

## Mental health

**Mental health can affect anyone regardless of age, gender, religion or ethnicity.**

Suicide kills **six times** as many construction workers as falling from heights.

Be aware of how your behaviour can have an impact on other people.

Be conscious of the way in which you treat people, and avoid discriminatory or unfair behaviour.

Before you speak, THINK:

- T – is it true?
- H – is it helpful?
- I – is it inspiring?
- N – is it necessary?
- K – is it kind?

VGC does not tolerate unfair treatment or discrimination.

If you have any concerns about mental health or discrimination please speak to your VGC manager or contact Laura Kenneally, HR team leader on 01895 671 780.



Samaritans volunteers are available 24 hours a day in the UK and Ireland face-to-face, by email, SMS and by telephone (free) on 116 123.



## See it, share it



Thank you to Mark Mullan for once again winning the monthly 'See it, share it' prize draw. Mark identified asbestos during an excavation around an HV cable under a footpath.

- Please remember to send us good practice, close calls, near misses and ways to improve
- Text **07876 448 119**
- Email **BeSafe@vgcgroup.co.uk**



## CoSHH

Before using any CoSHH product (Control of Substances Hazardous to Health), make sure you have been briefed on the risks and control measures to reduce the risk to yourself, others and the environment. If necessary, ask for the CoSHH assessment.

## Access

Walking routes should have adequate lighting and be free from obstructions. If not, tell your supervisor: **see it, share it!**

Don't walk on catch-pits lids: they can become dislodged, and you could fall or twist your ankle.

## Utilities and services

If you come across any service that you did not expect, or something that appears degraded - or just doesn't look right - inform your site supervisor and get it checked.

- CAT scan and always ensure you have a permit.
- **Never** attempt to resolve the issue yourself.

## Be on the ball - testicular cancer

Each year in the UK, around 2,100 men are diagnosed with testicular cancer. Rates of testicular cancer are increasing.

The cancer usually affects young or middle-aged men. Treatment is very effective and nearly all men are cured if diagnosed early.

**The most common symptom of testicular cancer is a lump or swelling in one of your testicles.**

The lump or swelling can be about the size of a pea, but may be larger. Most testicular lumps or swellings are not a sign of cancer. But do not ignore them.

### Carry out regular checks every month.

This is easiest while you are having a bath or shower.

- Check each ball separately.
- Feel the weight of each ball in your hand.
- Gently roll each ball between your fingers to make sure the surface is free of lumps and bumps.

See your GP immediately if you find:

- increase in size
- hardness
- a lump
- Discomfort.

If you do not feel comfortable visiting your GP, you can go to your local sexual health clinic. You can find your local clinic by visiting the Family Planning Association website [www.fpa.org.uk/](http://www.fpa.org.uk/)

See also [www.nhs.uk/conditions/Cancer-of-the-testicle](http://www.nhs.uk/conditions/Cancer-of-the-testicle) for further advice.

## Using hand held devices while driving

The penalty for using a mobile device while driving will increase in March from £100 and 3 points to 200 and 6 points. If this is within two years of passing your driving test, you will lose your licence.



Using a mobile phone while driving is one of the main causes of accidents. In 2014 there were 21 fatal accidents and 84 serious accidents because of using a mobile phone device while driving.

We have zero tolerance for use of hand-held devices (not built into a car), including mobile phone and sat-navs.

In January a member of the public reported a driver of a VGC vehicle using a mobile phone. The driver of this vehicle was identified and appropriate measures taken.

Directors will review your eligibility for a company vehicle if you have six or more points on your driving licence.

## 2017 corporate objectives

- **Growth:** achieve 20% managed growth
- **Technology:** implement new systems to create efficiencies
- **HS2:** win projects on HS2
- **Skills levels:** benchmark, monitor and improve
- **Safety, quality and environmental:** benchmark, monitor and improve
- **Health and wellbeing:** benchmark, monitor and improve
- **Local employment and diversity:** benchmark, monitor and improve