



Description of Event

Risks, Myths and Facts of Coeliac Disease

Population at Risk

Designers, Construction Workers and Maintenance Workers

Hazardous Activity and Residual Risk Description

- Coeliac Disease is largely caused by genetic components or by other diseases. It is currently not known if environmental factors can affect the development of Coeliac Disease

Potential consequences of this event

- Coeliac symptoms are only present when gluten is not removed from the person's diet, once gluten is removed symptoms should disappear within a couple of weeks. Coeliac Disease is chronic so symptoms will reappear if gluten is not entirely removed.
- If gluten is not removed many gut-related symptoms will be present such as abdominal pain, diarrhoea, bloating and vomiting.
- More long-term symptoms are fatigue, weight loss and infertility if the person's diet is not properly managed without gluten.

Safety Hub [Alert Database](#)

- No issues on the current database as of October 2023

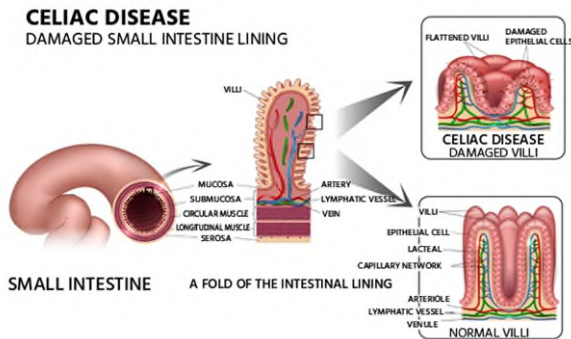


Image showing what happens to the small intestine due to Coeliac Disease

Potential Mitigation Measures



Designers/Office Workers

- Individuals should identify if reasonable adjustments are required so that they can manage their condition.
- Facilities management to review what facilities are required, e.g. a specific space in the kitchen to prepare food without risk of contamination.
- Workers need to be aware that their actions can affect those with coeliac disease.
- Listen to your body, be mindful of the previously mentioned gut-related and long-term symptoms investigate and visit your GP. Early diagnosis and diet adjustment will help avoid a lot of the long-term symptoms.
- Some workplaces may offer additional medical cover as part of their benefits structure where further support and treatment can be sought.

Construction/Maintenance Workers

- Listen to your body, long-term term effects of Coeliac disease could affect safety on site due to the fatigue that untreated Coeliacs Disease causes.

Further Guidance and Reading

- [NHS – Coeliacs Disease](#)



Please send ideas for Whole Life Design safety shares to wellbeing@nationalhighways.co.uk

LEAN

Alternative Plant

Reduced Reportable Accidents