

# Constructing Better Health

Safety is paramount within the construction industry and the monitoring and managing of employees' health is an integral part of controlling on-site safety. So many potential hazards are faced within this sector, including noise, vibration, skin and respiratory sensitisers, lead, asbestos... the list goes on.

Until recently, there has never been a universally recognised set of occupational health standards specifically for the construction industry. Despite a wealth of information from a variety of sources, alongside specific legislation focused upon key health and surveillance topics, inconsistent understanding of legal requirements and occupational health best practice has been a common problem for employers.

Earlier this year, Constructing Better Health (CBH) published a set of industry standards for the consistent management of work-place health. These included standards not only for work-related health assessments for fitness to work, but also the quality and competencies of occupational health service providers.

Express Medicals Ltd is proud to be among the first occupational health companies to register under this scheme. Indeed, our own medical director, Dr Dan Hegarty, was involved in helping draft the newly published occupational health standards.

More information can be seen on the website [www.constructingbetter-health.co.uk](http://www.constructingbetter-health.co.uk). It displays an excellent matrix listing exactly which health assessments are required for each type of worker e.g. electricians, LGV drivers, trackside workers, plant operators, welders. Clear symbols illustrate which health assessments are required by legislation, which are best practice and which are purely good business sense.

Express Medicals, and the various occupational health companies registered under the scheme, are each working towards creating a healthier construction industry. By selecting a CBH recognised occupational health provider, you can be confident that they are familiar with safety critical workers, relevant health hazards and associated health assessments. They will be able to offer clear guidance to ensure that your company is meeting both regulatory requirements and protecting staff.

Occupational health should no longer be confusing. Fundamentally, it's a matter of managing the reciprocal relationship of health on work and work on health.

With CBH's easy-to-follow OH standards, and its list of approved occupational health suppliers, there's now no excuse for not having a first class occupational health programme within your organisation.

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