




Form Ref: HSI-10	Independent Health & Safety Inspection – Blue Star Item	Version: 3.0 Jan 2017
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	Awarded for Exceptional Performance or New Initiative not widely used on other sites
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Project	Principal Contractor (PC)	Date of Inspection
A14 Huntingdon to Cambridge Improvement Scheme	Skanska / Costain / Balfour Beatty / Carillion JV	15/08/17
Site Contact	Email Address	Telephone Number
Graham Ward	graham.ward@thea14.com	07872004658

Description of Blue Star Item	<ul style="list-style-type: none"> ▪ Health and Wellbeing Risks are covered in detail during the induction, including Noise, Skin Disorders, Musculoskeletal Disorders, Dust, HAVS and Fatigue. Wellbeing Risks covered include: Mental Health, Physical Health, Stress, Nutrition and Diet, Smoking and Drugs and Alcohol. ▪ Everyone working on site is required to have a Safety Critical Medical (SCM) in accordance with RtB 12 – Occupational Health, with a Wellbeing Practitioner available to carry out SCMs for those that don't have proof of having received one. ▪ A recent Health, Safety and Wellbeing Good Practice Alert covers Chest X-Rays. It advises that the project has procured a company called Industrial Diagnostic Company (IDC) to provide mobile chest x-rays to check for chest conditions, including Silicosis. The process is carried out on site and takes around 10 minutes. The digital X-Rays use up to 90% less radiation than traditional film based X-Rays, reducing individual exposure. ▪ All operatives who have used vibratory tools in the past are asked to complete a Tier 1 HAVS questionnaire at the induction. Task based HAVS risk assessments are completed for all activities which involve vibration emitting tools, and trigger times are recorded. ▪ Where dust cannot be avoided, dust suppression and Respiratory Protective Equipment (RPE) are supplied. All operatives who are required to wear RPE undergo face fit testing and training on the use of their RPE. ▪ The A14 IDT has a Fatigue Management Plan aligned with Highways England requirements set out in IAN 189 & 190. It includes a summary of the Working Time Regulations, and standard rules to mitigate the risk of fatigue to employees. A Risk Assessment has to be completed to authorise exceedance of planned hours, or to work excessive hours. The site has recently provided two 'Fatigue Pods' in the Section 1 compound, to allow workers to rest, rather than drive home tired. Each pod contains two beds and toilet / washing facilities. Posters regarding these pods are displayed in welfare facilities.
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<p>Benefits of Blue Star Item</p>	<p>Managing and controlling all aspects associated with Occupational Health and Fatigue policies implemented into the A14 IDT Project. This will be a continual programme of implementing different initiatives that will improve / identify issues related to the workforce.</p> <p>The Fatigue Pod will be utilised to address long hours, travelling and helping personnel where required.</p>
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<p>Details and Cost of any Specific Product</p>	<ul style="list-style-type: none"> ▪ Chest X-Rays = £60.00 per head ▪ Fatigue Pod = £150.00 per week.
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<p>Photograph</p>	<div style="display: flex; justify-content: space-between;"> <div data-bbox="438 705 938 1361" style="width: 48%;"> <p>Title: Occupational Health Surveillance - Chest X-Rays</p> <p>The Problem:</p> <p>The HSE states that "Health Surveillance should be considered for workers who are involved in high-risk occupations, including construction, foundry work, brick and tile work, ceramics, slate, manufacturing, quarries and stonework. Where workers are regularly exposed to respirable crystalline silica (RCS) dust and there is a reasonable likelihood that Silicosis may develop, Health Surveillance must be provided".</p> <p>Occupational Health Surveillance is not always available on construction sites, preventing the identification of health problems in their early stages.</p> <p>The Solution:</p> <p>The A14 IDT has sourced the Industrial Diagnostics Company (IDC) which provides a mobile chest X-ray service, for on-site digital radiography. This service aims to optimise employee attendance nationally by minimising employee absence from work and providing a more efficient and cost-effective solution for employers.</p> <p>As an alternative to on-site examinations, the IDC makes referrals to local NHS or private hospitals, which may be more feasible for employers with small numbers of employees exposed to RCS, or when employees work remotely.</p> <p>The mobile unit can be set up in site car parks, safe areas on site or other designated areas with a mains power supply.</p> <p>Employees are asked to complete a Consent Form and given a time to attend the mobile X-Ray unit. Typically, one image of the chest is taken from the back. The entire examination, from positioning to obtaining and verifying the images, is usually completed within 10 minutes. It's painless and the employee can return to normal activities immediately.</p> <p>Digital X-rays use up to 90% less radiation than traditional film-based radiographs, making radiation exposure just 10%, equating to the same amount of exposure you would get from a short plane flight, eating 100g of walnuts, or spending 2 days in Cornish sunshine.</p> <p>X-Ray results are sent to the Occupational Health team within 2-3-weeks and passed on to the individual and their GP. The results are focused on respirable crystalline silica (RCS) but also identify any other abnormalities which may be present.</p> </div> <div data-bbox="954 705 1412 1361" style="width: 48%;"> <p>Photograph / Images:</p> <pre> graph TD CXR[Chest X-ray] --> NR[Normal result] CXR --> SC[Slight changes identified] CXR --> NR2[Non-normal result] NR --> NA[No Action Required] SC --> R1[Repeat Chest X-ray in One Year] NR2 --> R2[GP Referral for non-work based findings] NR2 --> SO[Second opinion for quality assurance purposes] NA --> NA1[Continue with normal health surveillance and have next X-ray at 15 years time if currently 15+ years exposure] R1 --> R11[No cause for concern, continue with normal health surveillance program and have a repeat Chest X-ray in one year] R2 --> R21[Continue with normal health surveillance and have next X-ray at 15 years time if currently 15+ years exposure] SO --> SO1[Health surveillance and Chest X-ray program implemented after results of second opinion are received] </pre> <p>For further information – Please contact the A14 IDT Occupational Health Team on occupational.health@thea14.com</p> <p>Date: No. 09 11th August 2017</p> <p>Working on behalf of </p> <p>2 Page</p> </div> </div> <p style="text-align: center;">H&S Wellbeing Good Practice Alert relating to Chest X-Rays</p>
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'Fatigue Pods' in Section 1 Compound



'Fatigue Pods' in Section 1 Compound



'Fatigue Pod' posters displayed

A14 Integrated Delivery Team **Guidance – Manufactures Data**

TOOL	VIBRATION LEVELS ACCORD ISO 2631	TRIGGER POINTS			NORMAL DAILY POINTS	MANDATORY HEARING PROTECTION
		5 MINUTES	15 MINUTES	1 HOUR		
Hand Held	7	8	16	58	100 pts	104 dB(A)
Hand Held	<2.5	1	2	13	100 pts	95 dB(A)
Hand Held	11	20	40	242	100 pts	97 dB(A)
Hand Held	<2.5	1	2	13	100 pts	95 dB(A)
Hand Held	12	26	48	288	100 pts	95 dB(A)
Hand Held	5.7	5	11	65	100 pts	108 dB(A)
Hand Held	FH 2.3	1	2	11	100 pts	95 dB(A)
Hand Held	RH 3.0	2	3	18	100 pts	95 dB(A)
Hand Held	FH 1.3	0	1	3	100 pts	95 dB(A)
Hand Held	RH 1.1	0	0	2	100 pts	95 dB(A)
Hand Held	FH 1.9	1	1	7	100 pts	95 dB(A)
Hand Held	RH 1.9	1	1	7	100 pts	97 dB(A)
Hand Held	FH 2.3	1	2	11	100 pts	95 dB(A)
Hand Held	RH 1.5	0	1	3	100 pts	95 dB(A)
Hand Held	12	24	48	288	100 pts	109 dB(A)
Hand Held	14	33	65	392	100 pts	105 dB(A)
Hand Held	16	43	85	512	100 pts	105 dB(A)
Hand Held	<2.5	1	2	13	100 pts	95 dB(A)
Hand Held	FH 7.2	9	17	104	100 pts	105 dB(A)
Hand Held	RH 3.8	2	5	29	100 pts	99 dB(A)
Hand Held	10	17	33	200	100 pts	107 dB(A)
Hand Held	9	14	27	162	100 pts	100 dB(A)

YOUR ACTIONS AND STOPPAGES

YOUR ACTIONS AND STOPPAGES

Company Provision Lead By Example

EXCEPTIONAL CIRCUMSTANCES ONLY

Option 1
Set Summer Summer to record
Shuts with noise 6.2
200 minutes off 70
minutes off

Maximum 399 pts

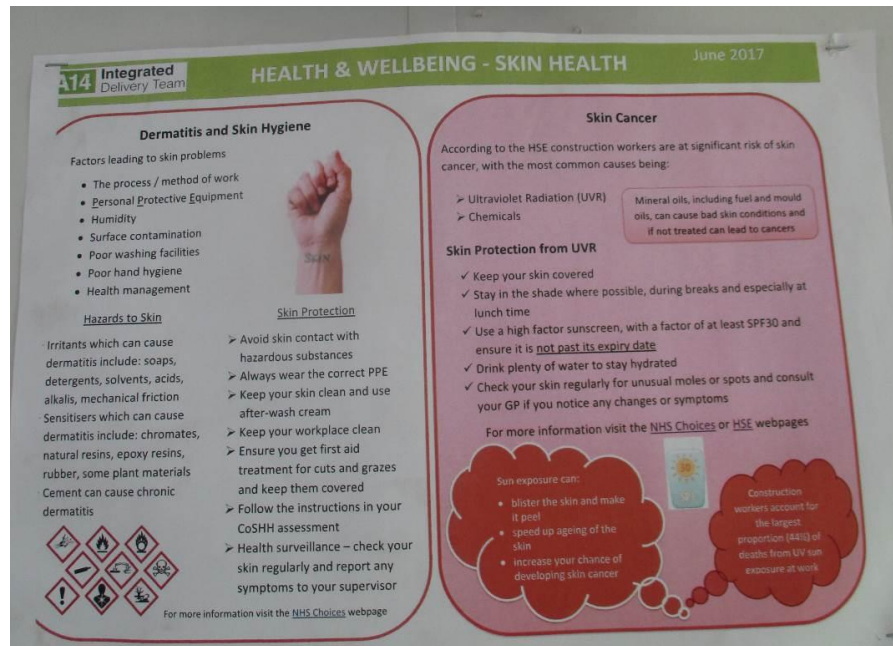
Option 2
Balance measure
Summer

Walk Over

HAVS information available on site



Health and Wellbeing posters displayed



Health and Wellbeing posters displayed