



“Let’s Talk Health”

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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

MANUAL HANDLING

Introduction

Manual handling is something which takes place on most construction sites on almost a daily basis. It is important that all manual handling activities are properly planned to prevent personal injury.

Why? Because HSE tells us that manual handling activities are the cause of over a third of all workplace injuries.

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When we think about manual handling in construction people think it relates to just lifting things but what else does it include?

Who can tell me the type of injuries people sustain due to poor management of manual handling activities?



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What should your first consideration be when the potential for manual handling is raised?



To help us remember the key things to consider when planning manual handling activities we use the word T.I.L.E. Who knows what T.I.L.E stands for?



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So what sort of things should we always consider for any manual handling activity?





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Going back to avoiding manual handling what sort of equipment is available on our site to move materials?

If we do decide to use equipment to avoid manual handling what sort of things need to be considered?



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If you have to lift something manually, what sort of things should we do to try and reduce the risk?

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If you must do manual handling who can give some simple things to do before and during the lift/carry?