



**“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 "NOISE" is written in a bold, dark blue, sans-serif font.

**NOISE**

# Introduction

The Health and Safety Executive (HSE) tells us that some 17,000 people in the UK suffer deafness, ringing in the ears or other ear conditions caused by excessive noise at work. The Control of Noise at Work Regulations were introduced to ensure that workers hearing is protected from excessive noise at their place of work.

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What is noise and how do you know when it’s too noisy?



**“Let’s Talk Health”**

Do you feel your  
workplace is noisy?

What are the  
main sources of  
noise in your  
place of work?





Are you aware that  
exposure to noise can  
affect your hearing?



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What can be done to prevent exposure to noise affecting your hearing?



Can you think of instances where exposure to loud noises occur outside your workplace ?



**“Let’s Talk Health”**

# What is hearing protection?



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Why is it  
important to use  
hearing  
protection?