



**“Let’s Talk Health”**

**BUILD | HEALTH**

IN ASSOCIATION WITH



# 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

The image features a vibrant yellow background with a halftone dot pattern. The dots are arranged in a grid that appears to recede into the distance, creating a 3D effect. In the center, there is a light blue speech bubble with a tail pointing towards the bottom left. Inside the bubble, the word "CHEMICALS" is written in a bold, dark blue, sans-serif font.

**CHEMICALS**

# Introduction

Workplace chemicals are covered by the COSHH Regulations which stands for 'Control of Substances Hazardous to Health'. These Regulations have been put in place to protect workers from ill health when working with specific substances and materials.

**CHEMICALS**

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**#LetsTalkHealth**

What does the term  
“workplace chemical”  
mean to you?



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What does routes of exposure mean?



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How can I learn about the hazards of chemicals in my workplace?



What are  
orientation  
arrows?



**COSHH** (*Control of substances hazardous to health*) only applies to chemical producers  
**True or False?**



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**“Let’s Talk Health”**

**What is a  
signal word?**

”

Hazard and risk  
are the same  
thing...  
are they?