



Highways Safety Hub Team Newsletter

May 2023

Mental Health Awareness Week – This Year’s Theme - Anxiety

What is anxiety?

Anxiety can affect us physically and mentally. If you are feeling anxious, you might notice your heart rate increasing, headaches, loss of appetite, breathlessness or chest pain. (If you are experiencing these symptoms, you should see a healthcare professional to rule out another physical cause). Anxiety might make you feel tense or nervous, find it hard to relax, feel tearful or have problems sleeping and concentrating. Friends or family might notice you are more irritable than usual, or more withdrawn. Or perhaps you seem fine on the outside but feel panicky inside.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Help is at hand. There are things that we can all do to protect our mental health and manage anxiety.

What works will be different from person to person. Things that might be helpful include being active, getting out in nature, practising breathing techniques, getting support to tackle money worries or eating well. Talking to a friend, or spending time with loved ones, is often a good first step.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

15 to 21 May 2023

**Mental Health
Awareness Week**



#ToHelpMyAnxiety



How you can cope with anxiety

We've looked at the evidence for what works to manage anxiety and brought together our top recommendations.

Taking action to address specific causes of anxiety can also help – for example, contacting a money advisor, discussing workplace stress with your employer, or seeking support if you are experiencing bullying, harassment or discrimination.

If anxiety is severely affecting your everyday life, you should contact your GP who can offer additional support and help. No one should struggle alone.

Tips to help you when talking to someone

'Just' Anxiety?

Tips for talking to someone experiencing anxiety

What not to say	What to say instead
"What do you have to be anxious about?"	"How can I help you to feel less anxious?"
"Just calm down!"	"I can see you're anxious. What can I do to help?"
"Worrying won't solve anything."	"Let's focus on what you can control."
"Other people have it worse."	"Your feelings are valid. What can I do to support you?"

Mental Health UK Learn more about anxiety: [mentalhealth-uk.org/aboutanxiety](https://www.mentalhealth-uk.org/aboutanxiety)

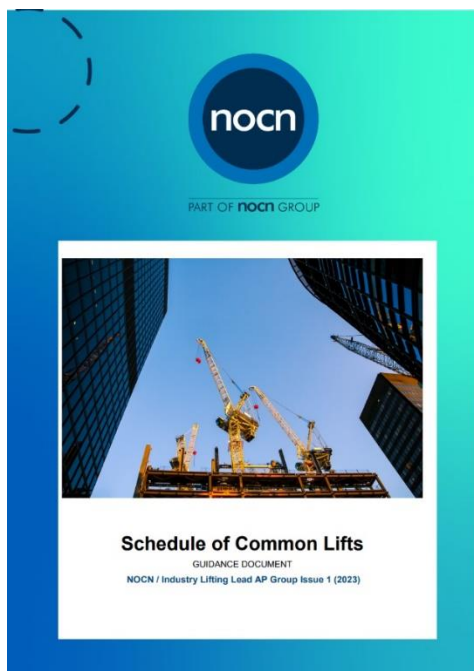
Schedule of Common Lifts

The Industry Lifting Lead Appointed Person (AP) Group, which includes representatives from Costain and Skanska have produced a Schedule of Common Lifts publication to provide guidance on lifting methods for a number of loads frequently lifted on construction sites.

The Industry Lifting Lead AP Group, supported by CPA and their individual members, brings together expertise from industry to encourage collaboration and co-ordination for lifting operation activities and aiding communication between a range of interests including contractors, associations, suppliers, owners and training bodies. The group seeks to provide industry with guidance on standards, training and improved methods of working to make lifting operations safer and more efficient.

The schedule, published by NOCN (National Open College Network), is designed to support both the training of lift planners on dedicated courses and further to provide additional guidance for the competent person planning or responsible for a lifting operation, supplement the information contained within a lift plan. The group are keen to stress that the publication highlights good practice but is not, and nor is it intended to be, a substitute for appropriate lift planning by a competent person and remind the industry that all lifting operations must be carried out in compliance with LOLER 1998 and the relevant standards e.g., BS 7121.

The Schedule for Common Lifts publication can be downloaded free of charge [here](#)



Plant, People Interface

Plant people interface is one of the top fatal risks identified within work in construction. Following a fatality in 2015 a review was carried involving National Highways and delivery partners covering serious incidents involving plant over the previous 18 months.

The review focused on the following common factors.

The injured person (IP) approached / entered exclusion zone around a piece of plant which was stationary / stopped working but was idling with the engine running.

Other similarities identified were:

- Management of Stop / start / breaks in task (none of the incidents occurred during the main task activity)
- Complacency around plant
- Perception of the risk / awareness both in the operatives undertaking the task and those planning the task
- Lack of appreciation of risk that 3rd parties and specialists introduce

These types of incidents are still occurring, and Morgan Sindall are using the campaign material (link below) to reinforce the message across their business.

The campaign focuses on the impact incidents can have on people and the simple rule of parking plant, isolating it prior to engaging in conversation or other tasks. There are videos which include one produced giving the recollection of a plant operator who was involved in a serious incident and a video where someone who has been injured gives their account of the incident and its impact upon them and their family

Link to the videos and other information, hosted on the Highways Safety Hub web site, reads as follows: <https://www.highwayssafetyhub.com/plant-person-interface-2015.html>



A Good News Story – Site Lunch Provided by Fink

Recently lunch was arranged for all staff at 7 Thames Water sites in recognition of all the hard work being put in to achieve the regulatory output dates for the end of March.

The sites were:

Appleton
Benson
Chinnor
Cholsey
Chalgrove
Shabbington
East Shefford

Staff enjoyed Mezze lunchboxes of Shawarma Marinated Chicken or Crispy Falafel served with Houmous, Jalapeno Chimmichurri Tabbouleh, Herby Slaw, Piquante Peppers Stuffed Vine Leaves, Kalamata Olives Pickled Red Onions, Pomegranate Dressing (see photos below)

The Mezze lunchboxes were provided by Fink Street Food, who are a Social Enterprise Street food and events caterer who are on a mission to break down mental health stigma, one bite at a time.

Fink's Mission is:

'Through epic food experiences, our mission is to blow the mental health conversation wide open and transform our profits into mental health support for young people in need.

Travelling the country in our food truck, The Fink Tank, we are raising awareness and showing our customers that no one is alone in dealing with their mental health.

By providing information, supporting services, and raising awareness, we are promoting positive mental health attitudes and encouraging people to make positive steps to improve their own mental wellbeing.

As a social enterprise and member of Social Enterprise UK (SEUK), we commit that over 50% of our profits are used to achieve our social mission.

Please contact me Clare.Brown@linkconnex.net if you require further information or see Fink's website [FINK STREET FOOD | SOCIAL ENTERPRISE \(eatfinktalk.com\)](http://FINK STREET FOOD | SOCIAL ENTERPRISE (eatfinktalk.com))



**Helping Young People
Become Mentally Fit**

Our key charity partner, [No5 Young People](#), are a reading based charity who provide life changing counselling and mental health services to Reading's young people.

They share our vision for a world that does not stigmatise young people's mental health and accepts it is a normal part of human development.

They are supporting a **better mental health future for young people** through tailored counselling, workshops and group therapy sessions.

We support them with a weekly donation of our profits - something that has been made possible by all our amazing customers who choose Fink for lunch.

We'll also be delivering exciting cooking skills and nutrition workshops, designed to boost self-esteem and help young people better understand the links between physical and mental wellbeing.

Our outdoor street food pop ups can be delivered wherever your business has outdoor space - car parks, green areas or entrance plazas are perfect! We can also deliver indoor pop-ups from staff restaurants.

Our corporate pop-ups are themed around promoting the NHS's 5 Steps to Mental Wellbeing and are an exciting way you can support your team's wellbeing at work.

Raising the Bar 9 Update

Following best practice sharing around avoidance of overground legacy cables in the verge Raising the Bar 9 has been updated with guidance around how to safely clear vegetation and undertake grass cutting. Key points include:

- Visual inspection before works commence to identify any hidden services
- For completely overgrown areas implement a safe clearance method involving gradual cutting back and down
- Where legacy cables are identified record and place in temporary ducting
- Discuss with relevant authorities including National Highways to remove or install in permanent ducting to eliminate this hazard for the future.

For further details see the revised version here (Page 11)

[b9 utility avoidance mar 23.pdf \(highwaysafetyhub.com\)](#)



Future Updates to Raising the Bar

To help everyone stay up to date with Raising the Bar documents a decision has been made to mirror the HSE approach with updating of health and safety legislation. In the future there will be two dates where new documents will be issued – 1st April and 1st October. This should help people keep up to date and compliant. With all revised versions there is a 6-month lead in time for everyone to embed changes within their organisation.

Contact Safety Hub Chair Liz Brathwaite for more details liz.brathwaite@skanska.co.uk

Health – NHS Lung Health Checks

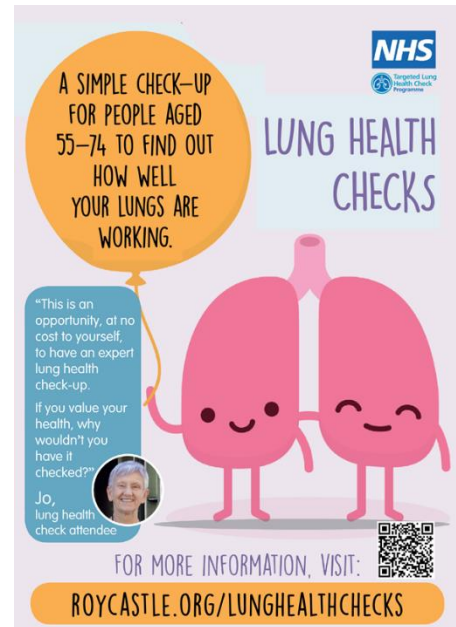
Lung cancer is one of the most common and serious types of cancer. More than 43,000 people are diagnosed with the condition every year in the UK.

There are usually no signs or symptoms in the early stages of lung cancer, but many people with the condition eventually develop symptoms including:

- a persistent cough
- coughing up blood
- persistent breathlessness
- unexplained tiredness and weight loss
- an ache or pain when breathing or coughing
- You should see a GP if you have these symptoms.

FACT - It is not just smokers that get Lung Cancer, some people have cancer having never smoked. Please get yourself checked.

- Although people who have never smoked can develop lung cancer, smoking is the most common cause (accounting for more than 70 out of 100 cases). This is because smoking involves regularly inhaling several different toxic substances.
- If the condition is diagnosed early and the cancerous cells are confined to a small area, surgery to remove the affected area of lung may be recommended
- If you smoke more than 25 cigarettes a day, you are 25 times more likely to get lung cancer than someone who does not smoke
- Exposure to certain chemicals and substances which are used in several occupations and industries may increase your risk of developing lung cancer. These chemicals and substances include arsenic, asbestos, coal and coke fumes etc.
- There's some evidence to show that regular exercise may lower the risk of getting lung cancer, particularly in people who smoke or used to smoke.
- See [Lung cancer - Causes - NHS \(www.nhs.uk\)](http://www.nhs.uk)

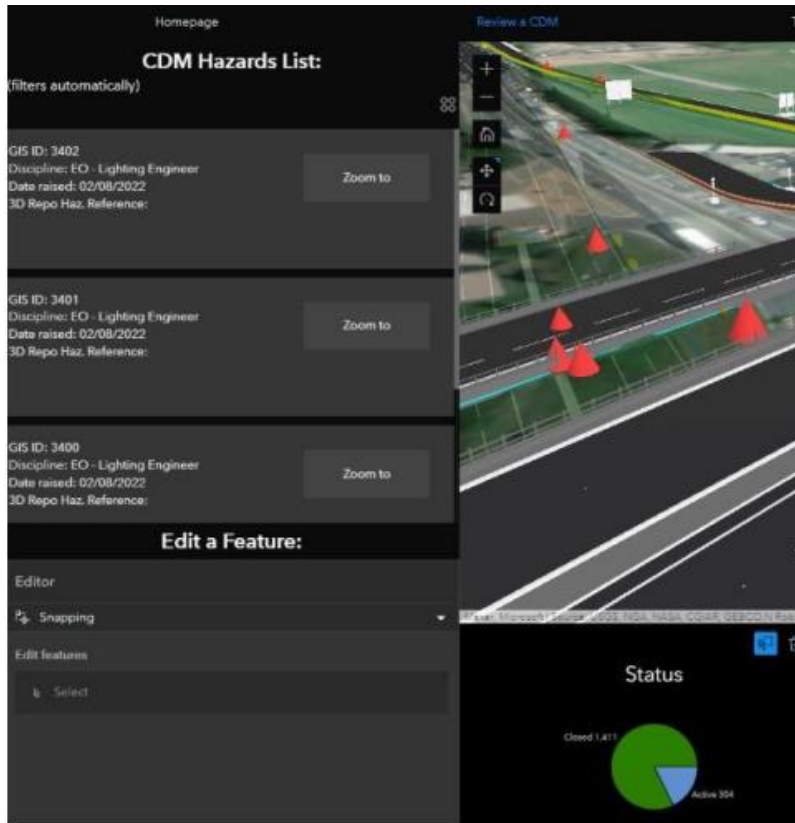


Lung Health Checks Explained

Targeted lung health checks are a simple check up to see how well your lungs are working. They are currently available in selected areas of England for people aged 55-74 years old who have ever smoked and registered with a participating GP practice in the area

Focus on Blue Stars

Safe by Design - Skanska's A428 project have developed Skanska's GeoBIM digital mapping solution for managing design and construction information in a standardised format, allowing anyone on the project to raise, manage and interrogate data easily using a common coding of hazards.



Hazards are raised as either Safety Health or Wellbeing triangles on the GIS Map allowing Skanska to build a rich data source which can be used on future projects for benchmarking to provide a tangible measure of how we are improving in safe by design from project to project.

Positive outcomes of this approach have been how we have managed to shape and develop behaviours and mindsets within the design and operational teams encouraging a culture of check and challenge in terms of design hazards with ALL residual risks being challenged before being accepted into the construction phase. There is also an increased focus on hazard elimination and by separating out the CDM hazards into distinct areas of Safety Health and Wellbeing the system forces design teams to consider health and wellbeing issues which can be overlooked.

For more details see the link here: [Blue Star Case Study Form Skanska GeoBIM.pdf](#)

For more details contact: liz.brathwaite@skanska.co.uk

Raising the Bar Checklist

This will help check compliance with the guidance by highlighting significant elements. A link is posted below that will direct you to the Highways Safety Hub website where there are also a lot of interesting items. Also consider joining the Twitter group which gives out lots of useful information regarding changes and uploads including the latest safety alerts.



Link to current Raising the Bar guidance:

<https://www.highwaysafetyhub.com/raising-the-bar-guidance.html>