

WHAT IS WORK-RELATED HEALTH?

Work-related health is the impact work can have on people's health, and the impact a person's health can have on their or others' safety at work.

HAZARDOUS SUBSTANCES

Any product or chemical with properties that can cause harm to your health or the environment. Some examples are:

- > dust, fumes and mists
- > solvents and paint
- > gases and vapours

Hazardous substances can enter your body through:

- > Ingestion (eating, drinking, swallowing)
- > Inhalation (breathing in)
- > skin absorption (skin contact and exposure)
- > Injection (puncture wounds)



Flammable



Oxidising



Corrosive



Ecotoxic



Explosive



Toxic



Silica

- > It is naturally found in concrete, sand and clay, cement products, stone, bricks, rocks.
- > Silica has crystal particles that if inhaled at high levels could cause silicosis and lung cancer.
- > Accelerated silicosis has a short latency period of 1-10 years.

Activities that expose workers to silica dust include:

- > cutting brick or concrete
- > sanding or drilling into concrete walls
- > grinding mortar
- > manufacturing brick, concrete blocks, or ceramic products
- > cutting or crushing stone (e.g. stone products used to make kitchen benchtops, mixing, handling, dry shovelling and tunnelling)



Cutting concrete

Controlling exposure to silica dust

- > Consider alternative products
- > Use water and wet working methods
- > Use tools with dust extraction features
- > Don't dry sweep or use compressed air to blow off dust
- > Clean up mud properly so it won't dry up and be respirable again

- > Set up exclusion zones
- > Schedule high exposure work during breaks or after hours
- > Mark work boundaries clearly
- > Use suitable respirators
- > Fit-test for each worker and train them to use respirators

Asbestos

A mineral that looks like solid rock but breaks down into fluffy fibrous material that if inhaled could cause lung diseases such as:

- > mesothelioma
- > asbestosis
- > lung cancer

The latency of asbestosis is more than 10 years.

Where can you find asbestos or asbestos containing materials (ACM)? Here are some areas where you can find it.



Roof (super six)



Pipe lagging



Wall cladding



Insulation

Find out more on the WorkSafe website on where asbestos can be found.

Asbestos can be:

- > Friable — it is powdery and crumbly when you apply hand pressure
- > Non-friable — asbestos is contained and bonded with other materials

What can you do if you suspect asbestos in your site?

- > Report it to your manager or supervisor.
- > Your manager or supervisor can report it to the PCBU who has a duty of care to provide a safe work environment.
- > Test if asbestos is present
- > Find out if there is an asbestos management plan in place

! Using respirators

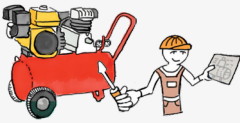
- > Check before use
- > Fit-test (clean shaven)
- > Is it the right type for the job — dust, fumes, chemicals
- > Manufactured to AS/NZS 1716:2012
- > Disposable, half or full face, air supplied
- > Use a respirator with other dust control measures

NOISE INDUCED HEARING LOSS

Managing Noise

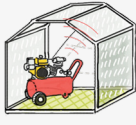
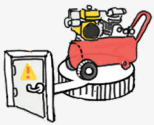
At the source

- › Look after your machinery
- › When choosing or replacing equipment choose the quietest equipment for the job



Along the sound path

- › Set up exclusion zones
- › Use enclosed cabs
- › Set up acoustic barriers



With the worker

- › Train and supervise workers to follow procedure to reduce exposure to noise
- › Carry out work when fewer people are on site
- › Use ear muffs and ear plugs (choose the right class for the noise)



Information and images from WorkSafe NZ

HEALTH AND EXPOSURE MONITORING

Under HSWA 2015, PCBUs have a duty of care to monitor the conditions workers work in and their health.

Exposure monitoring

Measuring and evaluating workers' level of exposure to a health hazard and monitoring workplace conditions



Health monitoring

Occupational health testing of workers after exposure to hazardous environments or substances at work



Photo courtesy of: QEC (top) and Working for Health (bottom).

YOUR HEALTH AND WELLBEING

Things to consider when managing stress

Personal

- › Seek professional help
- › Eat a healthy diet and exercise regularly
- › Talk to someone you trust at work
- › Don't take stress home

Organisational

- › Plan activities to avoid work overload
- › Work in partnership to manage expectations
- › Properly train everyone for their job
- › Involve workers to create a safe working environment

Things to consider when managing fatigue

- › Get plenty of sleep (better quality and consistency)
- › Take regular breaks
- › Eat a balanced diet and drink plenty of water
- › Be physically fit
- › Avoid drinking alcohol
- › Be aware of medications, such as antihistamines, cough medicines
- › Have a Fatigue Management Plan

Drugs and Alcohol

If you have a problem with drugs and alcohol, take this very important first step

- › Talk to someone you trust family, friend, boss

Then seek professional help a doctor, counsellor.

If someone you know has a problem with drugs and alcohol

- › Have a conversation

Workplace Violence and Bullying

Violence is the act of or attempt to cause injury. **Bullying** is the use of superior strength or influence to intimidate. Some examples are:

- › verbal attacks
- › rumour spreading
- › harassment
- › assault
- › cyber bullying
- › racial intimidation
- › isolating you from others
- › sexual abuse

Who can you turn to for help?

Mental health
helpline

Text 1737

Depression
Helpline

0800 111 757
or text: 4202

Lifeline
New Zealand

0800 543 354

Alcohol and
Drug Helpline

0800 787 797

Samaritans

0800 726 666

Healthline

0800 611 116

You can also contact EAP if your company is registered with an EAP provider.

Help yourself, help your mate.

