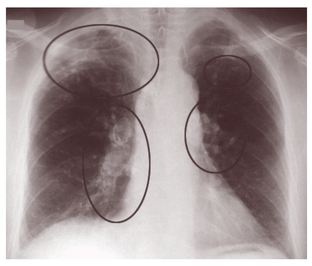
December
Promotion: ***Driving & WRVS***
Monthly Focus: ***Safe Journey***
Diary Events
5 International Volunteer Day
10 Human Rights Day
Vhi EAP: Resolving conflict in the workplace

Safety, Health & Wellbeing Campaign
Monthly Initiative/Focus:
Dust and RCS

May
Promotion: ***Outdoor Working***
Monthly Focus: ***Dust & RCS***
Diary Events
1 World Asthma Day
12 Pieta House DIL
Vhi EAP: Ending relationships on good terms

HEALTH	SAFETY	QUALITY	ENVIRONMENTAL
coffey	*Toolbox Talk Topic:*	DUST AND RESPIRABLE CRYSTALLINE SILICA (RCS)	
	Issue Date:	June 2018	Page 1 of 2

Topic Introduction:
Silica dust can cause breathing and lung problems, which is responsible for over 600 deaths each year in the UK and Ireland, although studies suggests this figure is likely to be higher due to under reporting and misdiagnosis. **Silica is a natural substance found in most rocks, sand and clay and in products such as bricks and concrete.**
Inhalation is the primary route of exposure to crystalline silica dust. Potential exposure to this dust may be in the workplace (or while working at home or walking past work sites) – these materials create dust when they are cut, sanded down etc. Some of this dust may be fine enough to reach deep inside the lung, this is known as respirable crystalline silica (RCS) and is too fine to see with normal lighting.



Hazards… What's likely to cause harm or go wrong?

- Silica is the biggest respirable health risk to construction workers after Asbestos.
- Respirable crystalline silica (RCS) can cause harm to health.
- **Significant exposure to RCS could lead to you developing silicosis, chronic obstructive pulmonary disease (COPD) and lung cancer.**

- **Silicosis:** Silicosis makes breathing more difficult and increases the risk of lung infections. Silicosis usually follows exposure to RCS over many years, but extremely high exposures can lead rapidly to ill health.
- **Chronic obstructive pulmonary disease (COPD)**: COPD is a group of lung diseases, including bronchitis and emphysema, resulting in severe breathlessness, prolonged coughing and chronic disability. It may be caused by breathing in any fine dusts, including RCS. It can be very disabling and is a leading cause of death. Cigarette smoking can make it worse.
- **Lung cancer**: Heavy and prolonged exposure to RCS can cause lung cancer. When someone already has silicosis, there is an increased risk of lung cancer.

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Guidance on control measures…
What can we do to avoid the risk/reduce the risk to an acceptable level?

- **The health risks from RCS are insignificant when exposure to dust is adequately controlled – you do not need to become ill through work activities.**
- Eliminate the risks if possible, e.g. can you purchase pre-cut materials to avoid having to cut them on site.
- Adhere to documented safe systems of work to reduce exposure, where avoidance of such work is not possible and following an assessment of the risk.
- Use dust suppression techniques (e.g. wet methods for dust removal/suppression).
- Wear suitable Personal Protective Equipment (PPE). Respiratory Protective Equipment (RPE) should either be a FFP3 disposable respirator or a P3 particulate filter fitted to a half or full face mask to provide effective protection and be CE marked.
- Avoid dry sweeping where possible – use wet cleaning or vacuum.
- Get informed and make informed decisions. If in doubt or if you are not competent to undertake a task then stop and seek advice from a competent person.

Different types of stone contain different amounts of silica:

Approximate crystalline silica content of different materials	
Sandstone	70–90%
Concrete, mortar	25–70%
Tile	30–45%
Granite	20–45%, typically 30%
Slate	20–40%
Brick	Up to 30%
Limestone	2%
Marble	2%

Further guidance on silica and RCS can be found here:
Ireland – HSA
http://www.hsa.ie/eng/Publications_and_Forms/Publications/Chemical_and_Hazardous_Substances/Silica_Dust_Information_Sheet.pdf
UK – HSE
http://www.hse.gov.uk/pubns/indg463.pdf

Your Project… List the site-specific information for your site/project on this topic and what everybody on site can do to reduce the risk:

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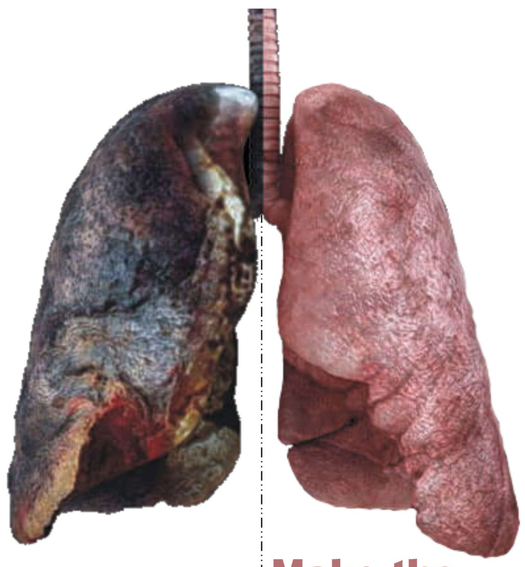
Get the Facts…
Make informed Decisions

Silica… It's not just dust



Make the right choice

Don't let it take your breath away

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Crystalline Silica Dust
Information Sheet

November 2010

Crystalline silica is widely found in nature. Occupational exposure to crystalline silica dust occurs in many industries including: quarrying, mining, mineral processing (e.g. drying, grinding, bagging and handling) slate working, stone crushing and dressing, foundry work, brick and tile making, some refractory processes, construction and demolition work, including work with stone, concrete, brick and some insulation boards, tunneling, building restoration, pottery and ceramic industries. Basically where concrete, stone or sand based materials are used, there is a potential for exposure to crystalline silica dust.

Routes of Exposure
Inhalation is the primary route of exposure to crystalline silica dust. For any kind of dust, there are different particle sizes. When dust is inhaled, its point of deposition within the respiratory system is very much dependent upon the range of particle sizes present in the dust. It is the respirable (smallest particle size) fraction of crystalline silica dust which is of critical concern for its health effects, since these can penetrate deep into the lung.

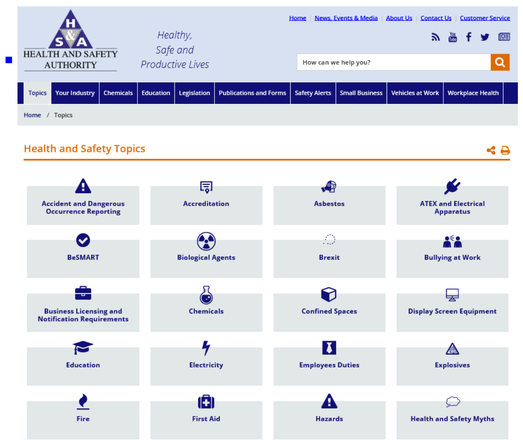
Occupational Exposure Limit Value
The respirable fraction of the dust is invisibly fine and the OELV for Respirable Crystalline Silica (RCS) is 0.1mg/m³ averaged over 8 hours, as set down in the H.S.A. Chemical Agents Code of Practice.

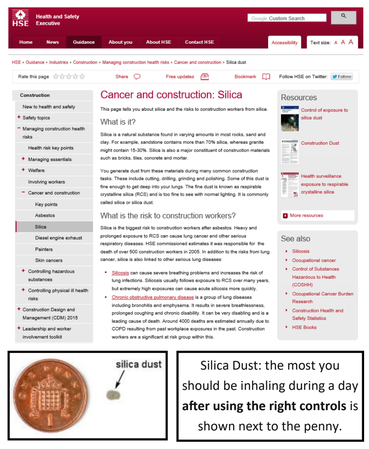
Health Effects
Inhalation of fine dust containing crystalline silica can cause lung damage (silicosis), which in severe cases can be disabling, or even fatal. Silicosis is irreversible and treatment options are limited.

Workers may develop any of three types of silicosis, depending on the concentration of airborne silica:

- Chronic silicosis, which usually occurs after ten or more years of exposure to crystalline silica at relatively low concentrations.
- Accelerated silicosis, which results from exposure to high concentrations of crystalline silica and develops five to ten years after the initial exposure.
- Acute silicosis, which occurs where exposure concentrations are the highest and can cause symptoms to develop within a few weeks to four or five years after the initial exposure

HEALTH AND SAFETY AUTHORITY

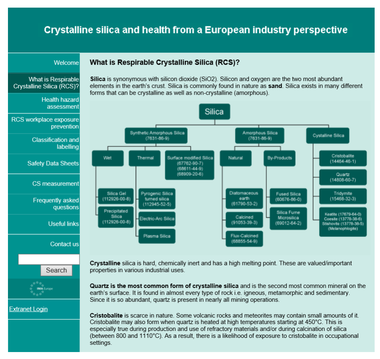


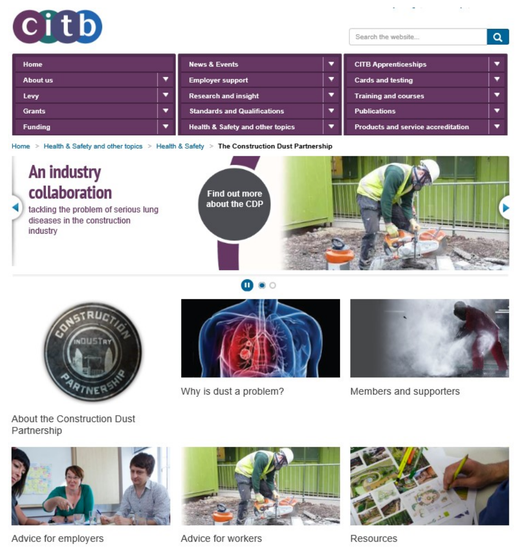


Silica Dust: the most you should be inhaling during a day **after using the right controls** is shown next to the penny.

Resources:

Coffey Group intranet
www.hsa.ie
www.hse.gov.uk
www.citb.co.uk/cdp
www.crystallinesilica.eu





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