

Raising the Bar – Suicide Prevention

WORLD MENTAL HEALTH DAY –
MONDAY 10 OCTOBER 2022

Documentation released to industry to help reduce risk of suicide on the strategic road network

Suicide has a devastating effect on the people and communities touched by it, with our own industry being particularly at risk. It is also a challenge we face on our strategic road network, as people attempt suicide and road workers feeling compelled to intervene to prevent people from taking their own life. This can be a traumatic experience for our workers, leading to them needing varying levels of support to help them cope with the effect this can have.



However, until now there has been no resources or guidance on how to actively plan crisis prevention and deal with the impacts that follow. Additionally, there is only various, often limited levels of knowledge within the industry regarding these important and difficult issues and no clear pathway to upskill or equip road workers with the tools to manage these incidents effectively.

To tackle this, a working group from the Supply Chain Safety Leadership Group has developed a series of documents based on a framework established in a Common Intent Document, including Raising the Bar guidance, sign posting to training, and resources to develop good support processes. Also included is National Highway's Suicide Prevention Toolkit. The vision of these documents is to reduce the number of suicides on the strategic road network by using a data led approach to identify risks and design preventive measures, ensuring our roadworkers are protected and equipped to intervene in crisis situations and are supported following an incident.

These are now due to be published and distributed to the highways industry supply chain to provide them with the tools and framework needed to prevent suicide and deliver a safer network for all our stakeholders.

The suicide prevention toolkit has three sections: Prevention, Crisis Intervention and Support after Suicide. Prevention outlines the considerations engineers and other stakeholders should consider when designing a scheme, such as its accessibility and the structures and other features located on the scheme. Whilst crisis intervention looks at the actions that can be taken to mitigate these risks by changing the design or improving surveillance. The toolkit also details the support that needs to be provided following suicide.



To aid the success of this toolkit, a total of 21 training resources have been collated to provide training to all levels of the industry workforce with specific training outlined for relevant stakeholders. This training will establish a considerable level of knowledge throughout the supply chain to enable robust and intelligent strategies to be put in place on every scheme to significantly lessen the risk of suicide.

The Raising the Bar document gives a framework for organisations to work through at every stage to deliver a comprehensive suicide prevention plan. Working together these documents will enable everyone throughout the industry supply chain to work towards creating a network where everyone goes home safe and well.

One Million Lives

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Jacobs, in collaboration with global mental health professionals, has developed 'One Million Lives', a free mental health check-in tool to enhance users' understanding of their current state of mind and provide proactive strategies for personal mental health development.

Since launching, the new tool has already been accessed by users to make more than 3,000 check-ins. By regularly completing a check-in, via the web-based app, users will ideally be better equipped to understand how they are currently coping, assess the early indicators of associated mental health challenges, start positive and active conversations and get support much earlier.

One Million Lives was developed by Jacobs and clinically endorsed by mental health professionals, including organisational psychologist, Peta Slocombe. The check-in tool incorporates the Kessler Psychological Distress Scale (K10), a globally recognised psychological screening tool. For those who might be feeling well, the tool also assesses early signs and proactive strategies, such as sleep, exercise and/or social media behaviours. The associated [mental health resources](#) provided by HelpGuide, an independent, non-profit organisation, offer empowering, evidence-based information that can be used to improve mental health and make healthy changes.

Initially launched with Jacobs' employees and their families, the goal is to now share the check-in tool and resources as widely as possible – extending to clients, partners, supply chain and communities to help them come together to tackle mental health on a global scale.

Jacobs chair and CEO Steve Demetriou commented: "Positive mental health is a crucial part of our culture of caring at Jacobs. As our focus on positive mental health continues to grow, we introduced the One Million Lives tool to track and change our mental health – by starting conversations and reducing the stigma. By sharing the tool and resources as widely as possible, creating a ripple effect across the globe, we want to break down the barriers that hinder honest conversations about



mental health and encourage an open culture of support. Together, we strive to touch One Million Lives.”

The free mental health check-in tool is [available for download at www.oml.world](http://www.oml.world) (best used with Google Chrome) and is supported by a number of mental health and campaign resources including the [One Million Lives video](#), conversation starters and useful resources for more information.

One Million Lives is not intended to diagnose, treat, cure or prevent any mental health disease or condition. Please seek immediate help from trained medical physicians if you suspect you are suffering from any mental health or other medical condition.

[Click here to access the One Million Lives tool.](#)

Help for Heroes & ZSA Launch Veteran Suicide Awareness Training

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The Zero Suicide Alliance (ZSA) have worked with Help for Heroes to develop a new suicide awareness training aimed at supporting veterans.

Research carried out by YouGov on behalf of Help for Heroes revealed:

- 1 in 3 veterans have felt suicidal in their lifetime.
- Veterans who are struggling with suicidal thoughts are more likely to turn to family and friends for support than a trained professional.
- Veterans who are struggling, are less likely to ask for help than those who have not served in the Armed Forces.
- Over 50 per cent of the Great British adult population would not know how to help someone struggling with suicidal thoughts.

By making suicide awareness training available and accessible, it is hoped this will change.

About the training.

The training takes approximately 30 minutes and shares how to recognise signs that a veteran may be struggling with suicidal thoughts, coaches you in how to have a conversation with someone you're worried about and where to direct them to for support.

It includes veteran specific scenarios, real life stories and signposting resources.

The training has been developed for those close to veterans, being their family members and friends, but can be taken by anyone aged 16 and over.

Please follow the below link and take the training today.

<https://www.zerosuicidealliance.com/suicide-awareness-training-veteran-edition>

**READ
between the
LINES**

1 in 3 veterans have felt suicidal in their lifetime.*

Sorry I've not been out recently.
I can't face the world anymore.

I'm a bit down but I'll soldier on.
I've had it mate, I'm done.

Maybe catch up soon.
Everyone would be better off without me.

Could you read between the lines?
**We're on a mission to create
suicide-safer communities for veterans.**

Take our free 30-minute suicide awareness training.
Visit helpforheroes.org.uk/betweenthelines

 **HELP for
HEROES**

*Source: Royal Society for Public Health (RSPH) Improving Health and Well-being in the UK adult population and the Armed Forces Community July 2019. Total sample size of 8146 adults.

Lantra Leading Calls for Government Pesticide Plan to be fit for purpose for all

Lantra, a UK awarding organisation, providing training and qualifications for the land-based sector, has said it is looking forward to the delivery of a Government plan looking at the safe and sustainable use of pesticides.

Lantra is working with those across the land-based sector, ahead of the delivery of the Pesticides National Action Plan (NAP) which is expected to be released this Autumn. A date for its publication is still to be confirmed.



The organisation's work to update its related training and qualification products has therefore been on-hold until the full details of the plan are agreed and released.

The high-level aim of the revised NAP is to minimise the risks and impacts of pesticides to human health and the environment, while ensuring pest and pesticide resistance is managed effectively.

In order to meet this aim, the revised NAP is to focus on five key goals, to:

1. Ensure continued robust regulation to protect our health and environment
2. Support the development and uptake of Integrated Pest Management (IPM)
3. Ensure those that use pesticides do so safely and sustainably
4. Support in the reduction of the risks associated with pesticides by setting clear targets by the end of 2022 and improving metrics and indicators
5. Ensure that we work effectively with others to deliver the NAP goals

Pesticides play an important role in supporting the UK's plant health, crop production and maintenance of national infrastructure and public spaces.

Targeted use of pesticides protects crops and natural landscapes from native and invasive non-native pests; supporting domestic food production and ecosystems and maintaining our recreational, transport and amenity areas.

However, it is essential that the use of pesticides does not pose unacceptable risk to environmental health or adversely affect human health.

The 2013 UK National Action Plan was developed as a requirement of the Sustainable Use Directive and established actions to increase the sustainability of pesticide use in the UK including a framework of indicators for measuring success.

The UK has since left the EU, and the NAP was therefore due for revision. The updated document needs to reflect the increasing ambition for the UK environment while maintaining crop protection and fighting pesticide resistance.

Lantra believes there is a clear need for regulation to be forward facing, rigorously protective of health and the environment and responsive to the changing pressures faced by farmers, the amenity sector and amateur growers.

Lantra has asked for sight of the final document before it goes public, so the land-based workforce charity, and others, are prepared for the work that it will bring.

Marcus Potter, Chief Executive at Lantra, said: “Our key mission is to upskill and train people to ensure they work safely, productivity and sustainably in adherence to set regulations.

“Lantra, as one of the leading awarding bodies for land-based industries in both the UK and the Republic of Ireland, firmly believes the long-awaited Pesticides National Action Plan needs to both be delivered as soon as possible and that it must meet the needs of industry, consumers, stakeholders and the environment.

“Due to our strong, well-established training relationships in the land-based sector, we know that the Government needs to listen to those in the know – those involved in the land-based professions such as horticulture and agriculture at the sharp end.

“Since the start of July 2022 DEFRA has been consulting with industry stakeholders on the priority messages and areas to be addressed.

“One key area they have said is central to the document is reducing reliance on chemical usage through Integrated Pest Management (IPM), and Lantra has been part of discussions as to how this message can be best shared with pesticides users, both new and existing through training, qualifications and continuing professional development.

“While we’re confident the published plan will deliver for all, Lantra has asked to see the final plan document before it goes public”.

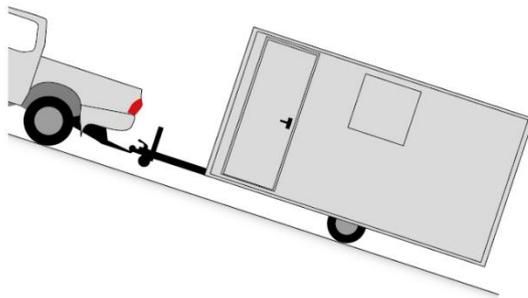
Source: Lantra.co.uk



How to position your EasyCabin safely

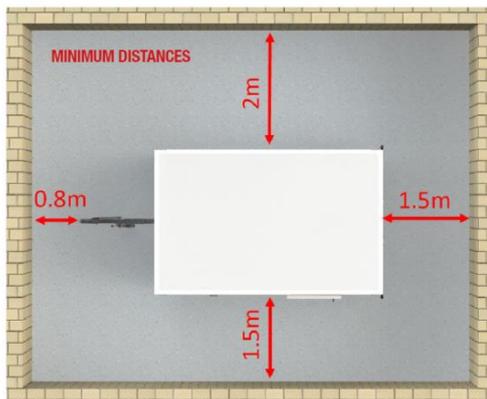
It is essential that the following checks are made and guidance is followed.

✗ NEVER PARK OR UNHITCH ON AN INCLINE



NEVER un hitch the unit on an incline, the trailer brakes are not designed for this purpose.

Always choose a level ground to park. Un-even ground may result in un-safe lowering / raising & systems inside the cabin may not function correctly. Also it's quite uncomfortable for users.



CORRECT POSITIONING

Failure to position the cabin without sufficient space can cause damage to the diesel heater, generator or doors.

WHAT IS THE GROUND CONDITION?

Soft wet muddy ground is not a good base to park the cabin. Un-hitching and manoeuvring may be dangerous as a consequence. Best parked on concrete, asphalt or any hard surface.

IS IT SAFE & LEGAL TO PARK?

Never park the cabin with the doors facing out into a road. Can you legally park here? Always get permission if on private land.

HSE Launches Campaign to Combat Serious Aches, Pains & Strains in Construction

HSE inspectors will be carrying out 1,000 inspections in October and November checking how workers are moving heavy or bulky materials.

- Around 40,000 construction workers suffer injuries to muscles, bones, joints and nerves
- A thousand inspections in October and November
- Serious aches, pains and strains can affect every part of someone's life



Lifting and moving heavy objects on construction sites is harming the health of thousands of brickies and builders to such a degree every aspect of their lives is affected.

Experts at the Health and Safety Executive (HSE) are warning construction workers are picking up injuries and conditions that can stop them working and leave them struggling to stand, walk, or sit down.

The law requires employers to prevent the ill health of their workers, which includes injuries to muscles, bones, joints and nerves that can develop over time, known as musculoskeletal disorders (MSDs). However, recent figures show around 40,000 people in the construction industry suffer an MSD each year, which can cause years of agonising aches and pains.

Moving and handling risks should be considered and prevented where possible at the design stage. Once on site and before work starts, employers should talk to workers about controlling existing risks to make sure that the right training, aids and equipment are there to prevent injuries.

If moving and lifting is managed properly, a physical job on a building site should not result in aches, pains and strains which affect every part of workers' lives.

Matt Birtles, principal ergonomist at HSE, said: "Serious aches, pains and strains can affect every part of someone's life. They can struggle to get themselves dressed and undressed, they can be unable to pick up their children or grandchildren.

"They can struggle to sit down and stand up, they can struggle to keep still and move around. The most intimate parts of their lives can be severely affected – they might be desperate to go the toilet but find themselves unable.

“It’s not something that many people feel comfortable talking about, perhaps particularly on a building site, but if your back has gone or if you’re in agony whenever you move your arms, measures need to be put in place to address the causes.”

HSE’s head of construction, Sarah Jardine said: “Inspectors are visiting a range of construction sites to check the action businesses are taking to ensure their workers are being protected.

“Everyone involved in construction has a role to play in keeping people safe. Risks must be managed where they can’t be prevented, and risk management arrangements must be reviewed frequently to ensure they are effective.

“We want everyone in the industry, from designers to contractors and their workers, to be aware of the risks associated with any moving or lifting task and put appropriate measures in place.

“This is a significant health issue for tens of thousands of construction workers and can lead to a lifetime of terrible aches and pains. The health of workers must be considered when planning construction work so that they can carry out their jobs without fear of injuring themselves, including being provided with the correct equipment to lift safely.

“Thankfully there are measures that can be taken to prevent injuries to muscles, bones, joints and nerves. Doing so is good for workers and good for the construction industry. It’s good for business.”

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.

<https://www.gov.uk/government/collections/health-and-safety-for-major-road-schemes-raising-the-bar-initiative>

Safety Alert Database

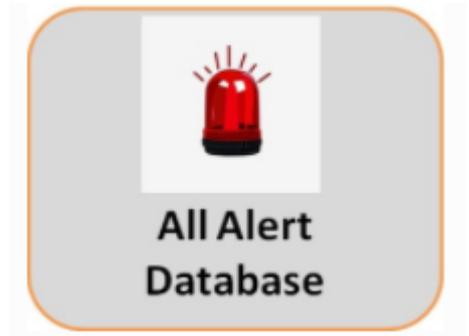
Safety Alert Database - All Alerts

Safety alerts etc. index listing – Issue 14 (31 Aug 2022): “Buck Rogers”

This database contains **2,491no.** document entries, including SHEQ alerts, bulletins, learning, best practice, guidance and other docs, produced onto an Excel File, that provides links to each document. Although containing messages that cover S, H, E and Q topics, for ease of reference the database is titled “**Safety alerts etc. index listing**”.

To use the database download the excel spreadsheet to your desktop, enable editing and then use sorting columns to find the information you need.

Please ensure your firewall allows access to Google Drive to view linked alert documents.



How to access

- The latest “Safety alerts etc. index listing”, has been posted on the Highways safety hub web site, nested in the alerts tab page; <http://www.highwayssafetyhub.com/all-alerts-database.html>
- It can be used by opening the Excel File copy held on the web site, or by opening after saving a copy onto your own PC.
- To access individual documents from the links in column “G”, users will need internet access – All documents have been uploaded onto the index listing from a Google Drive account

Trivia note: Issue 14, containing 2,491 document entries, is referred to as “Buck Rogers” >

*In the US TV series Buck Rogers in the 25th century (1979-81), Captain William Anthony "Buck" Rogers (played by Gil Gerard), is a NASA/USAF pilot who commands Ranger 3, a spacecraft that was launched in May 1987. Due to a life-support malfunction, Buck is accidentally frozen for 504 years before his spacecraft is discovered adrift in **2491**.*