

# the Sporting Chance

## GUVNORS SIGN UP FOR HEALTH

**Two-year pilot scheme kicks off at Leicester's Walkers Stadium**

The captains of many of Leicestershire's building companies kicked-off the county's Constructing Better Health scheme by signing up at Leicester's Walkers Stadium. After the signing, the bosses saw Leicester City play Ipswich Town.

They were among forty building firm chiefs attending a talk on ways of improving the health of construction workers. Experts set the ball rolling by describing the dangers of working on building sites - dangers such as breathing difficulties, skin diseases and hearing damage.

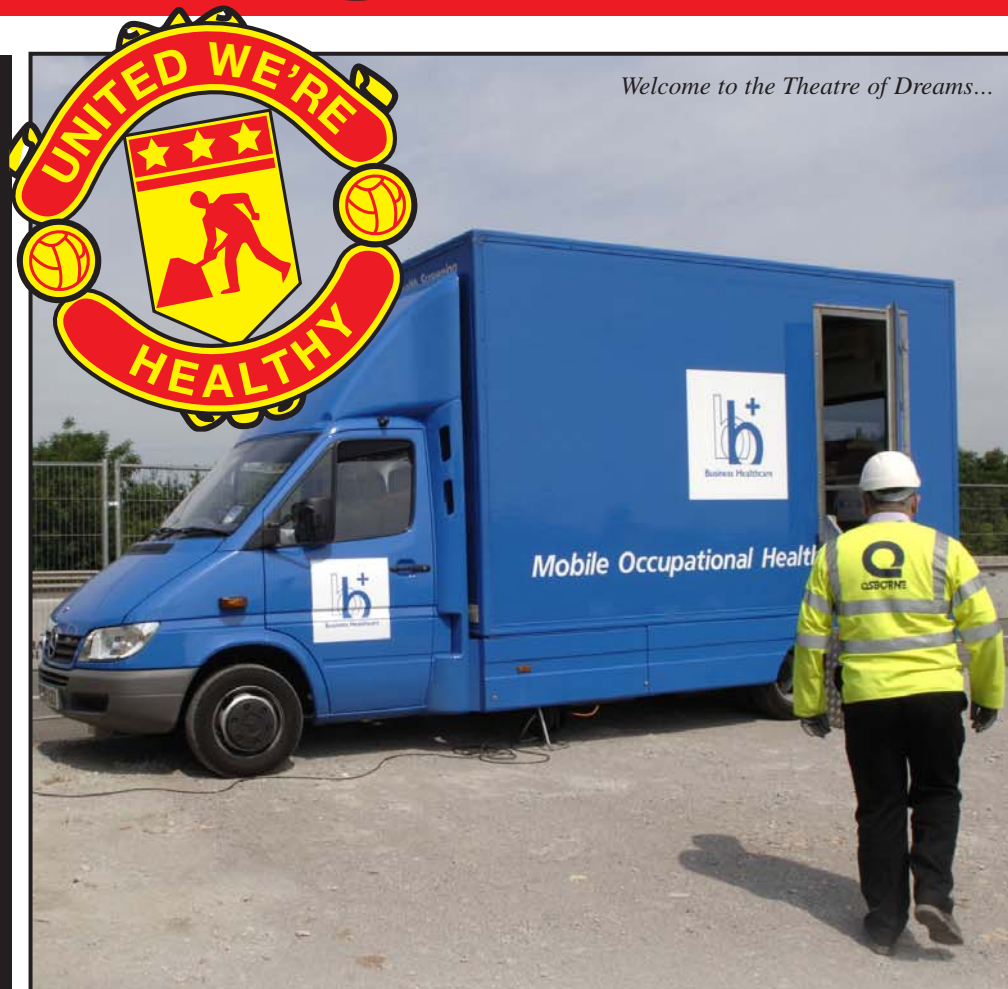
The event was part of a two-year pilot scheme being run in Leicestershire. The scheme, which started in October, includes a mobile health-test centre that visits construction sites across the county.

One boss who thought the scheme was long overdue was Ian Lacey of Lacey Homes in Upper Broughton. He said, "It's a good idea and should have been happening 30 years ago."

If successful, the Leicestershire pilot scheme could be rolled out nationally.



*I can't taste the beer yet!*



*Welcome to the Theatre of Dreams...*

# TACKLE YOUR HEALTH HEAD-ON

**Experts predict lower premiums for an industry that keeps itself fit**

If you think insurance premiums are crippling your business, you're not alone. Trouble is, the construction industry has a higher-than-average claims record. The answer, say industry pundits, is for the building trade to improve its health and safety record.

The Construction Confederation's health

### EXCLUSIVE

and safety supremo, **Andy Sneddon**, says the industry should get its act together: "Occupational health is a problem that the industry needs to tackle, and there are now real opportunities for the industry to take some major steps forward, for example through getting involved

with the Constructing Better Health initiative."

**Justin Jacobs**, a hard-headed number cruncher at the Association of British Insurers, thinks along the same lines: "Dealing with health and safety issues can help employers to minimise insurance claims and therefore keep the costs of premiums down."

# FIT Builder

TOTALLY FREE ADVICE

WWW.FITBUILDER.COM

FIT FOR WORK, FIT FOR LIFE

**TRADE EXCLUSIVE!**

# STAY ON THE JOB LONGER

...extend the life of your tool!

**There is nothing more important than your health and the health of your family.**

The trouble is that working in the construction industry is dangerous - lots of accidents, lots of people killed each year

on site. And, while it doesn't make the headlines, your health can be even more at risk. Every year building workers are hurt at work by:

- getting skin diseases
- breathing in harmful dust
- working in noisy areas
- using vibrating tools
- doing manual work

Constructing Better Health can help you by offering **FREE** advice.

*White finger - caused by exposure to vibration.*



## BUILDERS TO GET LOWER INSURANCE PREMIUMS

Insurance companies are to offer reduced premiums for good health and safety practice to builders who implement the **FREE** advice offered by the CBH scheme.

Call **0116 281 3537** to find out more on how we can help you become a fit builder.

# WIN £000 CASH

YES THAT'S RIGHT WE'RE GIVING AWAY £000 TO ONE VERY LUCKY READER

SEE INSIDE FOR DETAILS ON HOW YOU CAN WIN A POCKET FULL OF DOSH!



+++ PICK UP THIS LEAFLET TODAY +++



## CHECK

## CHECK

Estimates suggest that around 50,000 builders or ex-builders suffer from noise-induced hearing loss. Once your hearing's gone, it won't come back.

Free health checks are for men and women. Among the 541 Leicestershire builders we've seen at our mobile screening unit, there were 12 women.

## POINT

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# TRADE COUNTER

**'It's opened my eyes to the risks'**

Building companies of all sizes are waking up to the benefits of looking after their health. At our free check-ups and advice sessions, we've counted just about every trade there is - plumbers, carpenters, window fitters, maintenance workers and general builders. And the good news is: they're as mouthy as us.

### GOBBY GUVNORS

**Ian Lacey** of Lacey Homes: "Building is essentially an unfit industry. Builders need to know the risks and what they can do to protect their health. Constructing Better Health is an excellent source of help and advice."

**David Beresford** of Beresford Building Contractors: "Although I knew much of what they told me at the Constructing Better Health presentation, it was great to be reminded of the risks. No builder can have enough of health and safety. I will be putting new employees in touch with the Constructing Better Health team."

**Carl Carpenter** of CS Carpenter Property Repairs: "Constructing Better Health is a very good scheme, especially for industry newcomers who don't realise the dangers. They need to be educated

about reducing the risks to their health. I had one of their free health checks; it was great because I couldn't get that sort of service anywhere else."

**Andrew Hall** of Metal Window Maintenance:

"We are registering with Constructionline so we can attract more work from the public sector. Now I will be working with Constructing Better Health's advisors to help me compile information for managing work-related health issues on-site."

**Darren Williams** of D Williams Plumbing:

"Coming to a Constructing Better Health opened my eyes to the risks I am taking and how I should protect myself."

**Christopher Yeomans** of Groby Windows:

"I was surprised: the Constructing Better Health people told me about health risks that I didn't know about. They also explained the dangers of dealing with things like asbestos, which I work with all the time."



# EAR THIS

**Don't let noise damage warnings fall on deaf ears**

Life isn't much fun when you can't hear what people are saying to you - or about you. The time to take action is now, while you can still hear the warnings about noise damage.

hearing is as clear as a bell, you should aim to keep it that way.

- **Don't stand near noisy jobs**
- **Wear good-fitting ear defenders**
- **Check your hearing regularly - how about one of our FREE check-ups?**

Damage to your ears tends to creep up on you: you can't hear as well as you used to... you can't work out what the lads are saying in the pub... there's a constant ringing in your ears... when you hear a noise, you can't tell which direction it's coming from.

If you recognise any of these symptoms, you should get your hearing checked. And if your

Hearing loss is cumulative. The sounds you should avoid or cut out include: constant background noise, sudden loud noises, any other loud or long-lasting noise.



## CHECK

We're not taking the piss when we suggest a urine test. Out of the 335 builders who've volunteered for one, we've told 39 (more than 1 in 10) to visit their doctor. The tests do not cover drugs or alcohol.

## POINT

## WIN £000

All you have to do is answer the very simple question below and send your answer along with your contact details to Fax: **0116 000 0000**

**Q:** How many women been at the mobile screening unit? **A:**

name: \_\_\_\_\_

address: \_\_\_\_\_

tel: \_\_\_\_\_

email: \_\_\_\_\_

# relax



good health doesn't come cheap

IT'S ABSOLUTELY  
**free!**

Your health is priceless. You couldn't put a value on it - nor could we. And because we want to help you stay healthy for longer, we're offering a range of health advice and check-ups **absolutely free**.

Not only is there no cost, there's no catch either.

**Constructing Better Health** is a health scheme for the building trade that puts no demands on busy tradesmen. You don't have to join and there's no paperwork. It's free stuff all the way.

### THERE'S NO SUCH THING AS A FREE LUNCH?

**Oh yes there is.** Constructing Better Health is fully funded by government, the trade unions, and the construction industry. They've already put the cash in. Our job is to spend it on you.

### NO ONE GIVES SOMETHING AWAY FOR NOTHING?

**This time you're right.** The fact is, if we can help you lead a healthier life, everyone benefits. The government won't have to fork out when you're unwell, and the construction industry gets more out of you at a time when your skills are in short supply.

### SOUNDS LIKE A LOT OF HASSLE?

**No.** A single phone call to **0116 281 3537** can get you a free medical check-up and masses of helpful advice. Or you can visit **www.fitbuilder.com** to find out more.

## CHECK YOUR TOOL

**...and keep it warm on chilly nights!**

A fit builder looks after himself and his power tool. He chooses the right tool for the job, he keeps it sharp to cut down vibration, he wears gloves in cold weather, he takes regular breaks, and he doesn't leave his tool to get cold in the van overnight.

Illnesses like vibration white finger affect around 36,000 people in Britain. Symptoms include numbness, pins and needles, and problems picking things up in cold weather.

Power tools are an essential part of the building trade, but you can avoid vibration problems by taking simple precautions and fixing faulty equipment. Stay warm and keep your circulation going in cold weather - and speak up when you spot the symptoms. Your employer or equipment supplier may be able to offer different equipment.

Any part of your body can be affected by vibration, but fingers, arms, hands and back tend to suffer the most.

**For more advice on avoiding the damaging effects of hand-held power tools, visit [www.fitbuilder.com](http://www.fitbuilder.com) or call 0116 281 3537.**



## MOT WHILE-U-WAIT

**Snatch a FREE medical check-up worth £70**

Builders in Leicestershire are feeling better every day. Scores of them are claiming free medical check-ups worth £70.

The no-cost check-ups - a kind of builders' MOT - are so popular that 541 builders have already had one. They form a queue whenever they spot our mobile screening unit at one of the county's building sites or builders' merchants.

Our team of qualified occupational health nurses checks out each builder individually.

To help choose the right tests, they ask about the type of work you do now, and what you've done in the past.

The tests cover hearing, breathing, vision, blood pressure and other common functions.

The nurses will also check for skin problems and test for the damaging effects of power tool use. They can also give you plenty of helpful advice on staying healthy.

The tests are entirely confidential. The only exception to this rule is when the nurses discover a condition that puts you or your workmates at risk.

### THE NURSES **DO NOT** TEST FOR DRUGS OR ALCOHOL

**To book a FREE check-up at your place of work (minimum four people) or at a nearby site (no minimum number), call us on 0116 281 3537**

