

Highways England health, safety and wellbeing events **Monday 24 October to Sunday 6 November 2016.**

The 2016 Highways England health, safety and wellbeing week takes place 24-30 October, with some regional activities in the weeks either side (17 October-6 November). It comprises a series of events and communications aimed at increasing employees' awareness and uptake of opportunities to protect and improve their health, safety or wellbeing. The theme of the week is 'Healthy Workplaces for All Ages', which aligns to the European health and safety week. Safe and healthy working conditions throughout the whole working life are good for workers, business and society as a whole. The week delivers part of the Health and Safety 5 Year Plan (actions 118 and 122).

The average age of many organisations is expected to rise with people living and remaining involved in work for longer. By 2030, workers aged 55-64 are expected to make up 30% or more of the workforce in many European countries. Highways England will be using the week to promote the services and support available to staff, whatever point they are at in their working lives. We will be helping staff engage with the steps they can take to improve

and maintain their health and wellbeing, both physical and mental. The week will also be an opportunity to build awareness of other health, safety and wellbeing topics and initiatives, within Highways England and our supply chain partners.

Events and initiatives to engage staff with health, safety and wellbeing topics are being organised in each region. These vary depending on the involvement of local staff groups and supply chain partners. The activities taking place in each region can be viewed on the regional activities tracker - <http://share/Share/llisapi.dll/overview/41221647>.

A variety of communications channels will be used to engage staff with the events taking place during the week. The communications will provide staff with information about relevant health, safety and wellbeing topics such as proactive steps staff can take to improve their wellbeing, services available to support good health and safety initiatives being undertaken in the business and our supply chain, drawing links to the health and safety 5 year plan.

Send your best practice, alerts and news to SmartMotorways@highwaysengland.co.uk



Please contact Patrick.Hagg@highwaysengland.co.uk for more information.

Highways England alerts

No new Safety Alerts this month

Previous Safety Alerts can be found at:

<http://www.highwayssafetyhub.com/alerts.html>

Revised Raising the Bar 4 – Temporary Vehicle Restraint Systems

The original guidance document has been reviewed and a new updated version was published in September.

This guidance supports action 60 of the Health and Safety 5 year plan – managing risk.

The new document provides greater detail regarding the standards and processes to be used when installing temporary vehicle restraint systems (TVRS).

There is a section on TVRS terminal end selection including crash cushions.

Further information can be found at: <https://www.gov.uk/government/publications/health-and-safety-for-major-road-schemes-temporary-safety-barrier-installation>



Temporary access barrier improves worker safety

The Balfour Beatty / Vinci Joint Venture project team on the M5 junction 4a-6 have been working in conjunction with Asset International to develop a moveable barrier system that can temporarily close works access/exit points to enable construction works to be undertaken with an increased level of safety. The Works Access Gate (WAG) is based on asset's solarguard temporary barrier system. It is moved and positioned by the use of a vehicle and a proprietary towing bracket. This allows the system to be moved in and out of place at any works access/ exit point. The barrier can be slid into position at any time without affecting the traffic flows or requiring lane closures. Once the WAG is in place it is secured by drilling specifically sized holes and bolts dropped in place.

Key benefits of the system include:-

- ✓ No lane closures required for installation.
- ✓ Increased worker confidence when working as it offers greater protection than traditional cone and rope solutions.
- ✓ Easily installed by the projects trained operatives within 30 minutes

The system is currently being further developed to enable easier installation, a training package and SSoW has been produced for safe installation and a Highways England "blue star" was awarded for the innovation during September.

Further information can be obtained from: Julie.clay2@balfourbeatty.com



Health and Wellbeing working group launch "beware October"

Members of the Balfour Beatty Highways Health and Wellbeing Steering Group have developed a Health and Wellbeing Campaign for October called 'Beware October'

The month of October brings a change in clocks with shorter days and seasonal changes with reduced temperatures. This can have a big effect on the body, with the heart having to work harder, and effects on mental health and fatigue, with seasonal affective disorder and tiredness. These are the key areas of focus in the campaign which gives advice each week on how the changes in October can affect us all and simple tips to help keep us healthy throughout October and in to Winter.

Unbranded campaign information and tool box talks are available for use across industry through contact with: cat.frost@balfourbeatty.com

Mates in Mind – mental health programme launched

A new sector-wide programme has been launched to improve and promote positive mental health within the construction industry.

Mates in Mind, led by the health in construction leadership group and supported by the British safety council have set up this programme to help employers address the issue of mental ill health.

Every year, one in four people in the UK will experience stress, anxiety or depression. In the most extreme cases, these issues can result in someone taking their life.

The aim of Mates in Mind will be to help raise awareness and understanding of poor mental health in the construction sector, importantly undertaken in a way that is consistent and made available to all workers across the sector.

Announcing it today, international world suicide prevention day, Clive Johnson, the chair of the health in construction leadership group, said: "The mission of HCLG as a group is to unite the construction industry in order to eradicate the ill health and disease caused by work-related activities, this includes addressing mental health.

It is estimated that the number of deaths from suicide in the construction industry could be 10 times higher than those from fatal accidents at work.

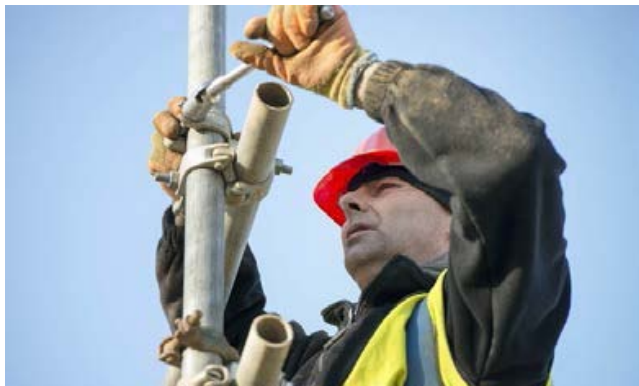
Working together with the British Safety Council and key partners in the construction industry and mental health, we believe we can make a significant difference."Mike Robinson, the Chief Executive of the British Safety Council, said: "We are delighted to be able to support the health in construction leadership group in launching this important initiative.

In the last few years, we have all become far more aware of the pressing need to address health issues, and particularly mental health, in the workplace. The British safety council's vision is that no-one should be injured or made ill at work, and that includes mental health.

The construction sector has previously come together to address the challenge it faced in relation to the high number of accidents. It is now coming together to do the same in relation to occupational health. A significant number of our members are operating in this sector. We can be even more impactful by working together, creating the opportunity to build understanding and take action."

It's anticipated that mates in mind will be collaborating and working with a number of the recognised organisations in this field in the delivery of the programme.

Further information can be found at: <https://www.britsafe.org/news/mates-mind-tackling-mental-health-together-makes-us-more-likely-save-lives>



TRL and Time4Sleep Launch Video

Have you ever wondered how sleep, or more precisely, a lack of sleep, can affect your driving?

The following video produced by TRL and time4sleep tests how different levels of sleep can impact on your driving abilities. Watch the video below to see how a set of triplets from Essex performed on a 90 minute simulated drive with a full night's sleep, interrupted sleep and no sleep. Further information can be found at:-

<https://www.youtube.com/watch?v=Ue8ebGi6TS8>



Raising the Bar 31 – Safety Helmet Colours

A new guidance document has been published this month which aims to standardise helmet colours by 1 January 2017 and aligns to the recently published BuildUK standard and Network Rail requirements.

This guidance supports Action 60 of the H&S 5 Year Plan – Managing Risk. The guidance aims to achieve a common safety helmet colour standard to realise the following benefits:

- A single standard that can be adopted by all Highways England construction and maintenance contractors. At present contractors specify different requirements on helmets as there is no industry agreed standard.
- A clearer way of identifying peoples roles through helmet colour which indicates the level of responsibility on site. It fosters pride in the wearing of a specific hat colour as a badge of responsibility.
- Reduced costs as companies will no longer have to buy different coloured helmets for different jobs.

Further information can be found at:

<https://www.gov.uk/government/publications/health-and-safety-for-major-road-schemes-safety-helmet-colours>



Black Site Supervisors



Orange Slinger / Signaller



White – General Use (Including sites where colour coding impractical), Manager, Client (Highways England), Competent Operative



Blue – Inexperienced Person / Visitor

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