

EXPOSURE

The official magazine of

BOHS The Chartered Society for
Worker Health Protection

Issue 2 2016

Helping Great Britain Work Well

Spotlight on Silica

Joint Agreement Between BOHS and
Institute of Acoustics

BOHS at Safety and Health Expo

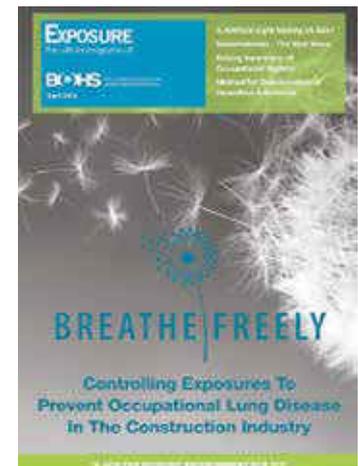
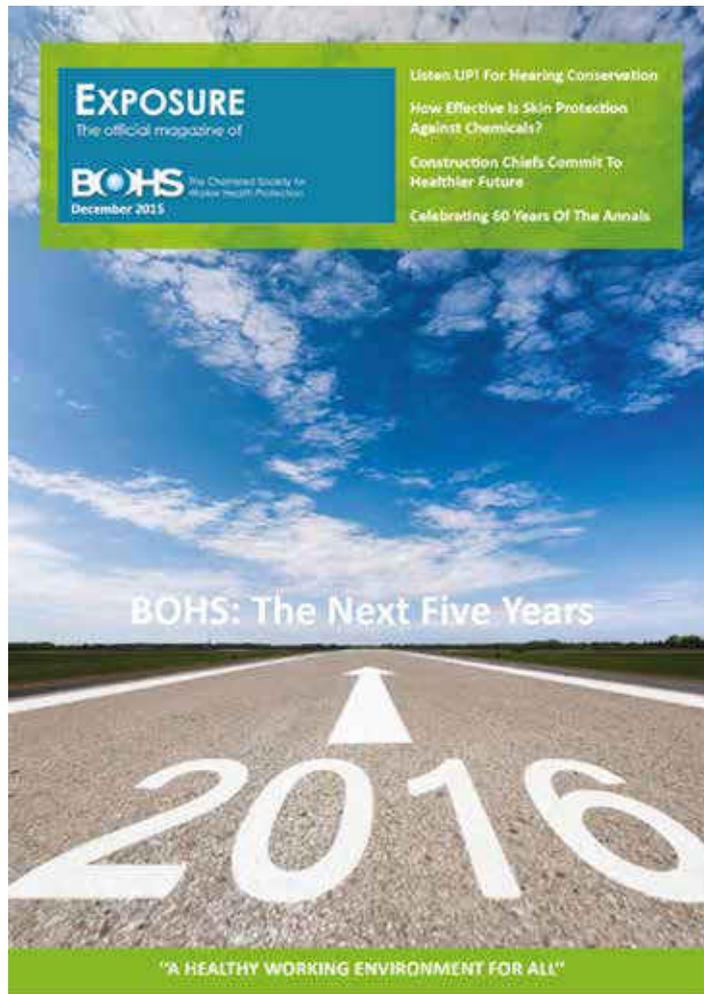
Crossrail Learning Legacy- Sharing Lessons Learned

“A HEALTHY WORKING ENVIRONMENT FOR ALL”

EXPOSURE

The official magazine of

BOHS The Chartered Society for
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The views expressed in this issue are not necessarily those of BOHS Council.

Dear Readers

Welcome to the second issue of Exposure for 2016. As always, it has been an exceptionally busy time at BOHS HQ, with the launch of our new user-friendly website. Your patience on the release of this issue has been much appreciated and we promise to be back on track soon! Turn to page 9 to read more about our website revamp.

In Society news, we hear from Steve Perkins (page 6-7) as he updates us on trending conversations, namely #HelpGBWorkWell and BOHS's own Twitter presence #WorkplaceHealthTriangle, which strives to tackle the ongoing confusion over "health" and its multifaceted meanings. On page 10-11, Industry news features an article which explores the case studies illustrations for four of the six key themes of the 'Helping Great Britain Work Well Strategy', each of which had BOHS member involvement.

Crossrail's 'Learning Legacy', an initiative to share lessons with the wider industry, makes for an informative read on pages 12-13. The spotlight is turned on Silica on page 15 as BOHS prepares to give talks on 2nd June 2016 at the IOSH Midland Branch Meeting. This issue's 'People News' meets Adrian Sims, as he divulges his daily routine and career to date. See page 17 for the full interview. We hope you enjoy this issue of Exposure.

We will see you again soon.

Sharon Brunt,
Claire Creed,
and Caroline Smith

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CROSSRAIL Learning Legacy

Major new initiative to share lessons learned with the wider industry



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**Copy deadline for contributions for the
next issue of Exposure:
11 July 2016**

**Please send contributions to
exposure@bohs.org**

From the President Adrian Hirst



This is my last article as BOHS President and by the time you read it Tracey Boyle will be at the helm. I promised in my first article a year ago that I wouldn't bore you with the day to day work of the president but would update you at the end of my term. So here it is in tabular form.

The Presidential year in numbers

Council meetings chaired	4
Council awaydays	1
Strategies developed	1
Staff performance appraisals	2
Countries visited	6
Staff interviews	6
Total time involved (hours)	600
Emails sent and received	2,251
Articles written by me	12
Air miles	35,654
Bus miles	24
Train miles	854
Car miles	2,655
Articles written for me	8
Presentations given	15
Conferences attended	6
Cakes/biscuits baked	345
Handshakes	647
Hugs/kisses (mostly from Lynne Morgan)	26
Number of times I said thank you	Not enough

As you might expect from an occupational hygienist, I've opted for measuring things and reducing them to numbers. Whilst we all know boiling things down to just numbers can mean you miss out on contextual information, it does suit my purpose. My intention is to stimulate questions, some of which I can hopefully answer for you, others I will leave you to ponder.

The President's role is as simple as 1, 2, 3.

1. Leadership
2. Representation
3. Contribution

Leadership – The President is a Director and the Chairman of the Board of a Limited Company and Charity, which has a turnover of >£1M, employs 21 staff and has 11 other Directors. This brings with it very real legal and moral responsibilities. At a basic level this involves working closely with Steve Perkins, the Chief Executive, preparing for and then chairing, the four Council meetings and one away day that the Society has each year.

In order to get the most out of Council meetings, a great deal of preparation takes place. Each item that is discussed has a written paper submitted which outlines the issues and makes clear the proposals. BOHS Council consists of a Board of Directors, and it is the President's job as Chairman to ensure that they direct and do so efficiently.

Leadership doesn't come naturally to me, it's something I've had to work at. The role has allowed me to strengthen my skills in this area and I'm grateful to my fellow Council members for being so supportive.

Representing – The President is a figurehead for the Society. This means they represent the Society at events where we want to publicise our message. They are also invited to a multitude of other events. Some of the events I've had to work hard at, whilst others I've simply had to turn up at and be myself. The Society now gets more invitations for representation than we can hope to deliver. Balancing the number and type of these events is a challenge: as our influence grows, this will become an issue which we will have to find solutions for.

Contributing – The Society functions due to the hardworking members who contribute in many different ways. They include regional organisers through to the people who man stands, write articles, contribute to consultations and represent us on committees. The President is not exempt from that. Time means I have had to limit my contributions, but the most important project has undoubtedly been the development of the new strategy.

Line management - I said the president's role was as simple as 1, 2, 3 - and it is. However, for me it wasn't quite that simple. For the past two years I have also been the line manager of the Chief Executive. I am due to continue this role for another 12 months. This has meant setting Steve's objectives and reviewing them as well as being in touch on a weekly basis about the day to day management of the Society.

Why? – It's inevitable that when you look at the scale of the job you will ask, why on earth someone would want to do it. The answer is that I don't think I wanted to do it, I certainly didn't have the ambition, I just felt I needed to do it. Whilst it has been hard work and at times disappointing or frustrating it has been immensely rewarding and as fellow Council members will attest, it has been fun.

Thanks – I have only been able to do the job of President because of the unfaltering help of the staff and members of the Society. I am tempted to try to list everyone here, but space is limited and I fear I may miss someone. I will attempt to get round to everyone and thank them personally, but there is one person who needs a public thank you. Both I and the Society owe someone a tremendous debt of thanks. That someone is my wife, Christine.

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BREATHE FREELY

change4good
Steve Perkins



BOHS Updates

As I write this month's column Head Office is buzzing with activity. Our new website has just gone live, linked dynamically to our new CRM system. A few bugs to iron out here and there, but overall we're very pleased with the new mobile friendly site which has been thoroughly redesigned to be more customer and user centred. We have received positive and useful feedback in the first few days so keep it coming. Caroline Smith at Head Office is coordinating this and you can read more on page 9.

The conferences team is fully geared up for OH2016 in Glasgow, which looks like it will be another excellent Annual Conference following our highly successful IOHA 2015 event last year. Our Breathe Freely initiative goes from strength to strength with a one day event running in parallel with OH2016 in Glasgow.

Since the last issue of Exposure we have welcomed Sue King to the team at Head Office. Sue is our new Office Manager and my Executive Assistant, working part time.

We continue to actively engage with the regulator and government. I recently met with the new Chief Medical Officer at the Department of Work and Pensions, and HSE's new Director of Engagement and Strategic Interventions, to learn more about a new inter-departmental 'Work and Health Unit' set up jointly between DWP and the Department of Health.

As health finally begins to rise up the workplace agenda, it will be interesting to see whether the new Whitehall unit can be influenced to give any focus to long latency disease caused by occupational exposures. As well as the appalling human cost of occupational disease (~13,000 deaths per annum plus tens of thousands of new ill health cases each year), there's certainly a significant financial cost to the public purse (~£10bn per annum just from current or recent working conditions, and excluding the costs of occupational cancers).

#HelpGBWorkWell

This is the 'hashtag' of the Health and Safety Executive's new 'Health and Safety System Strategy for Great Britain'. For the uninitiated the '#' symbol identifies the following word or phrase in a particular way on the Twitter Social Media platform. It enables all content containing that phrase to be listed and searched from across the globe.

The #HelpGBWorkWell strategy has six strategic themes:

- **Acting together:** Promoting broader ownership of health and safety in Great Britain.
- **Tackling ill health:** Highlighting and tackling the costs of work-related ill health.
- **Managing risk well:** Simplifying risk management and helping business to grow.
- **Supporting small employers:** Giving SMEs simple advice so they know what they have to do.
- **Keeping pace with change:** Anticipating and tackling new health and safety challenges.
- **Sharing our success:** Promoting the benefits of Great Britain's world-class health and safety system.

BOHS is pleased to support the strategy and particularly pleased to see the tackling of ill-health gain such prominence. As I pointed out earlier the human and financial costs of occupational disease are staggering for a supposedly 'developed' nation such as the UK, which prides itself on having one of the most advanced Health and Safety systems in the world.

“BOHS is... particularly pleased to see the tackling of ill-health gain such prominence”

It is early days for the new HSE strategy and at present the public domain document is more aspirational than practical. You can download it here:

<http://www.hse.gov.uk/strategy/assets/docs/hse-helping-great-britain-work-well-strategy-2016.pdf>

Occupational Hygiene is an applied scientific and engineering discipline, and at BOHS we look forward to working closely with HSE and other stakeholders over the coming years, to help with the hard work of turning aspiration into reality.

#WorkplaceHealthTriangle

Not to be outdone on the Twitter front we have our own hashtags for a number of things. A new one that you may have come across via Twitter or LinkedIn recently is our #WorkplaceHealthTriangle.



As workplace health gains prominence it's important to ask what we mean by 'health'. That might sound an unnecessary question, because everyone (even the proverbial person in the street) understands what health is, right?

I wish that were so. Whether it was Wilde, Shaw or Churchill who first said it, the maxim that Britain and America are "two countries divided by a common language", seems apt for this situation. Our problem in the arena of workplace health is that there can be multiple 'countries' divided by the common language of 'health'.

So, identifying what sort of health we mean is going to be critical over the

coming years, if the health objective in Great Britain's new H&S system strategy is to produce effective results.

Broadly speaking I see three overlapping 'spheres' of health producing the #WorkplaceHealthTriangle. The bottom left covers the management of the health of individuals, typically referred to as 'occupational health'; all the good stuff of fitness for work, health surveillance, management of existing conditions and rehabilitation. This is the primary arena of occupational nurses, physicians and other clinical disciplines.

The bottom right sphere is the 'new kid on the block', so to speak, of workplace wellbeing. This brings the modifiable factors of Public Health into the workplace arena and deals with things like diet, exercise and lifestyle choices. This is the primary arena for a range of 'OH practitioners'.

The top sphere is about protecting people from the health risks caused by the workplace. This covers the legal duty of

employers under the Health and Safety at Work Act for workplace health, and is the primary arena of occupational hygienists. As Robens put it, back in the 1970s, "*in occupational health work there is a very large and important non-medical element... occupational hygiene is the province of the chemist and the engineer engaged in the measurement and physical control of environmental hazards.*"

"Workplace health, unlike its related cousin of workplace safety, requires a much more multi-disciplinary approach"

I know any model is a simplified version of the real world, and what I describe by the #WorkplaceHealthTriangle is no exception. Workplace health, unlike its related cousin of workplace safety, requires a much more multi-disciplinary approach and there are many overlaps and partnerships between the disciplines, be they occupational hygiene, ergonomics or any of the clinical disciplines. This is

reflected in the longstanding and close working relationships between the various professional bodies in the workplace health arena, which BOHS continues to foster.

However, I believe the evidence of HSE's statistics clearly shows that the neglect over recent decades of a focus on protecting people from workplace health risks, in comparison with the other two spheres, has played a major part in creating the huge burden of occupational ill health and disease in the UK that everyone is now coming to recognise as a significant national issue.

It is only by bringing a renewed focus to the science and engineering of occupational hygiene, and other preventative health disciplines like ergonomics, that we will successfully "*highlight and tackle the costs of work related ill health.*"

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The Chartered Society for
Worker Health Protection

Marketing Measures Sharon Brunt



The first few months of this year have been a whirlwind, with an awful lot going on!

You will have read in Steve's last column, about all of the changes at head office, with people moving on and new people coming in, taking on some brand new roles. And we have been implementing the CRM system and the new website too (see Caroline's section below for more on that!). This buzz resulted in the first issue of Exposure being late – and this issue being late too. We have another issue coming out very soon – the conference round-up issue – and we will then be back on track. You will get still receive six issues this year so thank you for your patience.

Back to marketing and communications – and some of the key things we have been up to.

On 21st April we were invited to participate once more in the Health in Construction Leadership event at CentreEd at Excel in London, which over 150 construction industry leaders attended.



This event followed the January CEO summit and was intended to be more about 'turning commitment into action' on health. The topics of the day centred around mental health and respiratory disease. And there was also a session on self-assessment and maturity – the intention being that delegates left the event not only inspired to take action, but feeling equipped to do so.



This was a great opportunity for us to introduce the HI management standard self-assessment tool which officially launched on 27 April at our own Breathe Freely one day event in Glasgow.



The tool is directed primarily at the construction industry and its aim is to help managers to better manage workplace health risks. It provides a 6-point framework of best practice – within each of the 6 areas there are a series of questions.

Essentially this tool helps managers to better understand how to manage workplace health risks, and to understand what 'good' looks like when it comes to managing worker health in construction. It's available to download at www.breathefreely.org.uk so please do have a look and encourage others to do so too.



Steve Perkins introduced the tool at this event and delegates took away a hard copy. We were lucky to also have a small stand at the event – thanks to Andy Gillies and Chris Keen for helping with this.

At the event on 27 April in Glasgow, the focus was on – 'what next'? for Breathe Freely. Speakers included Robert Atkinson from Scottish Healthy Working Lives, Ian Strudley from HSE, Martin Coyd from Lend Lease and Adrian Shah-Cundy from VolkerWessels, as well as Alan Dickson from BP.

There was plenty of discussion about what people see as the priority areas for health in construction – this has given the Breathe Freely steering group a lot of food for thought. Mental health and stress came high up the agenda, as did dust, LEV, working with designers, and better management of COSHH. This concluded a busy April for Breathe Freely – earlier that month on 7th, Sellafield kindly hosted a Breathe Freely roadshow event. Speakers from HSE, Morgan Sindall, Arco and BOHS addressed over 100 contractors, with a view to enlightening the dangers in their workplaces as well as also providing them with some solutions and best practice examples of how they can be addressed.

Thanks to the speakers and to Arup, Morgan Sindall and Sellafield Ltd for sponsoring.

We are now busy planning for our presence at



the Safety & Health Expo, 21 – 23 June at Excel. We will have a stand and we will once again run the ‘Worker Health Protection’ theatre with a full programme of speakers on a range of topics over the three days.

In addition, we are working with IOSH and HSE to deliver joint talks on silica – these are to be delivered at IOSH branch meetings as well as at meetings of other groups – if you want to find out more, book a talk, or volunteer to be a speaker, please email me on sharon.brunton@bohs.org



Caroline Smith



A major focus for the Marketing team during the first quarter of 2016 has been to ensure the launch of the new BOHS website happened by the deadline date of April 4th. I’m relieved to say that it did! A huge amount of resource was required to bring this project to fruition, and it was great to see a real team effort from people in various departments – all working together to ‘get the job done’.

Our aim for the new website has been to make it more user-friendly and easy to navigate – and with a contemporary design. This includes some great new features – such as the ‘real-time’ Course Search facility for candidates: this will make it fast and simple for users to find the qualification they want, and how to study for it. Overall, the website focuses on BOHS’ main offerings of Membership; Qualifications; and Events and Conferences. It has also been designed so that users can easily access information and expertise.

These screen shots from the new website clearly demonstrate the focus areas of Membership, Qualifications, and Conferences/ Events



HSE Strategy



Helping Great Britain **work well**

#HelpGBWorkWell

Find out more by joining the conversation



From BOHS' point of view – and most importantly our ongoing focus on worker health protection – it's really encouraging to see the recent publication of the new strategy for Great Britain's health and safety system. Furthermore, several distinguished BOHS members were involved in important collaborative work on no less than four out of the six innovative projects used by the HSE to illustrate its new plans.

Two years ago, the Triennial Review of the HSE led by Martin Temple, acknowledged the value of the HSE's role and functions, and also called on the health and safety watchdog to seek "new and innovative" interventions to deal with the continuing high levels of work-related ill-health in the UK.

As the Chartered Society for Worker Health Protection, we are greatly encouraged to see how this quest for real progress and development in work-related ill health has manifested in important collaborative work by our members and the HSE, in no less than

four out of six of the key case studies recently published within the *Helping Great Britain Work Well* strategy:

- **Tackling ill health:** Dr. Mark Piney; Diane Lewellyn; Dr. John Cocker and Dr. Kate Jones (all employees of HSE/HSL and also BOHS members) worked tirelessly on a vital four-year project involving representatives from across the vehicle repair industry and the HSE, to identify new, and practical ways of training workers in order to protect against exposure to isocyanates. Such chemicals used in vehicle repair paints are a leading cause of occupational asthma.
- **Managing risk well:** The Learning Occupational Health by Experiencing Risks (LOCHER) project was initiated by Dr Bob Rajan OBE, Past President of BOHS, and developed by students at colleges in partnership with leading health and safety industry specialists and other supporters, including Safety Groups UK. The LOCHER project helps apprentices to

learn about occupational health risks in a fun way involving a variety of different learning experiences. Crucially, the students will take the good occupational health practices they have learned into workplaces when they go into industry.

- **Keeping pace with change:** Dr John Cocker and Dr Kate Jones have been involved in important work to define the codes and standards that have laid the groundwork for the safe development of Great Britain's emerging hydrogen economy. In particular, work has been carried out to support the safe introduction of hydrogen-powered, fuel-cell electric vehicles and a refuelling infrastructure.
- **Sharing our success:** The London 2012 Olympic and Paralympic Games construction project proved that building projects on time, and within budget, does not mean compromising on the health and safety of workers. Lawrence Waterman OBE achieved massive success

<p>Acting together Promoting broader ownership of health and safety in Great Britain</p>	<p>Tackling ill health Highlighting and tackling the costs of work-related ill health</p>	<p>Managing risk well Simplifying risk management and helping business to grow</p>
<p>Supporting small employers Helping small businesses understand their health and safety responsibilities</p>	<p>Keeping pace with change Anticipating and tackling new health and safety challenges</p>	<p>Sharing our success Promoting the benefits of Great Britain's world-class health and safety</p>

as the Head of Health and Safety at the Olympic Deliver Authority for the London 2012 Olympic Park, receiving an OBE in the Queen’s Jubilee Honours the following year. In particular, the work he led providing occupational health and occupational hygiene services was groundbreaking. Cost-benefit research on the construction of the Olympic park and village project showed the benefits of employing occupational hygiene experts to help prevent ill health far outweigh the costs. In this project, the net benefits were estimated to be around £7million.

Clearly, each of the above projects has enormous potential for worker health protection, not only in Britain, but also globally. It’s important to recognise the contribution of the above members and the HSE for their ground breaking work in this regard. Also significant is the way that the theme of worker health protection is running through all six key strategic themes, not just the obvious one of tackling ill health. This holistic perspective is exactly what is needed to tackle the massive burden of occupational ill health which Britain is

facing today.

The central role of these projects in HSE’s strategy offers an assurance of significant progress in worker health protection in the years to come. BOHS applauds all those involved for the important progress made so far in helping Great Britain work well, and hopes this work will serve to inspire other BOHS members. We look forward to further advances in occupational hygiene in the timeframe of the five year HSE strategy to 2020.

BOHS at Safety and Health Expo 2016



Leading health and safety event, SHE2016, will take place at ExCel, London, from 21 – 23 June 2016 – running alongside the IOSH conference. Once more, BOHS is proud to sponsor the Occupational Health Theatre, which will run a programme of interesting and thought-provoking sessions, including:

- Progress and challenges in mitigating asbestos exposure
- Working together to beat occupational cancer – spotlight on silica
- Managing exposure in a dynamic environment – the Crossrail project

The above is just a very small selection of the programme: each of the three days will feature a cross-section of interesting sessions.

BOHS will also have an exhibition stand, which is located opposite the Occupational Health Theatre. Please come along and say ‘hello’ to

us on stand **M2455**: we can keep you up to date with our latest news – or just have a chat!

“BOHS will also have an exhibition stand, which is located opposite the Occupational Health Theatre. Please come along and say ‘hello’ to us on stand M2455”

Other features of the event include:

- The Keynote Theatre – where high profile speakers from across the industry share their expertise on the most important issues in health and safety
- The Training and Career Zone – focussing on how to develop a career in health and safety

- Young People in Health and Safety - promoting the health and safety industry in order to attract the next generation of workers

Running alongside the event is Health & Safety Week 2016: the focus for this year is *Rising Stars in Health and Safety*, which will feature an awards ceremony on 23rd June – aimed to attract graduates, apprentices and those considering a career in health and safety.

SHE 2016 offers a diverse and informative programme, so we hope you’ll take some time out of your busy schedules and come along to find out more – and of course to visit BOHS on stand M2455! If you haven’t already registered to attend SHE2016, you can do so at

<https://registration.n200.com/survey/1zvcfouhpnt6?actioncode=WEB1>

CROSSRAIL Learning Legacy

Major new Crossrail initiative to share lessons learned with the wider industry



Crossrail has recently launched a new initiative to share insight from Europe's largest construction project with the wider UK infrastructure industry. It was announced that the line will operate as the Elizabeth line, when the new service opens for passengers through central London in December 2018. With over £400bn of infrastructure projects identified in the Government's National Infrastructure Plan, Crossrail's Learning Legacy initiative seeks to collate knowledge and share good practice on a wide range of topics, including Health & Safety, Project Management, Engineering and the Environment. The first tranche of material shares some of the early lessons that have been learned from the Crossrail programme. It includes technical papers, peer-reviewed case studies and procedures, which have been published on a dedicated website:

<http://learninglegacy.crossrail.co.uk/>

Further material will be published every six months during the rest of the project. The resource was launched at an industry event in London, which was attended by BOHS' Tracey Boyle and Chris Beach.

These resources include the Crossrail occupational health standard (which includes reference to occupational hygiene and worker health protection), good practice bulletins, for example hand held dust monitors, dust suppression, use of ear protection, protecting against HAVs, as well as a number of safety alerts regarding the thermal environment

Andrew Wolstenholme, Crossrail Chief Executive, said:

"Passing on the lessons and good practice that we have learned at Crossrail is an absolutely essential part of raising the bar in the delivery of major projects. With an unprecedented number of infrastructure schemes around the corner, now is the time to start sharing what we have learned so the UK can build on its reputation for delivering safely, on time and on budget."

Tony Meggs, Chief Executive, Infrastructure and Projects Authority (IPA), said:

"The IPA is wholly committed to ensuring the UK's delivery of major infrastructure projects is achieved efficiently and effectively. The creation of a learning environment is vital to improving project performance, and we see Crossrail's Learning Legacy as an impressive example of best practice. We encourage all project professionals to draw on this excellent resource; the more we can learn from the experience of others the closer we will come to flawless project execution."

Alison Munro, HS2 Ltd Managing Director – Development, said:

"Projects on the scale of HS2 only come around once in a generation. That's why it's vital that we learn from Crossrail and apply the lessons to drive efficiency in our own build to help deliver the highest quality for all our passengers, stakeholders and communities along the line. And, in turn, we will pass on the



lessons we learn, to the projects of the future."

Crossrail Limited will be working with a broad range of industry partners to disseminate the information through an ambassador programme, including events and webinars that will allow the people building the projects of the future to hear directly from the people who have delivered Crossrail infrastructure.

Simon Bennett, Head of Learning Legacy at Crossrail said: "The launch is just the start of Crossrail's Learning Legacy initiative. Our focus now is on publishing updates on a regular basis and working with our partners to make sure that others can learn from our experience of working on the Crossrail project."

The first tranche of material covers over 100 documents on topics including Project Management, Environmental Sustainability and Health & Safety. Some of the early examples of lessons learned include:

- The benefits of Crossrail's 'Performance Assurance Framework', which compares contractor performance and

shares best practice as a way of encouraging contractors to go beyond basic compliance and driving world-class standards. The framework measures contractor performance across a number of key areas including Health & Safety, Social Sustainability and Quality. The scheme has allowed contractors to learn from one another and has helped to embed a culture of continuous improvement.

- The use of ‘leading’ Health & Safety indicators, that measure the steps being taken to create safe and healthy working environments, rather than just traditional ‘lagging’ indicators, such as Accident Frequency Rates. Crossrail’s Health and Safety Performance Index (HSPI) drives positive behaviours and a culture that helps to prevent accidents occurring in the first place.
- The processes used to meet stringent emissions control standards, manage construction



vibration impacts on listed buildings and source construction materials ethically. Crossrail has also taken significant steps to reduce its carbon footprint, both during construction and once trains are operational, which has included research into the capture of heat from trains as a potential sustainable energy source.

- Key aspects of tunnelling beneath a major city like London, including the management of ground movement and the delivery of large scale excavation and concrete lining.



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- Hand-arm vibration
- Noise at work
- Environmental noise and vibration
- Building acoustics
- Noise nuisance

Construction Industry: Respirable Crystalline Silica Dust Exposure

The following article is an advertorial from Shawcity.

Silica is a naturally-occurring substance found in most rocks, sand and clay; hence, also found in products such as bricks and concrete. In the workplace silica exposure is a great risk for workers who perform high risk jobs such as abrasive blasting, foundry work, stonecutting, rock drilling, quarry work and tunnelling. The serious health hazards resulting from silica exposure are demonstrated by the fatalities and disabling illnesses that have occurred and continue to occur in these types of occupation.

Respirable Crystalline Silica (RCS) has been classified as a human lung carcinogen (cancer causing substance) and has been associated with 600 deaths per year; of which 450 arise as a result of exposure in the construction sector. Furthermore, its effects are similar to those of asbestos

causing disabling or even fatal lung disease.

In Britain, RCS has a workplace exposure limit (WEL), which contains a set limit, intended to restrict the amount of RCS that a person can inhale (breathe in) every day. The WEL for RCS is 0.1 mg/m³ expressed as an 8-hour time-weighted average (TWA). Exposure to RCS is also subject to the Control of Substances Hazardous to Health Regulations 2002 (COSHH).

It is often critical to identify the sources and levels of crystalline silica exposure through the use of live dust monitors, such as the TSI DustTrak, TSI AM510 SidePak and through the use of gravimetric methods using respirable filter heads and sampling pumps, such as the Sensydine Gilair Plus.



Shawcity are currently offering a £750 trade-in discount for any dust monitoring instrumentation from any manufacturer against the purchase of a TSI Environmental DustTrak Monitor.

For more information please visit us at www.shawcity.co.uk or <http://www.breathefreely.org.uk/>

VOC Monitoring

Sound, Noise & Vibration

Air Quality & Dust

Confined Space

Fixed Gas Systems

Impartial, bespoke monitoring solutions

The UK's widest range of health & safety, occupational hygiene and environmental monitoring instruments available to HIRE or BUY

- Manufacturer-approved in-house Service Centre
- Unlimited expert technical support & advice.

01367 899419
info@shawcity.co.uk
shawcity.co.uk



Celebrating our 40th anniversary in 2016

Spotlight on Silica

We're extremely pleased to be working with IOSH and HSE on a new initiative to highlight the hazards of respirable crystalline silica, which is estimated to be the second biggest work-related cancer, and causes the deaths of around 800 people each year.

The initiative features 'Spotlight on Silica' presentations, and will be launched at the IOSH Midland Branch meeting on 2nd June 2016. Content will include:

- The IOSH presentation will cover the health risks from the respirable dust; the scale of the problem; and findings from a focus group and recent survey
- The BOHS presentation will highlight the critical role of occupational hygiene in protecting workers from respirable silica dust, and clarify how this fits with the related disciplines of occupational health and wellbeing
- The HSE presentation will underline priority areas and high risk activities, and show examples of good control practices, whilst highlighting available resources

Steve Perkins commented further, saying "We're delighted to be collaborating with our colleagues in IOSH and HSE, to raise awareness of the dangers of silica, which is a major cause of work-related cancer. As the Chartered Society for Worker Health Protection representing the occupational hygiene profession, our expertise lies in workplace health risk management. Our input into these talks will be to explain the crucial role of occupational hygiene in managing silica and other workplace health risks, and where this fits within the broader realm of occupational health and wellbeing. We will also share information about our own Breathe Freely campaign, which offers a wealth of free resources to help managers to understand how to recognise, evaluate and control workplace health risks such as silica."

This initiative ties in very closely with BOHS' current campaign, Breathe Freely, which offers a wide range of free resources to help construction managers to protect workers from silica and other hazards. These resources include: the Construction Manager's Toolkit, which helps the management of on-site risks and health hazards; and the new HI Standard self-assessment tool – which demonstrates what "good" looks like in managing workplace health risks, and offers a unique level of support for managers and their organisations.

Anyone can attend the presentations at IOSH meetings – you don't have to be a member: the list of events can be viewed at <http://www.breathefreely.org.uk/events.html>

Also, if you think your workplace would benefit from the presentation, you can simply request one. If you're interested in either of these options then please email sharon.brunton@bohs.org.

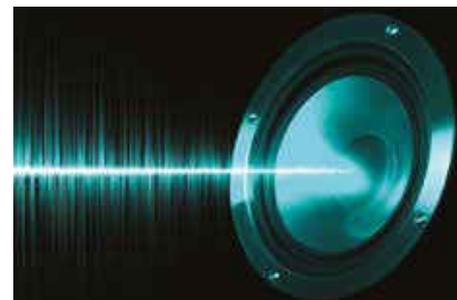


Joint Agreement between BOHS and the Institute of Acoustics

After extensive discussions during 2015, the respective Councils of BOHS and the IOA have ratified an agreement on mutual recognition of their professional qualifications.

The terms of the agreement are as follows:

- BOHS accepts the IOA Certificate of Competence in Workplace Noise Risk Assessment (CCWNRA) as equivalent to the W503 occupational hygiene module, entitling holders to join the BOHS Faculty of Occupational Hygiene at Associate grade. Candidates who hold CCWNRA can use this in lieu of W503 as a qualifying module for the CertOH award. CCWNRA holders will be required to submit a Personal Learning Portfolio (PLP) which includes topics across the full range of the W503 syllabus.
- BOHS accepts holders of CCWNRA, the Certificate of Competence in Environmental Noise Measurement (CCENM) or the Certificate of Competence in Measurement of Exposure to Hand-Arm Vibration (CCMOEHAV) as suitable candidates for Specialist Licentiate grade.
- BOHS accepts the IOA Diploma in Acoustics and Noise Control in lieu of W503 as a qualifying module for the CertOH award. IOA Diploma holders will not be required to submit a PLP in respect of their experience of workplace noise assessment provided they have completed modules in *Regulation and Assessment of Noise* and *Noise and Vibration Control Engineering* in the course of their training.
- BOHS accepts the IOA Diploma of Acoustics as a suitable qualification for candidates for Specialist Membership grade.
- IOA accepts W503 plus PLP together with evidence of sufficient general education and practical experience in and application of acoustics as sufficient to meet the educational requirement for Technician Membership of the Institute.
- IOA accepts the BOHS Diploma of Professional Competence in Occupational Hygiene as a suitable pre-requisite for professional occupational hygienists



wishing to study for the IOA Diploma in Acoustics and Noise Control.

- IOA allows suitably experienced holders of BOHS professional qualifications to teach on IOA-accredited Certificate of Competence courses.

This agreement will facilitate movement of professionals between BOHS and IOA, encouraging acoustics specialists who wish to expand their career into occupational hygiene, and equally, hygienists wishing to progress in the specialist field of acoustics. Contacts made between the two societies will hopefully be cemented by joint technical meetings in future at local and national level.

Ian Kellie



BREATHE FREELY



Controlling Exposures to
prevent occupational lung disease
in the construction industry



Do you
breathe freely?

Construction workers are at high risk of contracting lung disease from the work that they do. In 2015, approximately 3,500 died from cancer caused by past exposures to asbestos, 500 more from silica dust, another 5,500 were diagnosed with occupational cancer, and – today alone – an unknown but significant number will breathe in the hazardous substances that will one day seriously affect their health or kill them.

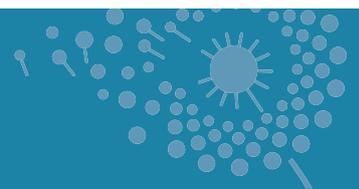
Breathe Freely is a collaborative initiative led by BOHS in partnership with key organisations within the construction industry. It will provide guidance, tools and resources that facilitate the recognition, evaluation and control of workplace exposures leading to the implementation of a recognised management standard.

In partnership with



Join us and be part of the solution

www.breathefreely.org.uk



Meet the Member - Adrian Sims



Current job title and organisation for which you work?

Vent-Tech Ltd - Director

What ‘A’ levels and first degree did you take?

No A-Levels. I did BTEC’s in Building Services and Civil Engineering. My degree started out as Building Services (full time) but finished up being Building Engineering and Management (part time).

What was the first job you got when you finished your full-time education?

Trainee Mechanical Building Services Consultant

When and why did you become interested in occupational hygiene?

Whilst sitting my P602 – LEV Design course it became obvious that Occupation Hygiene plays a vitally important role in the design of LEV systems.

What further qualifications do you hold?

Chartered Engineer
Certificate of Competency in Control
W502, 503, 505, 506 & 507

How long have you been a member of BOHS (or any of its predecessors)?

Eight years

How has BOHS, or BOHS membership (including its predecessors) helped you in your career?

It has helped educate me in why there is a need for good control of hazardous substance

and the dangers that exist from breathing in such substances with the knock on health effects and trauma it can cause.

It has provided good training and introduced me to like minded people who I can turn to for help when dealing with problems that are new to me.

How did you get your current job?

I got made redundant from my last job!

Describe a typical day in your job.

If I am out and about it’s up between 4 and 5am to avoid the Bristol traffic and off to see clients where, after a consultation, I will carry out a site survey. I normally do two or three of these in a day depending on where they are.

If it’s in the office then I get a lie in till 6am, in the office for 7 where it is pretty full on managing the business, dealing with clients and working with the team. Usually finish between 6 & 7pm then home to see the family.

What has been the most satisfying accomplishment of your career to date?

Obtaining my CEng (it was always my schoolboy ambition to be an engineer), closely followed by my Society of Operations Engineers, Plant Engineer of the Year award for 2015.

What has been the worst experience of your career to date?

Having a dodgy accountant nearly collapse my business.

What is your ‘pet subject’ in occupational hygiene?

LEV Control.

What do you enjoy doing when you’re not working?

Playing sports, mostly rugby.

Football or rugby (and which team)?

Rugby – Chew Valley 3rd team! (closely followed by Bristol City).

Cat or dog?

Dog but I actually own two cats.

Chocolate or cheese?

Chocolate

Favourite film?

Skyfall

Favourite book?

Andrew Marr’s A History of the World (on audiobook)

Where did you last go on holiday?

Sardinia

What was the last music album you bought?

Royal Blood.

Interested in appearing in ‘Meet the Member’?

We are always looking for members to feature in this regular column.

If you would like to be the next person please contact

Claire Creed

exposure@bohs.org

for more details.

Geoffrey Smith (22nd August 1943 - 20th February 2016)



was elected to the Council of the Institute of Occupational Hygienists (IOH) in 1984, becoming its President in 1989. This was a time of huge change in the profession with the development and introduction of a wide of professional and technical examinations and qualifications. In recent years, Geoff worked largely as an expert witness in civil litigation, where his huge knowledge, keen eye and problem-solving skills were invaluable and much appreciated. Geoff remained a professional role model and mentor for senior colleagues to the end. He would go out of his way to help out, although, occasionally, he might exhibit his renowned frankness when doing so.

“His work was at the highest professional level and built around professional excellence and a breadth and depth of knowledge that was second to none...”

Geoff Smith CSci CChem FRSC FFOH, former President of the British Institute of Occupational Hygienists (BIOH) has sadly died after a short illness.

Geoff's working life was spent in Occupational Hygiene, initially as an industrial hygienist and then, for the past 26 years, as a very senior consultant. His work was at the highest professional level and built around professional excellence and a breadth and depth of knowledge that was second to none, understood issues and solved problems and knew the value of “getting it right” first time and applied himself with a rare intensity to achieve this. Geoff also influenced the development of professionalism in occupational hygiene. He

Geoff was born in August 1943. He started his career in 1963 within the Occupational Hygiene Unit of the Environment Department at British Steel Research and Development at Swinden Laboratories in Rotherham, rising quickly to Principal Industrial Hygienist and Head of the British Steel Occupational Hygiene Unit in 1980.

He left British Steel in 1989 to join the National Occupational Hygiene Service (NOHS). Based in Chesterfield, Geoff's job was to develop a comprehensive range of occupational hygiene services to industry, commerce and the business sector. In 1992 Geoff became the General Manager of the NOHS laboratory and

consultancy service based in Manchester.

In 1995, after NOHS had been acquired by the RPS Group, Geoff started to develop a reputation as an expert witness, providing his opinion on issues of liability and foreseeability in relation to personal injury claims for occupational disease.

He joined the Institute of Occupational Medicine (IOM) in 1998 in order to open and manage a regional office in Chesterfield, and to develop the IOM's expert witness services. He served on the IOM's Board of Management, until 2005, but continued to work part time for the IOM undertaking occupational hygiene and expert witness work until the end of last year.

During his career Geoff held a number of high profile roles in the occupational hygiene community. He served as a member of the Council of Institute of Occupational Hygienists (IOH, later BIOH) from 1984 until 1992 and was elected President of the Institute in 1989. He also served as a member of the Board of the International Occupational Hygiene Association (IOHA) for two years between 1990 and 1992. Geoff was a member of the HSE Workplace Analytical Scheme for Proficiency (WASP) Steering Committee between 1989 and 2006. He was a Fellow of the Royal Society of Chemistry and a Fellow of the Faculty of Occupational Hygiene.

Geoff was a much respected colleague and will be sorely missed. He is survived by his wife, Sandra, and his two children, Simon and Emma.

J Corbett McDonald, 1918-2016

J. Corbett McDonald, who was one of the leading British occupational epidemiologists of the 20th century, died in April, aged 98.

Corbett made major contributions to the understanding of the relationships of dusts and disease. He was a strong supporter of the importance of occupational hygiene disciplines in quantifying exposure, and of BOHS. In the 1980s and 1990s he was a frequent contributor to BOHS conferences, and he published over thirty papers and editorials in the Annals, the most recent at the age of 92. He was on the organizing committees of the 1996 and 2001 Inhaled Particles Symposia, and served for a while as an assistant editor of the Annals. He frequently collaborated in work

with his wife Alison, and in 1998 they were jointly awarded the Bedford Award, BOHS's prime honour.

“He was a strong supporter of the importance of occupational hygiene disciplines in quantifying exposure, and of BOHS”

His contributions to asbestos epidemiology were controversial, because they found that the risks of chrysotile in mining and milling were much lower than in manufacture. The early stages of this work, in the 1960s, were

partly financed by the industry, which was normal at the time, but later gave rise to bitter attacks on the work and on Corbett personally, even though he was clear about the carcinogenicity of chrysotile and the risks of its use. An enquiry by McGill University in 2012 cleared him of misconduct.

A fuller appreciation of Corbett's work is planned for the Annals.

Trevor Ogden

ECCEII

Exposure and Control Containment II

12 & 13 October 2016

Crowne Plaza, Liverpool City Centre, UK

Conference Rates

Member Rate - £250 + VAT	Non Member Rate - £300 + VAT
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- Visit www.bohs.org to book your place

Exhibitor Packages

Stand Package - £500

- 3m x 2m exhibition space
- One delegate place
- Access to all conference sessions for your delegate
- Morning coffee, afternoon tea and lunch each day
- Company profile (150 words) and logo within the conference programme
- Pre and post conference delegate lists
- Invaluable networking opportunities
- Pre event email to all delegates including a link to your company website

Sponsorship Opportunities

Increase your conference presence to your target audience with one or more of the following:-

Delegate Bags (to be supplied by sponsor) - £300

- Design and print your own delegate bags for us to hand out to all delegates
- Includes an insert into the bag promoting your company
- Link from the conference website to your own

Insert in Delegate Pack - From £250

- Sponsors can provide for example; A5 flyer, company brochure, memory stick, pen, product sample etc.

All prices are subject to UK VAT at 20%.

From receipt of payment for any of these options your company will be included in all pre and post conference publicity.

Cancellations received in writing before Friday 2 September 2016 will be entitled to a refund after deduction of an administrative fee. No refunds will be issued on cancellations received after this date.

The British Occupational Hygiene Society and the Occupational Hygiene Society of Ireland are collaborating to organise a two day conference on Exposure Control and Containment in October 2016, following the success of their first joint event in 2014.

The focus of the conference is in the specification, design, installation, testing, maintenance and operation of engineering control measures to minimise health risks in the workplace. It is aimed at people involved in these aspects of exposure control and will appeal to delegates from various industry sectors small and large including electronics, engineering, construction, pharma, fine chemicals, oil and gas, education and other sectors.

Successful control of exposure relies on effective partnerships between a range of disciplines. Correct specification and design alone will not guarantee adequate exposure control - performance is also impacted by factors such as acceptance by the end-user, the adequacy of maintenance arrangements, and human factors. This conference is an opportunity for individuals from different disciplines to come together and build mutual understanding on the various facets of this complex and interesting topic.

As in 2014 a small trade exhibition will run alongside the conference and we would like to hear from companies who would be interested in sponsoring and/or exhibiting at this joint event.

Can you afford not to attend?

For more information or if you would like to design your own sponsorship package, please contact the BOHS Team on **+44 (0)1332 250713** or conferences@bohs.org



Occupational and Environmental Exposure of the Skin to Chemicals 19 to 21 September 2016 Manchester Conference Centre & Hotel, UK

The first Occupational and Environmental Exposure of Skin to Chemicals (OEESC) Conference took place in Washington in 2002. Since then it has occurred every 2-3 years and has become the premier platform for exchange of new scientific discoveries and practical ideas from all corners of the globe. The exchange of information from the multidisciplinary participants has enabled steps forward in prevention of ill health due to skin exposure. The next OEESC conference will take place 19-21 September 2016 at Manchester Conference Centre.

The next conference will again bring together a wide range of disciplines and knowledge recognising the reality that it is an individual's skin 24 hours a day and not simply whilst they are at work. Through increased communication between occupational and non-occupational fields, with the great levels of expertise that both these have attained, we can develop ways in which overall awareness of skin exposure issues can be increased and ultimately long term improvements in the reduction of damage to health due to skin exposure.

Full Conference Rates 19 to 21 September 2016

Delegate Type	Full Conference	Early Bird*	Day Rate	<p>Cancellations received after 30 June 2016 are NOT entitled to a refund but substitutions will be accepted up to 9 September 2016.</p> <p>Early Bird* Early Bird rates available until 15 July 2016.</p> <p>All rates are subject to UK VAT at the appropriate rate, currently 20%.</p>
Delegate	£500.00	£415.00	£215.00	
Speaker	£345.00	£345.00	£155.00	
Student/Dev. Country	£260.00	£260.00	£105.00	
Dinner	£37.50			

Exhibitor Packages

Stand Package **£1000**

- 2m x 2m exhibition space
- One delegate place
- Access to all conference sessions for your delegate
- Morning coffee, afternoon tea and lunch each day
- Company profile (150 words) and logo within the conference programme
- Link from the conference website to your own
- Pre and post conference delegate lists
- Invaluable networking opportunities

Sponsorship Opportunities

Increase your conference presence to your target audience with one or more of the following.

Welcome Drinks Reception	£1000
Lanyards (to be supplied by sponsor) & Badges	£750
Delegate Bags	£1000
USBs	£1000
Insert in Delegate Bags	£500

All prices are subject to UK VAT at 20%

For more information or if you would like to design your own sponsorship package, please contact the BOHS Team on **+44 (0)1332 250713** or **conferences@bohs.org**

Book your place now at www.oeesc2016.org