



**“Let’s Talk Health”**

**BUILD | HEALTH**

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# BUILD | HEALTH

## What is Build Health?

BuildHealth is a major health initiative for the Northern Ireland construction industry and was launched in March 2007. Spearheaded by leading construction companies and with support from the Health and Safety Executive for Northern Ireland, employer organisations and the trade unions, the initiative aims to improve awareness of health issues in construction and of how these can be managed effectively.

The overall objective of the initiative is to improve the health of construction workers by preventing work related ill health, supporting and rehabilitating ill workers and using the workplace as a setting in which to improve Construction Industry Health and Safety.

# What is Lets talk health?



BuildHealth  
"Let's Talk Health" initiative  
is running during week  
commencing  
18th October 2021



The aim is to  
refocus on key areas  
of occupational health



Stop what you are doing,  
gather with colleagues in  
socially distanced groups



Take 15 minutes to discuss  
the chosen topic using the  
following questions as a  
guide



Share your pictures on  
social media  
#letstalkhealth

# CANCERS

# Introduction

Today we are going to have an informal chat about cancers. Most communities and families are affected by a cancer diagnosis at one time or another and can have devastating effects. It is important to know about cancers and how to spot signs and how live a healthy lifestyle to reduce your risk from cancers. Today we will talk more about cancer, especially occupational cancer and look at ways we can reduce our risk in the construction industry.

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## “Let’s Talk Health”

It’s important to talk about cancer. Talking more openly about how people can reduce their risk of cancer and spotting cancer early could help save thousands of lives. Can you name 4 of the most common types of cancer?

What are the main sources of carcinogens and occupational cancers on construction sites?



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What is silica and  
where would you  
find it?





What type of construction jobs can create silica dust?



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What controls would you put in place for these activities to reduce the exposure?





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What is the main cause of skin cancer and what is the main symptom?

What can you do to  
protect yourself from  
Solar Radiation?



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What are other  
common cancers  
that affect men,  
name 3?

What can you do  
every day to protect  
yourself from  
cancers?

”



Have you any suggestions for this site or the construction Industry to improve risks to construction workers from cancer?



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