

Wellbeing & occupational health challenges

The Crossrail project is well underway and the first tunnelling contracts were awarded at the end of 2010. Each contract has its own unique challenges for the contractors and sub-contractors. One of those challenges is to provide the workforce with the support they need for wellbeing and occupational health



The construction industry is one of the most dangerous working environments to be in. By promoting wellbeing and utilising an occupational health programme many risks can be reduced for the staff on-site. In promoting wellbeing staff are actively encouraged to stay healthy and thus remain optimally productive for their employers. Companies who have a comprehensive occupational health programme will benefit from both lower levels of staff absenteeism and reduction in the costs associated with absenteeism.

This leads to the question: "What is a comprehensive occupational

health programme for the construction industry?" Constructing Better Health (CBH) offers a set of best practice standards for the construction industry. An important priority for any construction project is ensuring that an ongoing health surveillance programme is in place. Each project will require a tailored programme as individuals can come into contact with various substances, use different types of machinery and be in differing work environments such as working at height and/or working in a confined space.

Express Medicals has been working with the construction and rail industry for 15 years and understands the everyday challenges faced by construction companies. As an approved occupational health supplier to Crossrail and its contractors, Express Medicals can provide solutions to companies' occupational health challenges with a minimum of disruption to the workforce. ■

For more information please visit www.expressmedicals.co.uk or call the Marketing & Sales department on 020 7500 6901. Visit Express Medicals at **Railtex on Stand C41**.

020 7394 1788

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"Express Medicals is pleased to announce that it has been added to the Crossrail approved list of occupational health service providers and can now provide occupational health services to organisations delivering Crossrail."



For further information and to discuss Express Medicals' range of services please call our Sales and Marketing Team:

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