

# JUNE NEWSLETTER

## FOLLOW CSS FOR REGULAR UPDATES

CSS are sharing regular content on LinkedIn including best practice photos, company updates, project progress, and other interactive posts. Laura Keelor is working hard behind the scenes to ramp up our LinkedIn presence and showcase our fantastic clients and projects. Please scan the QR code to give us a follow!

### FOLLOW US!



### ADAM HART

Hi, my name is Adam, and I have recently been promoted to a Senior H&S Consultant for Construction Safety Solutions. I have been with the company for 9 years now, and I am looking forward to this new challenge in my new role.



I will be responsible for filling the gap between the senior management and the field staff, and providing support where needed. I will also be engaging with Clients / Contractors / Designers and assisting these duty holders throughout the project and being proactive. If I can be of any assistance, please do not hesitate to contact me.

Outside of work I have many hobbies which include attending the gym, boxing, golf snowboarding, and hiking.

# Step Ladders

This month our safety campaign document that is issued, will be focused around working from step ladders and what you must consider.



## MENTAL HEALTH AWARENESS

The Health and Safety Executive (HSE) welcomes new partners from the construction sectors to join its Working Minds campaign.

Running a business in construction can be stressful with long hours and juggling intense workloads.

Employers and managers must know, there is support available to help them to prevent work related stress, support good mental health in the workplace and meet their legal obligations to protect workers. Whether work is causing the health issue or aggravating it, employers have a legal responsibility to help their employees.

Having regular conversations about work related stress and mental health helps to reduce stigma and encourages people to talk about their problems earlier. The earlier an issue is recognised, the sooner action can be taken to reduce or remove it.

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# Less Talking and More Action.

## Statistics

- Four in five suicides are by men!
- In 2020, workers in construction were at some of the highest risk of suicide in the country, at 3.7 times higher than the national average (Office for National Statistics)!
- 93% of UK tradespeople have been impacted by mental ill health.
- 64% of UK tradespeople surveyed reported misusing drugs, alcohol, or both drugs and alcohol in an attempt to mitigate symptoms of mental ill health.
- Almost half (48%) of UK tradespeople surveyed told us they knew at least one person who has left the industry due to mental ill health.
- Absenteeism due to mental ill health is costing the construction industry almost £2.75 billion annually.



**Self Support App**

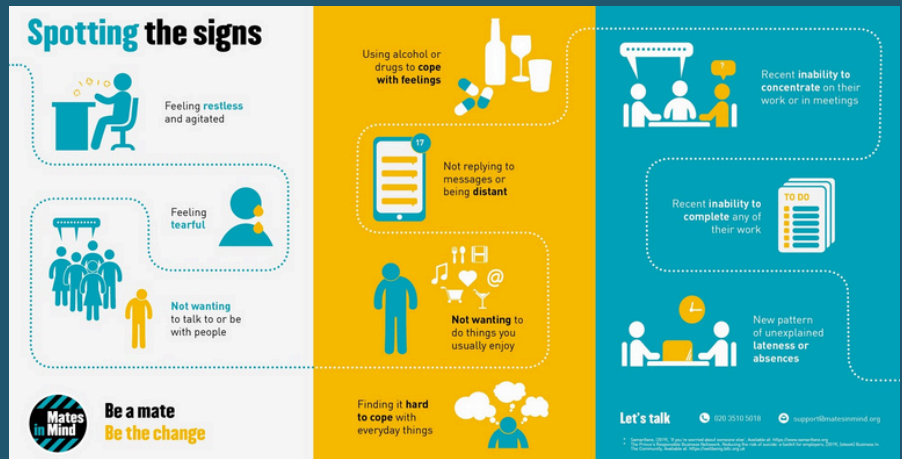
The Ultimate Self-Help Tool in the palm of your hand

Free help and resources for your Mental, Physical and Financial Wellbeing as well as information about support and guidance in your local area

Download on the App Store

GET IT ON Google Play

Lighthouse CLUB



**Spotting the signs**

- Feeling restless and agitated
- Feeling tearful
- Not wanting to talk to or be with people
- Using alcohol or drugs to cope with feelings
- Not replying to messages or being distant
- Not wanting to do things you usually enjoy
- Finding it hard to cope with everyday things
- Recent inability to concentrate on their work or in meetings
- Recent inability to complete any of their work
- New pattern of unexplained lateness or absences

Let's talk ☎ 020 2010 5016 📧 support@matesinmind.org

Mates in Mind Be a mate Be the change



He was our big mouth - he'd always have an answer for everything, except for why he should still be here.

He was the last off-site everyday. Here one night, he left us way too early.

He was such a polite lad, it didn't make sense when he left without saying goodbye.

Our members can be physically and mentally hurt. Lighthouse offers advice and support, highlighting signs and ways to respond to help. We can help you to get the support you need. We can help you to get the support you need.

Help Inside the Hard Hat

Construction Industry Charity



Mates in Mind

Text: "BEAMATE" TO 85258 for free, confidential support 24/7



Feeling low? Stressed? Need to talk?

Start a conversation with us.

Text **HARDHAT** to 85258  
Free, confidential support, 24/7

Lighthouse CLUB  
The Construction Industry Charity

## Mental Health Links



### [Lighthouse Construction Industry Charity](#)

Provides free support services to any construction worker or their family including;

- 24/7 Construction Industry Helpline, call 0345 605 1956
- Text HARDHAT to 85258 if you're uncomfortable talking and would rather text.
- Free Construction Industry Helpline mobile app.

### [Mates in Mind link](#)

Mates in mind can provide and also offer advice to organisations through their Supporter Programme or

- Individuals can text "BeAMate" to 85258 to access free and confidential mental health support service from trained volunteers.
- Download managing and reducing workplace stress [handbook](#).
- Read the blog [How are you really?](#) by former MD, Sarah Meek.

## WE ARE HERE TO HELP!

CSS strive to ensure that we offer the best possible advice as early as possible. If you have any concerns, or questions in relation to the project you are working on, please call us so that we can advise and offer any assistance that may be needed. We have a very approachable team who are there to help through the whole project process.



## CDM TRAINING



CSS offer a range of CDM training sessions which can be carried out at a location that suits you, or online. This includes CDM training for all duty holders.

If you would like training undertaken please do not hesitate to contact our office on 01869 220649 where we will be happy to help.

Alternatively, if you want to discuss safety matters, or the newsletter contact Adam Hart on 07590 046736 or [adam.hart@constructionss.co.uk](mailto:adam.hart@constructionss.co.uk)