

## CITB – Updated Health, Safety & Environment test



**CITB's updated Health, safety and environment test for the construction industry launched on 26<sup>th</sup> June 2019.**

CITB has undertaken a major update to the Health, Safety and Environment test, which was first introduced in 2001 in response to high levels of significant accidents and incidents in construction. Over the last 18 years it has been key to improving health and safety in the industry.

CITB regularly reviews the test to make sure it meets current health and safety legislation, including any changes to EU Regulations (which the UK is still subject to) and is aligned with the latest industry practice. Around half a million people undertake the test each year, making it one of the most taken after the driving licence test.

This time a much more detailed review has taken place, taking into account feedback from construction workers, employers and other key stakeholders across the industry.

CITB has worked with leading assessment company Pearson VUE to improve the format of the questions, and to ensure the test remains fair, reliable and valid. This included piloting new questions and formats with 7,500 candidates over the past year.

The test for construction operatives in particular has been substantially updated to better reflect the range of day to day tasks and responsibilities on site. The test instructions have also been made clearer, in response to candidate feedback.

CITB will be contacting all CSCS card holders who are renewing their proficiency and informing employers about the updates. All new applicants are being advised of the test changes and encouraged to prepare appropriately.

Updated revision materials, such as DVDs, books, downloads and apps, are now available.

Find out more about planned updates to the CITB's HS&E test [here](#).

## HSE increases FFI charge by almost 20%



**The Health and Safety Executive (HSE) has increased their Fee For Intervention (FFI) hourly rate from £129 to £154.**

FFI was designed to recover costs incurred by the HSE during enforcement action against organisations that fail to comply with safety and health law, thus transferring the financial burden from the taxpayer to the business.

The new charge came into effect on 6<sup>th</sup> April this year and it is the second increase since the scheme was introduced in October 2012. The rate first went up in 2016, from £124.

In a statement, the HSE said this can be attributed in part to the fact that the scheme has operated recently at a deficit.

In 2017/18 the HSE reported a £1.9m loss from running FFI after the £15m it generated from fines to businesses was offset by its operating costs, which totalled almost £17m.

It said: "HSE's cost recovery rate for FFI will increase to £154 per hour with effect from 6 April 2019. This means that businesses that are found to be in material breach of health and safety law will be charged at this new rate. As now, those businesses that meet their legal requirements will not pay anything for HSE's enforcement activity.

"HSE must set the FFI rate with the aim of recovering our full cost and in recent years it has operated at a deficit (i.e. cost more than recovered in income). A combination of this and cumulative inflationary pressures support the increased hourly rate."

A material breach is defined by the HSE as "something which an inspector considers serious enough that they need to formally write to the business requiring action to be taken".

To find out more about FFI and what the HSE has to say on the matter, click [here](#)

## HSE publishes first aid guidance on mental health



**The Health and Safety Executive (HSE) has published updated guidance to help employers support staff experiencing a mental health issue.**

The HSE's updated First Aid Guidance states companies should consider ways to "manage mental ill health in your workplace which are appropriate for your business".

According to the guidance, this could include providing information or training for managers and employees, employing occupational health professionals, appointing mental health-trained first aiders and implementing employee support programmes.

The updated guidance came after 50 business leaders wrote an open letter to the Prime Minister, which called for a change in the law to protect mental health in the workplace.

The open letter was organised by Mental Health First Aid (MHFA) England and specifically called on Ministers to amend health and safety legislation to put mental and physical first aid on an equal footing.

"The guidance is an important step towards supporting employees' mental health but we are clear that equality will only truly be reached when the law demands that every workplace must make provision for mental, as well as physical, first aid," said MHFA England Chief executive, Simon Blake.

"We look forward to achieving legislative change so that Health and Safety Regulations are designed to protect our whole health, mental and physical."

To read the updated HSE Guidance, please click [here](#)

## Manual Handling at Work



**Incorrect manual handling is one of the most common causes of injury at work. It causes work-related musculoskeletal disorders (MSDs) which account for over a third of all workplace injuries.**

Manual handling relates to the moving of items either by lifting, lowering, carrying, pushing or pulling. The weight of the item is an important factor, but many other factors can create a risk of injury, for example the number of times you have to pick up or carry an item, the distance you are carrying it, where you are picking it up from or putting it down (picking it up from the floor, putting it on a shelf above shoulder level) and any twisting, bending, stretching or other awkward posture you may adopt while doing a task.

There is evidence that, as well as manual handling, heavy manual labour, awkward postures and a recent or existing injury are all risk factors in the development of MSDs.

HSE has developed assessment 'tools' to assist employers with analysing lifting, carrying and team handling (the MAC tool and the V-MAC tool), repetitive upper limb tasks (the ART tool) and pushing and pulling (the RAPP tool). Depending on the task, you may find it helpful to use more than one tool, for example you may need to pick up a box of items (lifting), carry it to a workstation (carrying), then distribute the contents to other locations such as a filing cabinet (repetitive movements).

For more information about each tool click on the following links

- [MAC tool](#) – lifting, carrying, lowering
- [V-MAC tool](#) – where load weights vary
- [ART tool](#) – repetitive upper limb tasks
- [Push/Pull tool \(RAPP\)](#) – moving loads by pushing and pulling

For further information you can read the HSE brief guidance on Manual Handling at Work (indg143) [here](#)

## Health & Safety Consultancy Services

PFB Safety Management Services is a subsidiary of PFB and was specifically established to provide occupational health & safety services including bespoke health & safety policies, audits/inspections and training courses to a broad spectrum of Clients.

Health and Safety Consultancy Services include:

- Preparation of Health and Safety Policies for Clients, Designers and Contractors including Risk Assessments/Method Statements/Safe Systems of Work.
- 'Health and Safety Assistance' as defined within and required by Regulation 7 of the Management of Health and Safety at Work Regulations 1999.
- Organisational/building Health and Safety Inspections/Audits/Reports including Risk Assessments.
- Fire Risk Assessment of premises compliant with the requirements of the Regulatory Reform (Fire Safety) Order 2005.
- Assistance with CHAS accreditation.



If you require further information on the Health & Safety Consultancy services we provide, *Jim Murchie* *John Murchie* please contact:

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## Asbestos Management Consultancy Services / Asbestos Awareness Workshops



PFB provide Asbestos Management Consultancy Services utilising extensive knowledge and experience of providing specialist services and advice on numerous projects, ranging from Due Diligence services and reports in connection with property acquisition, to the management of surveys and the development of specifications for asbestos remediation/removal works on a variety of projects.

Asbestos Consultancy services provided include:

- Due Diligence Asbestos Reviews & Advisory Services
- Asbestos Survey Briefs
- Asbestos Removal Works Specifications
- Independent Monitoring

If you require some CPD points or require an update on Asbestos Awareness and The Control of Asbestos Regulations 2012, we offer Asbestos Awareness Workshops and would be pleased to discuss this further. Please contact:



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## CDM 2015 Principal Designer Services + Workshops



PFB provide CDM Principal Designer services in accordance with the requirements of the Construction (Design & Management) Regulations – CDM 2015 Regulations, applicable to all construction projects within the UK.

Due to our design background and associated professional design qualifications, as well as our considerable experience previously providing CDM Co-ordinator and CDM Planning Supervisor services for more than 20+ years, PFB have been providing CDM 2015 Principal Designer services either directly to our Clients, or on a sub-consultancy basis, predominantly via the lead Designer appointed to fulfil the Principal Designer function

PFB also provide CDM 2015 workshops specifically for Designers utilising our extensive practical experience.

If you would like further information on our Principle Designer Services or to book one of these Workshops, please contact:



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