



the heart of health and safety

Enhancing Health and Safety in the Workplace

Dr David Thomas

Senior Lecturer Health and Safety – University of Greenwich

Topics

- Occupational cancer and IOSH's No Time to Lose campaign
- Healthy Workplaces for All Ages
- Teresa May – Mental Health

No Time to Lose: campaign on occupational cancer





the heart of
health and safety

Occupational cancer – Global estimate

666,000 people die
every year from a
work-related cancer –
that's one death every
47 seconds



Occupational cancer research in Britain

- Dr Lesley Rushton: 'The burden of occupational cancer in Great Britain'
- **8,000** work-related cancer deaths a year
- **14,000** new cancer registrations each year are down to occupational exposure
- just under half of deaths put down to occupational cancer are in the **construction industry**

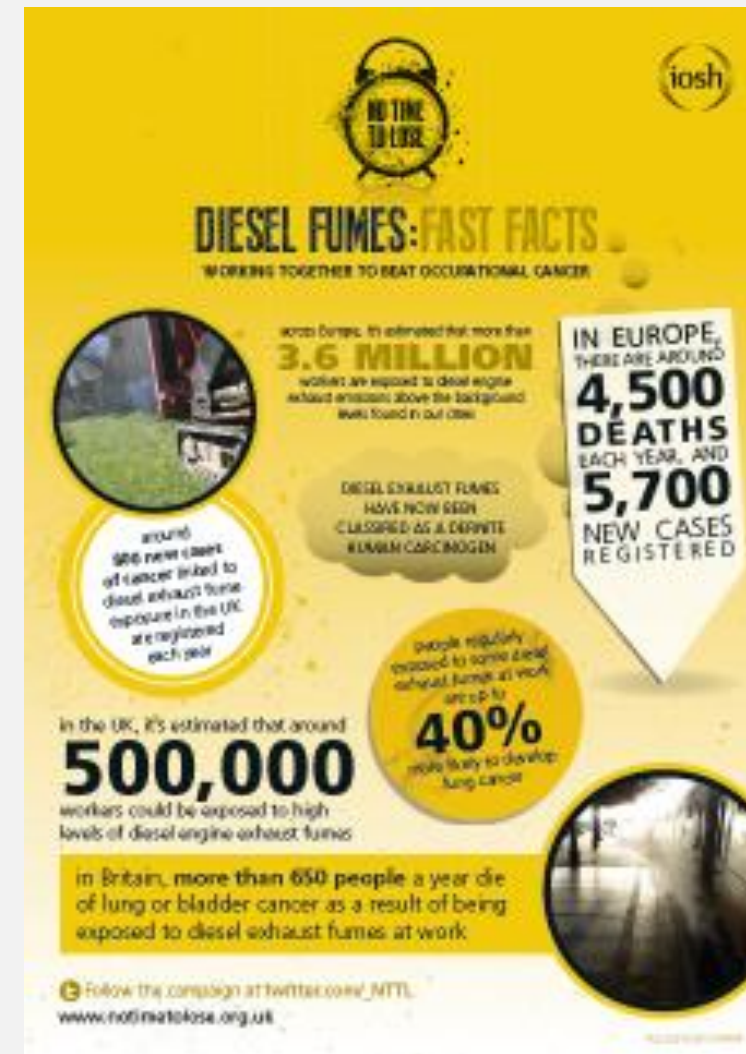
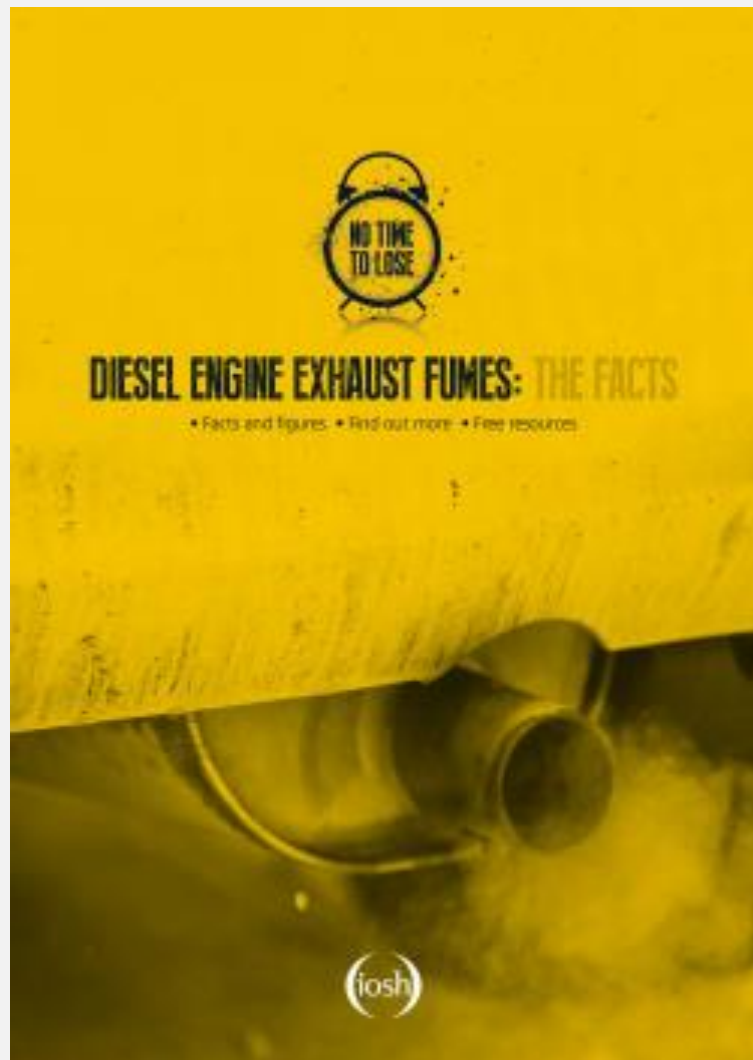
No Time to Lose: campaign on occupational cancer

- **raise awareness** of a significant health issue facing employees
- suggest some **solutions** on how to tackle the problem
- offer **free practical, original materials** to businesses to help them deliver effective prevention programmes



Diesel engine exhaust emissions

Free practical resources – diesel engine exhaust emissions pack



Good practice case study: MTR Corporation Ltd



試想下吸一大口 這些柴油廢氣? (iosh)

記住，柴油廢氣可以致命

- 當有柴油引擎正在運行時，請使用局部抽氣通風裝置
- 為久沒使用的引擎熱身時請在通風良好的地方進行
- 久沒使用的引擎會排放較多廢氣
- 如果通風設備有損壞或故障，報告情況

吸入劣質柴油廢氣可能會引致肺癌或膀胱癌，每年有數以千計的人因工作時吸入柴油廢氣而患上癌症，最後甚至死亡，不要讓柴油廢氣奪去你的生命。

齊心協力預防職業性癌症
英國職業安全健康學會主辦
防止工人因職業性癌症而過早死亡
香港鐵路有限公司及其他有連貫的企業
承諾致力防止工人因職業性癌症而過早死亡
www.notimetolose.org.uk

MTR NO TIME TO LOSE



滿口廢氣?
柴油引擎排出的廢氣可以致命

A graphic illustration of a person's face and neck. The person has a neutral expression, and a question mark is placed inside their mouth area, suggesting a question about the air they are breathing.

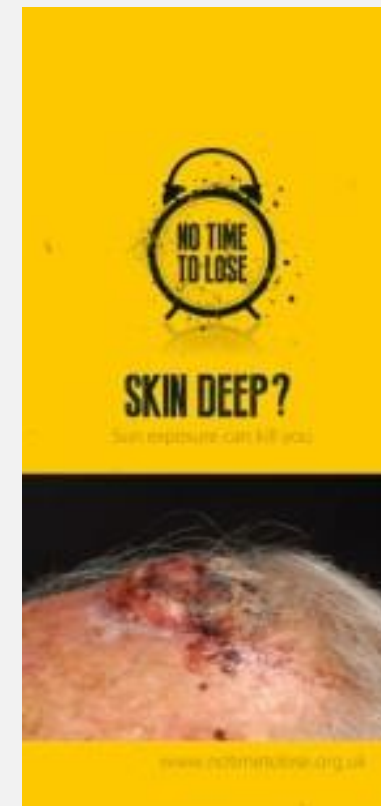
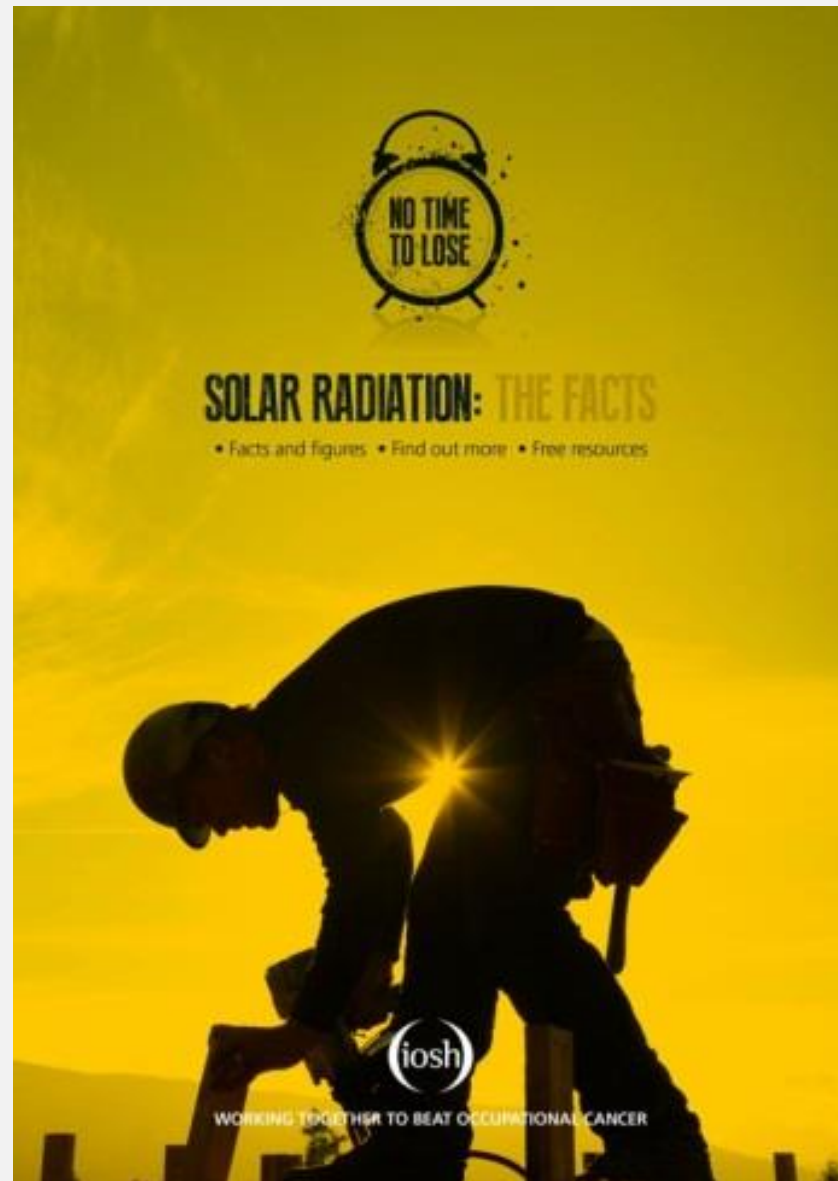
A low-angle photograph of a construction worker on a roof. The worker is wearing a tan hard hat, a dark long-sleeved shirt, and a high-visibility yellow safety vest with reflective stripes. They are holding two long, dark metal rods or pipes. The background is a bright, clear blue sky with a large, bright sun in the upper right corner, creating a lens flare effect. The overall scene is brightly lit, suggesting a sunny day.

Solar radiation

IOSH research on solar radiation exposure at work



Free practical resources – solar radiation pack



Good practice case study: Royal Mail Group



GET TO KNOW YOUR SKIN

Checking for signs of skin cancer is as easy as A, B, C (and D). Be aware of how your skin normally looks – that way, you'll notice changes that could be signs of skin cancer.

- Found a new mole?
- Spotted any changes to the size, shape or colour of an existing mole or patch of skin?
- Noticed a new growth or sore that doesn't heal?
- Found a spot, mole or sore that hurts or is itchy?
- Seen a mole or growth that bleeds, crusts or scabs?

Get any skin problem checked by your GP. There may be nothing to worry about, but if something is wrong, treating it early could stop it getting worse – and even save your life.

Look at Cancer Research UK's guide to spotting the signs of skin cancer at sunsmart.org.uk/UV-the-sun-and-skin-cancer/spotting-skin-cancer-early

Remember to check your neck and back too if they've been exposed – in men, this is where melanoma is most likely to occur. Use a mirror or get someone else to help you check.

iosh working in association with Royal Mail

Working together to beat occupational cancer. Find out about the campaign at www.notintoiosh.org.uk



A SYMMETRY
two halves of a mole look different



B BORDER
the edges of the mole are blurred, jagged or not regular



C COLOUR
the colour of the mole isn't even, with more than one shade of colour



D DIAMETER
the mole is wider than 6mm (the size of a rubber on top of a pencil)

I IVORY	II BEIGE	III LIGHT BROWN	IV MEDIUM BROWN	V DARK BROWN	VI VERY DARK BROWN
<p>Characteristics Pale skin, light or red hair, prone to freckles. Burns very easily and rarely tans.</p> <p>Sun protection At the greatest risk of developing skin cancer. Needs to protect skin, preferably with clothing.</p> 	<p>Characteristics Fair skin, likely to have light hair, blue or brown eyes. Some have dark hair but still have a fair skin. Usually burns but may gradually tan.</p> <p>Sun protection At the greatest risk of developing skin cancer. Needs to protect skin, preferably with clothing.</p> 	<p>Characteristics Light olive skin with dark hair and brown or green eyes. Burns with long exposure to the sun but generally tans quite easily.</p> <p>Sun protection Should protect themselves in strong sunshine.</p> 	<p>Characteristics Brown eyes and dark hair. Burns with very lengthy exposure but always tans easily.</p> <p>Sun protection Should protect themselves in strong sunshine.</p> 	<p>Characteristics Naturally brown skin, brown eyes and black hair. Burns only with extreme exposure to the sun. Skin rarely darkens further.</p> <p>Sun protection Should protect themselves when outdoors in the sun for a long time.</p> 	<p>Characteristics Black skin with dark brown eyes and black hair. Burns only with extreme exposure to the sun. Skin very rarely darkens further.</p> <p>Sun protection Should protect themselves when outdoors in the sun for a long time.</p> 

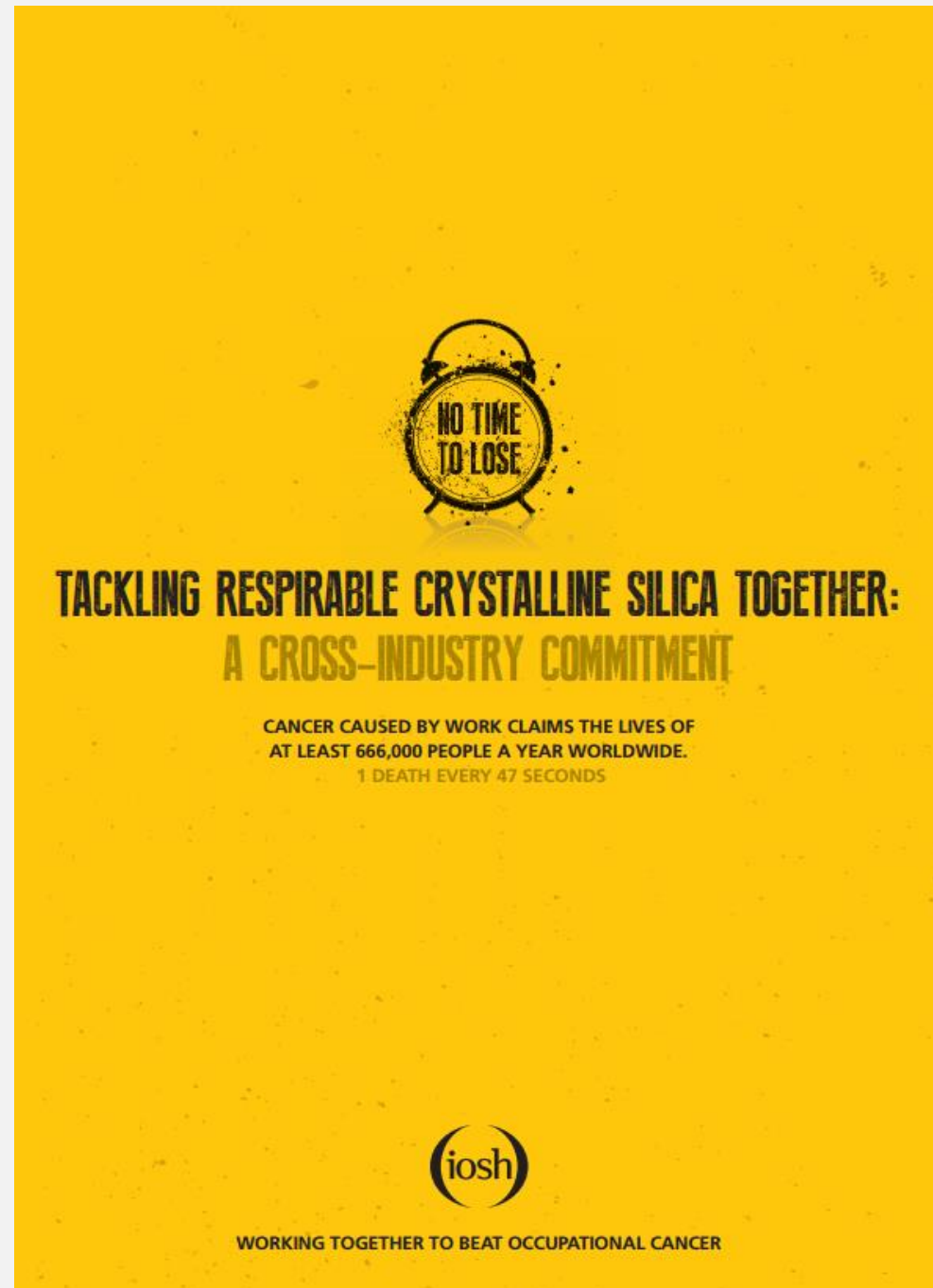
Silica



Cross-industry approach to control dust



NEW cross-industry commitment to tackle silica dust



Free practical resources – silica dust pack

NO TIME TO LOSE

RESPIRABLE CRYSTALLINE SILICA: THE FACTS

• Facts and figures • Find out more • Free resources

iosh

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

iosh

DUST TO DUST

Don't breathe in dust – cut the risk of emphysema, silicosis and lung cancer

Silica dust can kill you.

Each year in Britain, 900 people get lung cancer after breathing in dust from materials such as stone, mortar and bricks.

You make silica dust when you do things like drill, saw, cut, sand or grind stone, concrete, slates, tiles, some plastic composites and many other materials. Tiny amounts of this fine dust can damage your lungs permanently.

Keep dust down by using one of these every time:

- local exhaust ventilation on a fixed piece of equipment
- on-tool extraction device on a hand-held power tool
- water suppression

Protect yourself by wearing a respirator to stop unhealthy dust getting into your lungs.

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER
The Institution of Occupational Safety and Health is campaigning to stop thousands of untimely deaths to work-caused cancer – find out more at www.notimetolose.org.uk

NO TIME TO LOSE

NO TIME TO LOSE

DUST TO DUST?

Silica dust can kill you.

www.notimetolose.org.uk

NO TIME TO LOSE

CUT THE DUST

Controlling silica dust exposure cuts the risk of getting lung cancer, silicosis and emphysema

DUST DOWN

Good practice case study: Network Rail



NO TIME TO LOSE

RESPIRABLE CRYSTALLINE SILICA: THE FACTS

• Facts and figures • Find out more • Free resources

In association with **iosh** **NetworkRail**

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

NO TIME TO LOSE

CLOUD CONTROL

Don't breathe in dust – cut the risk of emphysema, silicosis and lung cancer

Each year in Britain, 900 people get lung cancer after breathing in dust from materials such as stone, mortar and bricks.

You make silica dust when you do things like drill, saw, cut, sand or grind stone, concrete, slates, tiles, some plastic composites and many other materials. Tiny amounts of this fine dust can damage your lungs permanently.

- Use the water suppression device to keep the dust down – even for a quick job
- Wear a respirator if you've been asked to
- Tell your boss if there's a problem with any of the equipment

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER
The Institution of Occupational Safety and Health is campaigning to stop thousands of untimely deaths to work-caused cancer.

Network Rail, along with other forward-thinking businesses, has pledged its commitment to managing harmful exposures.
www.notimetolose.org.uk/networkrail

In association with **iosh** **NetworkRail**

Getting involved – support the campaign

- **Endorse the campaign** with a statement and your logo
- Receive a supporter pack
- Spread the word within your company and supply chain
- Join more than 170 organisations and companies ...



Getting involved – pledge to take action

- **Pledge to take action** on carcinogenic exposures using our six-point action plan
- Receive a certificate
- Get recognition as a responsible business showing leadership on this issue
- Join these forward-thinking companies ...



Supporters raising awareness

DELIVERING A NEW SUN SAFETY STRATEGY

Delivering letters and parcels to more than 29 million addresses across the UK, six days a week, means that a significant number of Royal Mail workers spend the majority of their working day outside, come rain or shine. It follows that the Group naturally covers weather conditions as part of its overall safety and health risk management programme.

Solar radiation risks feature as part of the Royal Mail Group's severe weather guidance – it covers floods and icy and snowy conditions as well as sun exposure and heatwaves. The guidance and online risk assessment tool allow local managers to make judgment calls about the conditions they face, based on personal experiences and data from organisations including the Met Office, Environment Agency and Highways Agency. Accounts from employees on different shifts and in different locations are also considered. The idea is to give the responsibility to local managers to assess the risks facing their teams and to take the right action, from briefing sessions with their team, right through to suspending a collection or delivery. The risk assessment tool used across the business is more focused on extreme conditions, and because Royal Mail recognises that solar radiation exposure at even moderate levels can be a risk, it supplements the severe weather guidance with additional specific advice on sun safety on its intranet and business screens.

Royal Mail Group offers wide-brimmed hats, long-sleeved tops and trousers as part of its uniform – all approved by the British Association of Dermatologists for ultraviolet radiation protection. Staff working outside are encouraged to use them during the higher UV months. Covering up with the right clothing is seen as the best protection tactic for most outdoor workers in the business. The Group doesn't provide sunscreen – research has shown that offering sun cream can lead to more sun risk-taking activity (for example, relying on sunscreen exclusively for protection rather than covering up, or forgetting to reapply sunscreen frequently enough). Research has also suggested that those most exposed are the least likely to follow guidance on applying sun cream. In addition to providing the right clothing, the focus at Royal Mail is on awareness-raising and education to help change behaviours.

NEW SURVEY
This year has seen the Royal Mail approach to sun safety refined and developed further. Shaun Davis, Group Director of Safety, Health, Wellbeing and Sustainability, says: "When I joined Royal Mail three years ago it quickly became apparent that there was an opportunity to strengthen our wellbeing and sustainability strategy in the area of outdoor worker protection. Because of the predominantly outdoor nature of our work and the absolute requirement to keep our people safe and healthy, sun safety was an obvious area for me to explore. I've done this via a formal research study, allowing me to not only develop our sun safety strategy, but also share our organisational findings through an academic journal" so that others can learn from and build on the work we've done here."

Royal Mail Group's sun safety strategy now puts even more emphasis on raising awareness of the risks of working in the sun without protection, and encourages thousands of workers to cover up during periods of powerful UV radiation.

FEELING THE BURN?

Getting painful sunburn just once every two years can triple the risk of the most deadly form of skin cancer, malignant melanoma.

Skin cancer is the most common type of cancer in the world. It's also the easiest to avoid – 90 per cent of all skin cancer deaths could be prevented if sun exposure is controlled.

If you're at risk:

- follow the rules about protecting yourself from sun exposure – ask your boss if you're not sure about anything
- check your skin regularly for the tell-tale signs of cancer – look at IOSH's Check it out card for more info

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER
The Institution of Occupational Safety and Health is campaigning to stop thousands of untimely deaths to work-caused cancer – find out more at www.notimetolose.org.uk

openreach BT eWU

ΑΣΦΑΛΕΙΑ & ΥΓΕΙΑ

ΤΕΥΧΟΣ 37 ΜΑΡΤΙΟΣ 2015

ΣΥΝΔΕΣΜΟΣ ΑΣΦΑΛΕΙΑΣ ΚΑΙ ΥΓΕΙΑΣ ΚΥΠΡΟΥ

NO TIME TO LOSE

www.cysha.org.cy

- Διαχείριση Αμηνότου
- Domino Accidents in Process Industries
- Υγιεινό και Βιώσιμο Περιβάλλον
- Ασφάλεια & Υγεία στο Εκπαιδευτικό Σύστημα της Κύπρου

ISSN 1025-1561

試想下吸一大口這些柴油廢氣?

記住，柴油廢氣可以致命

- 當有柴油引擎正在運行時，請使用局部抽氣通風裝置
- 為久沒使用的引擎熱身時記住要在通風良好的地方進行
- 久沒使用的引擎會排放較多廢氣
- 如果通風設備有損壞或故障，報告情況

吸入劣質柴油廢氣可能會引致肺癌或膀胱癌，每年有數以千計的人因工作時吸入柴油廢氣而患上癌症，最後甚至死亡。不要讓柴油廢氣奪去你的生命。

齊心協力預防職業性癌症
預防工人因職業性癌症而過早死亡

www.notimetolose.org.uk

你的呼吸防護口罩合身嗎?

如果你的呼吸防護口罩不合身，它便不能發揮效用。

吸入劣質柴油廢氣可能會引致肺癌或膀胱癌，每年有數以千計的人因工作時吸入柴油廢氣而患上癌症，最後甚至死亡。不要讓柴油廢氣奪去你的生命。

如果你需要佩戴呼吸防護口罩以減少吸入柴油廢氣，必須確保合身。如有疑問，請向你的僱主查詢。

MTR

www.notimetolose.org.uk

CHECK IT OUT

In association with **VolkerWessels UK**

GET TO KNOW YOUR SKIN

Checking for signs of skin cancer is as easy as A, B, C (and D). Be aware of how your skin normally looks – that way, you'll notice changes that could be signs of skin cancer.

A SYMMETRY
Two halves of a mole look different

B BORDER
The edges of the mole are blurred, jagged or not regular

C COLOUR
The colour of the mole isn't even, with more than one shade of colour

D DIAMETER
The mole is wider than the size of a pencil eraser

I INJURY
The mole has been injured, scratched, rubbed or irritated

II IRREGULAR
The mole has irregular borders, or the colour is uneven

III ITCHES
The mole itches, or you have a persistent redness or sore

IV INCREASING SIZE
The mole is getting bigger, or the colour is getting darker

V VESICLES
The mole has small bumps, or it's bleeding, crusting or oozing

VI VERY DARK BROWN
The mole is very dark brown, or it's black

OCCUPATIONAL CANCER

INTRODUCTION
Occupational cancer is a malignant disease which is caused by exposure to a substance or substance combination in the workplace.

WHAT CAUSES OCCUPATIONAL CANCER?
Occupational cancer occurs through exposure to chemical, physical or biological agents in the workplace.

WHAT TYPES OF CANCER OCCUR?
The four most prevalent types of cancer (breast, lung, prostate and colorectal) occur in the number recorded in the UK, through long-term exposure to asbestos, diesel engine exhaust, and ionising radiation.

ROUTES OF ENTRY TO THE BODY
All the routes of entry to the body are viable for carcinogenic agents and substances.

GENERAL CONTROL PRINCIPLES
After elimination of known carcinogens in the workplace much can be done to reduce engineering controls, personal protective equipment and respiratory controls and PPE to reduce the risk and reduce the exposure dose.

WHAT TO DO NEXT?
Work with your manager and supervisor to understand the risk assessments undertaken on your potential exposure to cancer at work. It is a legal requirement for employers to be consulted fully, first simply to inform them of the risk of cancer, then to be consulted on the measures to be taken to reduce the risk.

ENHPO NEWS

THE NEWSLETTER OF THE EUROPEAN NETWORK OF SAFETY AND HEALTH PROFESSIONAL ORGANISATIONS [ISSUE NO 4, SUMMER 2015]

NEWS

Skin cancer warning from IOSH

The Institution of Occupational Safety and Health (IOSH), which with 44,000 members is the world's largest professional organisation for health and safety professionals, has launched a campaign to raise awareness of cancer as an occupational health issue.

The Institution has issued a warning that around 60 people die in Britain each year as a result of skin cancer caused by working in the sun.

The finding emerges from research undertaken by Imperial College London for the IOSH 'No Time to Lose' campaign, which is aimed at raising awareness of cancer as an occupational health issue.

The research found that 2% of all cases of cutaneous malignant melanoma in Britain can be attributed to occupational exposure to solar radiation. In a typical year 46 people die because of such exposure and 239 new cases of malignant melanoma are recorded.

滿口廢氣?

柴油引擎排出的廢氣可以致命

Campaign impact

WORK-RELATED CARCINOGENS
HAVE BEEN HIGHLIGHTED
TO AT LEAST
470,000
EMPLOYEES



73,000 VISITORS
HAVE EXPLORED
WWW.NOTIMETOLOSE.ORG.UK



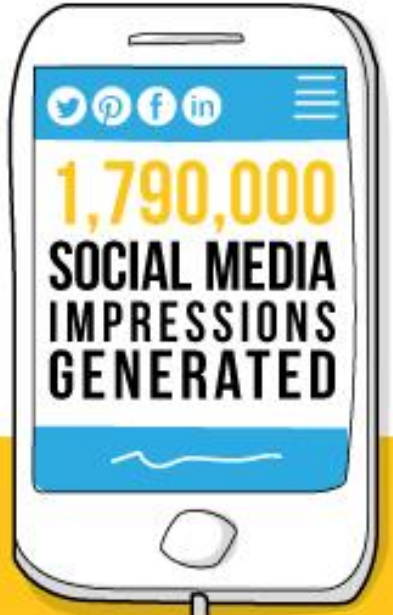
170 ORGANISATIONS
HAVE FORMALLY SUPPORTED
THE CAMPAIGN
AND HAVE AGREED TO RAISE AWARENESS OF
OCCUPATIONAL CANCER



MEDIA COVERAGE
HAS REACHED AN
AUDIENCE OF
OVER 58
MILLION



1,790,000
SOCIAL MEDIA
IMPRESSIONS
GENERATED



56,000 RESOURCES
DOWNLOADED

THE UK, SCOTLAND AND NORTHERN IRELAND
GOVERNMENTS ARE BACKING THE
NO TIME TO LOSE CAMPAIGN



The campaign
has been
presented at
109 events

21,800
FILM
VIEWS



92 BUSINESSES HAVE PLEDGED TO
MANAGE HARMFUL
EXPOSURES AT WORK



12,000
CAMPAIGN PACKS
DISTRIBUTED



Campaign website – www.notimetolose.org.uk

NO TIME TO LOSE WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER **iosh**

About News and events Free resources Get involved Ask the experts

A wake up call for work cancer

Cancer caused by work claims 666,000 lives a year worldwide

IOSH's No Time to Lose campaign aims to get the causes of occupational cancer better understood and **help businesses take action**.

[Find out more](#)

Raising awareness of silica dust exposure

#silicasafe

Each year in Britain, nearly 800 people die from lung cancer caused by breathing in silica dust at work. Worldwide, millions of employees are exposed to the carcinogen.

[Read how we aim to tackle this issue](#)

IS YOUR BUSINESS AFFECTED?

Get free resources to help tackle the problem

PLEDGE YOUR SUPPORT

Join these forward-thinking businesses

Thames Water JAGUAR LAND-ROVER MTR Royal Mail LAMINEX

NEWS AND EVENTS

Keep up to date with the campaign activity

REAL LIFE STORIES

Hear from those that have been affected

READ OUR CASE STUDIES

See the initiatives organisations have developed

ASK THE EXPERTS

Get advice on work-related cancers

Follow the campaign!



Healthy Workplaces for All Ages

Promoting a sustainable working life



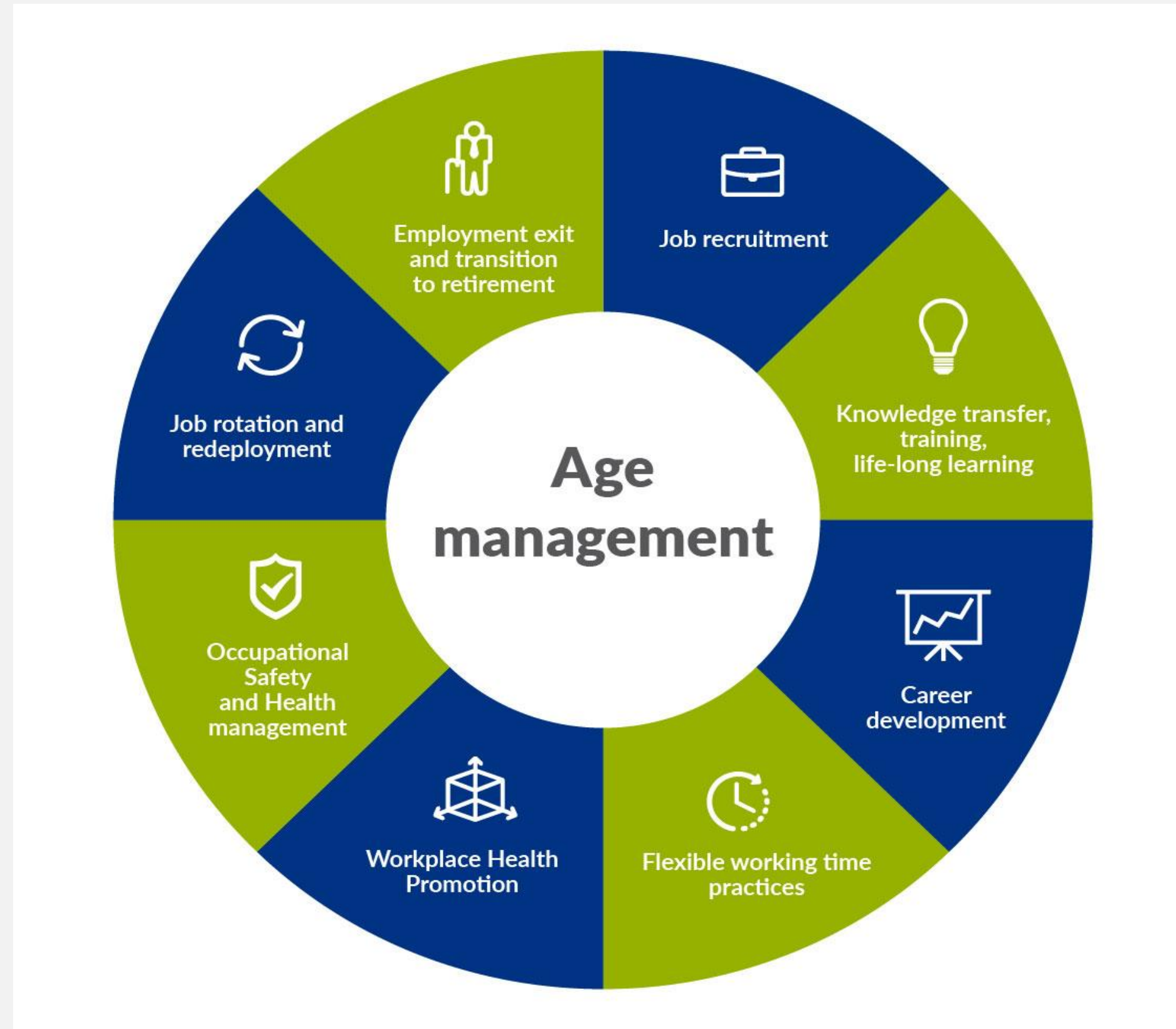
Key objectives

- Promote sustainable work and healthy ageing from the beginning of working life
- Highlight the importance of prevention throughout working life
- Assist employers and workers (including in SMEs) by providing information and tools for managing OSH in the context of an ageing workforce
- Facilitate information exchange and good practice

Challenges

- Prevention throughout working life — holistic approach
- Diversity-sensitive risk assessment
- Adapting the workplace
- Disability prevention, rehabilitation and return to work
- Workplace health promotion

Human resources (HR) and OSH management



Mental Health



PM will vow to use the state as a "force for good" to transform the way mental health problems are addressed in the community.

Thank you

campaigns@iosh.co.uk