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**SAFETY
REBOOT**



What is Safety Reboot?



The CEF's Safety Reboot initiative is running throughout January 2024



The aim is to refocus on key areas of health and safety



Stop what you are doing, gather with colleagues in groups



Take 15 minutes to discuss the chosen topic using the following questions as a guide



Share your pictures on social media #safetyreboot2024

Occupational Health: Introduction

- Today we are going to discuss some occupational health issues including vibration, noise & dust.
- These are major causes of long term health issues.
- The damage usually happens gradually, so by the time you show symptoms it's too late to do anything about it.
- The damage to your health is irreversible and can be life changing.
- Please get involved in this discussion.



VIBRATION

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If you use plant & machinery that vibrates, what can you do to reduce your exposure?



What are the main signs of the ill effects of vibration on the body?



NOISE

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How loud is too loud?



How do you keep
your noise
exposure to safe
levels?



Why is loud noise unsafe?



DUST & FUMES

A large, stylized blue logo on the right side of the slide, resembling a letter 'C' or a partial circle. It contains the text 'CE' in white, which is part of the Construction Employers Federation logo.

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What causes dust or fumes on your site?



How can you
protect yourself
and everyone else
from exposure to
dust & fumes?



What health & safety effects can be caused by the uncontrolled release of dust & fumes?



When was the last time you had a face fit test?



Have you any concerns about the topics raised today that highlight issues about what you are currently doing in your work?



Thanks for
getting
involved.

Remember to
use what you
have learned
today



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