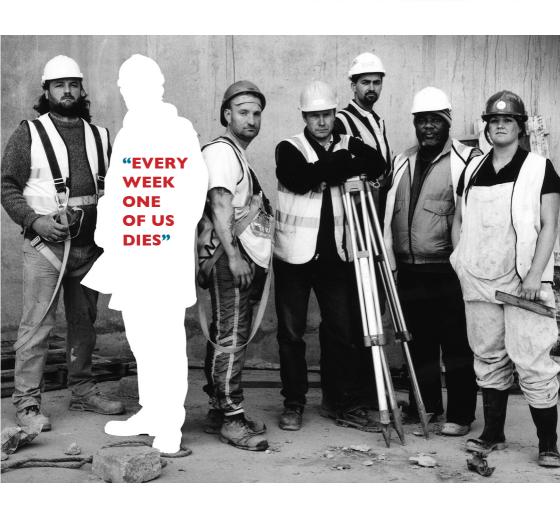
Fitness for Work - Fitness for Life Working Well Together Event

Cheltenham Race Course, Prestbury Park, Cheltenham, Gloucestershire GL50 4SH



Help for the industry - from the industry



Fitness for Work - Fitness for Life Working Well Together Event

With the HSE devoting more of its time and effort to regulating smaller sites and businesses there has never been a more important time for everyone in construction, especially the self-employed and small construction companies, to understand how to comply with their obligations.

This free 'Fitness for Work-Fitness for Life' half-day event is the perfect opportunity for you to gain a better understanding of some key health & safety responsibilities and how to safeguard the health and wellbeing of you, your workforce and your business.

On the 26th February at Cheltenham Racecourse, construction industry experts will be on hand to offer guidance and advice on:

Asbestos Awareness - Did you know that on average 20 tradesmen a week die from asbestos exposure? Now is the time to get clued up on the facts, so that you, your workmates, your friends and family are protected.

Silica Dust – Construction dust is not just a nuisance; it's a real risk to your lungs and potentially your life, with silica dust estimated to be responsible for the death of of over 500 people who have worked in construction each year.

Face Fit Testing – Would you wear a pair of safety boots that didn't fit? Wearing a mask that doesn't fit means you're not protected, and you're not legal. Learn how Face Fit Testing is vital to safeguarding your health and staying legal.

Hand Arm Vibration – Do you use concrete breakers, sanders, disc cutters? Whatever your trade, if you are a regular user of power tools and equipment you could be at risk of permanent damage your nerves, blood vessels. Learn the simple steps you can take to safeguard your health.

Noise in Construction - It can take years for a worker to realise just how deaf they have become due to repeated exposure to noise. Young workers can be damaged as easily as older ones so listen to some good advice before its too late.

Welfare - Pushed for time running a busy building site? Learn the essential health and safety top tips to follow, even if you don't directly employ the people working on your site.



Event Programme

08.00 - 08.30 REGISTRATION/TEA/COFFEE AND BACON ROLLS

08.30 - 08.45 Welcome and Introduction

08.45 - 13.30 The programme will consist of talks and demonstrations on:

- Asbestos Awareness
- ♦ Silica Dust
- Face Fit Testing
- ♦ Hand Arm Vibration
- ♦ Noise in Construction
- Welfare

Plus free exhibition with distributors and suppliers of the latest equipment to help protect your health.

You will be asked to complete a feedback form in return for a Certificate of Attendance and a health and safety leaflet pack.

Refreshments will be provided free of charge



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Places will be allocated on a first come first served basis, so book early to ensure your place. Please complete all details clearly.

I would like place(s)				
Name(s)	attending			
Compan	y/Business name			
Address				
		Postcode		
Telephone Fax		Fax		
E-mail				
Please (post or email your booking	by Friday 22nd	February 2013 to	o:
Tel:	0117 988 6012	Post to:	Yvonne Mazzotta	
Fax to:	0117 988 6010		Health and Safety The Pithay Bristol	y Executive
E-mail:	yvonne.mazzotta@hse.gsi.gov.	uk	BSI 2ND	
Please tick size of company 0-5 (number of people)		6-15	16-50	50+
	etain your details in a computer record for a I publications which may be of interest to you			
WWT may pass basic details of companies attending this event to exhibitors. If you would prefer your contact details not to be passed on — please tick the box.				



Fitness for Work - Fitness for Life

Working Well Together Event



Supported by











































How to find us

Cheltenham Race Course, SalesArena and Betting Hall, Prestbury Park, Cheltenham, Gloucestershire GL50 4SH

Please follow the recommended routes signed by the AA. On reaching the race course please follow the parking signs for the **Working Well Together** Event.

http://www.cheltenham.co.uk/raceday/how-to-get-here/

For information on the Working Well Together campaign: **wwt.uk.com**

