

# NEBOSH Health and Safety Management for Construction (UK)

*Reference information provided, in particular web links, was correct as of 14/10/2025.*

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## Element 1 – The foundations of construction health and safety management

Managing Health and Safety in Construction, Construction (Design and Management) Regulations 2015, Guidance on regulations, L153, HSE Books, ISBN: 978-0-7176-6623-3,  
<http://www.hse.gov.uk/pubns/priced/l153.pdf>

The Construction (Design and Management) Regulations 2015, Industry guidance for Clients, Produced by CONIAC, published by CITB, ISBN: 978-1-85751-389-9,  
<https://www.citb.co.uk/media/bwzklrv5/cdm-2015-clients-interactive.pdf>

The Construction (Design and Management) Regulations 2015, Industry guidance for Contractors Produced by CONIAC, published by CITB, ISBN: 978-1-85751-391-2,  
<https://www.citb.co.uk/media/xsycbicccdm-2015-contractors-interactive.pdf>

The Construction (Design and Management) Regulations 2015, Industry guidance for Principal Contractors Produced by CONIAC, published by CITB, ISBN: 978-1-85751-393-6,  
<https://www.citb.co.uk/media/5dgbe5ol/cdm-2015-principal-contractors-interactive.pdf>

The Construction (Design and Management) Regulations 2015, Industry guidance for Designers, produced by CONIAC, published by CITB, ISBN 978-1-85751-393-6,  
<https://www.citb.co.uk/media/ndlbnb5v/cdm-2015-designers-interactive.pdf>

The Construction (Design and Management) Regulations 2015, Industry guidance for Principal Designers, produced by CONIAC, published by CITB, ISBN 978-1-85751-390-5  
<https://www.citb.co.uk/media/nrnns1l1/cdm-2015-principal-designers-interactive.pdf>

The Construction (Design and Management) Regulations 2015, Industry guidance for Workers, produced by CONIAC, published by CITB, ISBN 978-1-85751-394-3  
<https://www.citb.co.uk/media/oczbsxvn/cdm-2015-workers-interactive.pdf>

Using contractors, a brief guide, INDG368, HSE Books, <http://www.hse.gov.uk/pubns/indg368.pdf>

Workplace health, safety and welfare, Workplace (Health, Safety and Welfare) Regulations 1992, ACOP, L24, HSE Books, ISBN 978-0-7176-0413-5 <https://www.hse.gov.uk/pubns/books/l24.htm>

## Element 2 – Improving health and safety culture and assessing risk

Common topic 4: Safety culture, HSE,

<https://www.hse.gov.uk/humanfactors/assets/docs/common4.pdf>

Consulting workers on health and safety, Safety Representatives and Safety Committee Regulations 1977 (as amended) and Health and Safety (Consultation with Employees) Regulations 1996 (as amended), ACoP, L146, HSE Books, ISBN: 978-0-717664-61-0

<http://www.hse.gov.uk/pubns/priced/l146.pdf>

Ergonomics and human factors at work, INDG90, HSE Books,

<http://www.hse.gov.uk/pubns/indg90.pdf>

Example risk assessments, HSE, <https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm>

Human factors and ergonomics <http://www.hse.gov.uk/humanfactors/>

Human factors: Organisational change, HSE,

<http://www.hse.gov.uk/humanfactors/topics/orgchange.htm>

Involving your workforce in health and safety: Good practice for all workplaces (HSG263), HSE Books, ISBN 978-0-717662-27-2 <http://www.hse.gov.uk/pubns/priced/hsg263.pdf>

Leading health and safety at work (INDG417 rev 1 2013) HSE Books

[www.hse.gov.uk/pubns/indg417.htm](http://www.hse.gov.uk/pubns/indg417.htm)

Managing Health and Safety in Construction, Construction (Design and Management) Regulations 2015, Guidance on regulations, L153, HSE Books, ISBN: 978-0-7176-6623-3,

<http://www.hse.gov.uk/pubns/priced/l153.pdf>

Managing risks and risk assessment at work , HSE, <https://www.hse.gov.uk/simple-health-safety/risk/index.htm>

New and expectant mothers <http://www.hse.gov.uk/mothers/>

Organisational culture, HSE, <http://www.hse.gov.uk/humanfactors/topics/culture.htm>

Personal protective equipment (PPE) at work regulations from 6 April 2022,

<https://www.hse.gov.uk/ppe/ppe-regulations-2022.htm>

Reducing Error and Influencing Behaviour (HSG48), HSE Books, ISBN: 978-0-717624-52-2

<http://www.hse.gov.uk/pubns/priced/hsg48.pdf>

Young people at work, HSE, <https://www.hse.gov.uk/young-workers/employer/work-experience.htm>

## Element 3 – Managing change and procedures

Emergency Procedures, HSE website guidance, <https://www.hse.gov.uk/workplace-health/emergency-procedures.htm>

Example risk assessments, HSE, <https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm>

First aid at work, L74, third edition (amended 2018), HSE Books, ISBN: 978-0-7176-6560-0  
<http://www.hse.gov.uk/pubns/priced/l74.pdf>

First aid in work, HSE, <https://www.hse.gov.uk/simple-health-safety/firstaid/index.htm>

Guidance on permit-to-work systems. A guide for the petroleum, chemical and allied industries (HSG250) HSE Books, ISBN: 978-0-717629-43-5 <http://www.hse.gov.uk/pubns/priced/hsg250.pdf>

Human factors: Organisational change, HSE,  
<http://www.hse.gov.uk/humanfactors/topics/orgchange.htm>

Human factors: Permit to work systems, HSE, <http://www.hse.gov.uk/humanfactors/topics/ptw.htm>

Managing Health and Safety in Construction, Construction (Design and Management) Regulations 2015, Guidance on regulations, L153, HSE Books, ISBN: 978-0-7176-6623-3,  
<http://www.hse.gov.uk/pubns/priced/l153.pdf>

Managing risks and risk assessment at work, HSE, <https://www.hse.gov.uk/simple-health-safety/risk/index.htm>

Specific topic 3: Organisational change and transition management, HSE,  
<https://www.hse.gov.uk/humanfactors/assets/docs/specific3.pdf>

## Element 4 – Excavation

Avoidance of danger from overhead electric power lines, Guidance Note GS6 (Fourth Edition), HSE Books, <http://www.hse.gov.uk/pubns/gs6.pdf>

Avoiding danger from underground services, HSG47, HSE Books, ISBN 978-0-7176-6584-6  
<http://www.hse.gov.uk/pubns/priced/hsg47.pdf>

Managing Health and Safety in Construction, Construction (Design and Management) Regulations 2015, Guidance on Regulations, L153, HSE Books, ISBN: 978-0-7176-6626-3  
<http://www.hse.gov.uk/pubns/priced/L153.pdf>

Personal Protective Equipment at Work (Guidance), L25, HSE Books, ISBN 978-0-7176-6139-3  
<http://www.hse.gov.uk/pubns/priced/l25.pdf>

Protecting the public: Your next move, HSG151, HSE Books, ISBN 978-0-7176-6294-4  
<http://www.hse.gov.uk/pubns/priced/hsg151.pdf>

Safe work in confined spaces. ACoP, regulations and guidance, L101, HSE Books, ISBN 978-0-7176-6233-3 <http://www.hse.gov.uk/pubns/priced/l101.pdf>

## Element 5 – Demolition

Asbestos: The survey guide, HSG264 (Second Edition), HSE Books, ISBN 978-07176-6502-0

<http://www.hse.gov.uk/pubns/priced/hsg264.pdf>

Code of practice for demolition, BS 6187, British Standards Institution, ISBN 978-0-5803-3206-7

Establishing exclusion zones when using explosives in demolition, HSE Construction information sheet No 45. <http://www.hse.gov.uk/pubns/cis45.pdf>

Health and Safety in Construction, HSG150, HSE Books, ISBN 978-0-7176-6182-2

<http://www.hse.gov.uk/pubns/priced/hsg150.pdf>

Managing Health and Safety in Construction, Construction (Design and Management) Regulations 2015, Guidance on Regulations, L153, HSE Books, ISBN: 978-0-7176-6626-3

<http://www.hse.gov.uk/pubns/priced/l153.pdf>

Personal Protective Equipment at Work (Guidance), L25, HSE Books, ISBN: 978-0-7176-6139-3

<http://www.hse.gov.uk/pubns/priced/l25.pdf>

Protecting the public: Your next move, HSG151, HSE Books, ISBN 978-0-7176-6294-4

<http://www.hse.gov.uk/pubns/priced/hsg151.pdf>

## Element 6 – Mobile plant and vehicles

A guide to workplace transport safety, HSG136, HSE Books,

<http://www.hse.gov.uk/pubns/priced/hsg136.pdf>

Health and Safety in Construction HSG150, 3rd Edition, HSE Books ISBN 978-0-7176-6182-2

[www.hse.gov.uk/pubns/priced/hsg150.pdf](http://www.hse.gov.uk/pubns/priced/hsg150.pdf)

Lighting at Work, HSG38, second edition 1997, HSE Books, ISBN 978-0-7176-1232-1

[www.hse.gov.uk/pubns/priced/hsg38.pdf](http://www.hse.gov.uk/pubns/priced/hsg38.pdf)

Managing Health and Safety in Construction, Construction (Design and Management) Regulations 2015, Guidance on regulations, L153, HSE Books, ISBN: 978-0-7176-6623-3,

<http://www.hse.gov.uk/pubns/priced/L153.pdf>

Safe Use of Vehicles on Construction Sites, HSG144, HSE Books, ISBN 978-0-7176-6291-3

<http://www.hse.gov.uk/pubns/priced/hsg144.pdf>

Safety at Street Works and Road Works: A Code of Practice 2013, HMSO ISBN 978-0-115531-45-3

<http://www.gov.uk/government/publications/safety-at-street-works-and-road-works>

Safe Use of Work Equipment, ACOP and guidance, L22, third edition 2008, HSE Books ISBN 978-0-7176-6295-1 [www.hse.gov.uk/pubns/priced/l22.pdf](http://www.hse.gov.uk/pubns/priced/l22.pdf)

The Traffic Signs Manual (Chapter 8: The Traffic Safety Measures and Signs for Road Works and Temporary Situations) Department for Transport, <http://www.gov.uk/government/publications/traffic-signs-manual>

Part 1: Design. The current edition is dated 2009 - ISBN 978-0-115530-51-7

[http://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/203669/traffic-signs-manual-chapter-08-part-01.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/203669/traffic-signs-manual-chapter-08-part-01.pdf)

Part 2: Operations. The current edition is dated 2009 - ISBN 978-0-115530-52-4

[http://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/203670/traffic-signs-manual-chapter-08-part-02.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/203670/traffic-signs-manual-chapter-08-part-02.pdf)

Vehicles at work, HSE, <http://www.hse.gov.uk/workplacetransport/index.htm>

Workplace Transport Safety - Guidance for Employers, HSG136, HSE Books, ISBN 978-0-7176-6154-1 [www.hse.gov.uk/pubns/priced/hsg136.pdf](http://www.hse.gov.uk/pubns/priced/hsg136.pdf)

## Element 7 – Working at height

Inspection and reports, HSE Construction Information Sheet no 47 (rev1) Series Code, CIS47REV1

<http://www.hse.gov.uk/pubns/cis47.pdf>

Health and Safety in Construction, HSG150, HSE Books, ISBN 978-0-7176-6182-2

<http://www.hse.gov.uk/pubns/priced/hsg150.pdf>

Health and safety in roof work, HSG33, HSE Books, ISBN 978-0-7176-6527-3

<http://www.hse.gov.uk/pubns/priced/hsg33.pdf>

Managing Health and Safety in Construction, Construction (Design and Management) Regulations 2015, Guidance on Regulations, L153, HSE Books, ISBN: 978-0-7176-6626-3

<http://www.hse.gov.uk/pubns/priced/L153.pdf>

Personal Protective Equipment at Work (Guidance), L25, HSE Books, ISBN: 978-0-7176-6139-3

<http://www.hse.gov.uk/pubns/priced/l25.pdf>

Protecting the public: Your next move, HSG151, HSE Books, ISBN 978-0-7176-6294-4

<http://www.hse.gov.uk/pubns/priced/hsg151.pdf>

Safe use of work equipment, ACOP L22, HSE Books, ISBN 978-0-7176-6295-1

<http://www.hse.gov.uk/pubns/priced/l22.pdf>

Working at Height: A brief guide, INDG401, HSE Books, <http://www.hse.gov.uk/pubns/indg401.pdf>



## Element 8 – Musculoskeletal health and load handling

Ergonomics and human factors at work, INDG90, HSE Books,

<http://www.hse.gov.uk/pubns/indg90.pdf>

Manual Handling, Manual Handling Operations Regulations 1992 (as amended), Guidance on Regulations, L23, HSE Books, ISBN: 978-0-7176-6653-9 <http://www.hse.gov.uk/pubns/priced/l23.pdf>

Lift-truck training, INDG462, HSE, <http://www.hse.gov.uk/pubns/indg462.pdf>

Lifting equipment at work – a brief guide, INDG290(rev1), HSE,

<http://www.hse.gov.uk/pubns/indg290.pdf>

Rider-operated lift trucks, L117, 2013, HSE Books, ISBN: 978-0-717664-41-2,

<http://www.hse.gov.uk/pubns/priced/l117.pdf>

Safe use of lifting equipment, Lifting Operations and Lifting Equipment Regulations 1998, ACoP and Guidance, L113 (amendments made 2018), HSE Books, ISBN: 978-0-7176-6588-0,

<http://www.hse.gov.uk/pubns/priced/l113.pdf>

Safe Use of Work Equipment, Approved Code of Practice and guidance, L22, HSE Books, ISBN: 978-0-7176-6619-5 <http://www.hse.gov.uk/pubns/priced/l22.pdf>

Seating at Work, HSG57, HSE Books, ISBN: 978-0-7176-1231-4,

<http://www.hse.gov.uk/pubns/priced/hsg57.pdf>

Understanding ergonomics at work, INDG90 (rev2), HSE Books,

<https://www.hse.gov.uk/pubns/indg90.pdf>

Upper Limb Disorders in the Workplace, HSG60, HSE Books, ISBN: 978-0-7176-1978-8,

<http://www.hse.gov.uk/pubns/priced/hsg60.pdf>

Working with display screen equipment (DSE): A brief guide, INDG36 (rev4), HSE Books, ISBN: 978-0-717664-72-6 <http://www.hse.gov.uk/pubns/indg36.htm>

Workplace health, safety and welfare, Workplace (Health, Safety and Welfare) Regulations 1992, ACOP, L24, HSE Books, ISBN: 978-0-7176-6583-9, <http://www.hse.gov.uk/pubns/priced/l24.pdf>

Work with display screen equipment: Health and Safety (Display Screen Equipment) Regulations 1992 as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002: Guidance on Regulations, L26, HSE Books ISBN: 978-0-7176-2582-6, <http://www.hse.gov.uk/pubns/priced/l26.pdf>

## Element 9 – Musculoskeletal health and load handling

7 ways driverless cars could fail (Forbes), <https://www.forbes.com/sites/chunkamui/2016/04/08/7-driverless-doomsdays/#281914d616cf>

Buying new machinery, INDG271, HSE Books, <http://www.hse.gov.uk/pubns/indg271.pdf>

Chainsaws at work, INDG317 (rev2), HSE, <http://www.hse.gov.uk/pubns/indg317.pdf>

Drone safety risk: an assessment, Civil Aviation Authority, <https://www.caa.co.uk/our-work/publications/documents/content/cap1627/>

Drones offer risks, underwriting challenges, Risk & Insurance magazine, <https://riskandinsurance.com/drones-offer-risks-underwriting-challenges/>

Personal Protective Equipment at Work, Guidance on Regulations, L25, HSE Books, ISBN: 978-0-7176-6597-6. <http://www.hse.gov.uk/pubns/priced/l25.pdf>

Rise of the Drones, Managing the unique risks associated with unmanned aircraft systems, Allianz, <https://www.agcs.allianz.com/content/dam/onemarketing/agcs/agcs/reports/AGCS-Riseofthedrones-report.pdf>

Safe use of vertical spindle moulding machines - Information Sheet (Woodworking Sheet No. 18), HSE, <http://www.hse.gov.uk/pubns/wis18.pdf>

Safe use of woodworking machinery - ACOP and guidance, L114 (second edition 2014), HSE Books, ISBN 978-0-7176-6621-8 <http://www.hse.gov.uk/pubns/priced/l114.pdf>

Safe Use of Work Equipment, Approved Code of Practice and guidance, L22, HSE Books, ISBN: 978-0-7176-6619-5 <http://www.hse.gov.uk/pubns/priced/l22.pdf>

Safety signs and signals, Guidance on Regulations, L64 HSE Books, ISBN: 978-0-7176-6598-3, <http://www.hse.gov.uk/pubns/priced/l64.pdf>

## Element 10 – Musculoskeletal health and load handling

Avoidance of danger from overhead electrical lines, GS6 (fourth edition), HSE Books,  
<http://www.hse.gov.uk/pubns/g6.pdf>

Avoiding danger from underground services, HSG47 (third edition 2014), HSE Books, ISBN 978-0-7176-6584-6 <http://www.hse.gov.uk/pubns/priced/hsg47.pdf>

Electrical safety and you - A brief guide, INDG231 (Rev1), HSE Books,  
<http://www.hse.gov.uk/pubns/indg231.pdf>

Electricity at work, safe working practices, HSG85, HSE Books, ISBN: 978-0-7176-6581-5,  
<http://www.hse.gov.uk/pubns/priced/hsg85.pdf>

Guidance on the management of electrical safety and safe isolation procedures for low voltage installations, Electrical Safety First in partnership with others (including the HSE),  
<https://www.electricalsafetyfirst.org.uk/downloads/>

IET Wiring Regulations 18th Edition (first amendment), BS7671:2018

Maintaining Portable and Transportable Electrical Equipment, HSG107, HSE Books, ISBN: 978-0-7176-6606-5, <http://www.hse.gov.uk/pubns/priced/hsg107.pdf>

Safe Use of Work Equipment, Approved Code of Practice and guidance, L22, HSE Books, ISBN: 978-0-7176-6619-5, <http://www.hse.gov.uk/pubns/priced/l22.pdf>

The Electricity at Work Regulations 1989, HSR25 HSE Books, ISBN: 978-0-7176-6636-2,  
<http://www.hse.gov.uk/pubns/priced/hsr25.pdf>

## Element 11 – Fire

Fire safety, HSE, <https://www.hse.gov.uk/fireandexplosion/fire-safety.htm>

Fire Safety Risk Assessment Series (Home Office publications),  
<https://www.gov.uk/search/all?keywords=Fire+Safety+Risk+Assessment&order=relevance>

Fire Safety Risk Assessment - Offices and shops, ISBN-13: 978-1-851128-15-0

Fire Safety Risk Assessment - Factories and warehouses, ISBN-13: 978-1-851128-16-7

Fire Safety Risk Assessment - Sleeping accommodation, ISBN-13: 978-1-851128-17-4

Fire Safety Risk Assessment - Residential care premises, ISBN-13: 978-1-851128-18-1

Fire Safety Risk Assessment - Educational premises, ISBN-13: 978-1-851128-19-8

Fire Safety Risk Assessment - Small and medium places of assembly, ISBN-13: 978-1-851128-20-4

Fire Safety Risk Assessment - Large places of assembly, ISBN-13: 978-1-851128-21-1

Fire Safety Risk Assessment - Theatres, cinemas and similar premises, ISBN-13: 978-1-851128-22-8

Fire Safety Risk Assessment - Open air events and venues, ISBN-13: 978-1-851128-23-5

Fire Safety Risk Assessment - Healthcare premises, ISBN-13: 978-1-851128-24-2

Fire Safety Risk Assessment - Transport premises and facilities, ISBN-13: 978-1-851128-25-9

Regulatory Reform (Fire Safety) Order 2005: Making your small block of flats safe from fire, (Home Office guidance), <https://www.gov.uk/government/publications/making-your-small-block-of-flats-safe-from-fire>

Regulatory Reform (Fire Safety) Order 2005: Making your small paying guest accommodation safe from fire, (Home Office guidance), <https://www.gov.uk/government/publications/making-your-small-paying-guest-accommodation-safe-from-fire>

Regulatory Reform (Fire Safety) Order 2005: Making your small non-domestic premises safe from fire, (Home Office guidance), <https://www.gov.uk/government/publications/making-your-small-non-domestic-premises-safe-from-fire>

Safety signs and signals, Guidance on Regulations, L64, HSE Books, ISBN: 978-0-7176-6598-3  
<http://www.hse.gov.uk/pubns/priced/l64.pdf>

Safe use and handling of flammable liquids, HSG140, HSE Books  
<http://www.hse.gov.uk/pubns/priced/hsg140.pdf>

Storage of flammable liquids in containers, HSG51, HSE Books,  
<http://www.hse.gov.uk/pubns/priced/hsg51.pdf>

Storage of flammable liquids in tanks, HSG176, HSE Books  
<https://www.hse.gov.uk/pubns/books/hsg176.htm>

## Element 12 – Chemical and biological agents

Asbestos essentials task sheets, HSE, <http://www.hse.gov.uk/asbestos/essentials/index.htm>

Asbestos: The Survey Guide, HSG264 (second edition), HSE Books, ISBN 978-0-7176-6502-0  
<http://www.hse.gov.uk/pubns/priced/hsg264.pdf>

Control of exposure to silica dust, A guide for employees, INDG463, HSE Books,  
<https://www.hse.gov.uk/pubns/indg463.pdf>

Controlling Airborne Contaminants at Work: A Guide to Local Exhaust Ventilation, HSG258, second edition 2011, HSE Books, ISBN: 978-0-717664-15-3 <http://www.hse.gov.uk/pubns/books/hsg258.htm>

Control of Substances Hazardous to Health (COSHH), HSE, <http://www.hse.gov.uk/coshh/index.htm>

Control of substances Hazardous to health, Approved Code of Practice and guidance, HSE Books, ISBN: 978-0-7176-6582-2, <http://www.hse.gov.uk/pubns/priced/l5.pdf>

EC Regulation No 1272/2008 Classification Labelling and Packaging of Substances and Mixtures (CLP)  
<http://www.hse.gov.uk/chemical-classification/legal/clp-regulation.htm>

EH40/2005 Workplace exposure limits, third edition, 2018, HSE Books, ISBN: 978-0-7176-6703-1 (relates to Control of Substances Hazardous to Health),  
<http://www.hse.gov.uk/pubns/priced/eh40.pdf>

Globally Harmonized System of Classification and Labelling of Chemicals (GHS) (revision 5 2013), United Nations ISBN 978-92-1-117067-2

Leptospirosis (Weil's disease) – NHS, <https://www.nhs.uk/conditions/leptospirosis>

Managing and working with asbestos, Control of Asbestos Regulations 2012. Approved Code of Practice and guidance ISBN: 978-0-717666-18-8 <http://www.hse.gov.uk/pubns/books/l143.htm>

Managing skin exposure risks at work, HSG262, HSE Books, ISBN: 978-0-7176-6649-2,  
<http://www.hse.gov.uk/pubns/priced/hsg262.pdf>

Personal Protective Equipment at Work, Guidance on Regulations, L25, HSE Books, ISBN: 978-0-7176-6597-6, <http://www.hse.gov.uk/pubns/priced/l25.pdf>

Registration, Evaluation, Authorisation and Restriction of Chemicals (REACH)  
<http://www.hse.gov.uk/reach/>

Respiratory protective equipment at work - A practical guide, HSG53 (fourth edition 2013), HSE Books, ISBN 978-0-7176-6454-2 <http://www.hse.gov.uk/pubns/priced/hsg53.pdf>

Step by Step Guide to COSHH Assessment, HSG97, second edition 2004, HSE Books, ISBN: 978-0-717627-85-1 <http://www.hse.gov.uk/pubns/books/hsg97.htm>

The duty to manage asbestos in buildings, HSE, <https://www.hse.gov.uk/asbestos/duty/index.htm>

Wood dust, Controlling the risks, Woodworking Sheet No 23, HSE,  
<http://www.hse.gov.uk/pubns/wis23.pdf>

Wood dust, HSE website, <http://www.hse.gov.uk/woodworking/wooddust.htm>

Working with substances hazardous to health, a brief guide to COSHH, INDG136, HSE Books,  
<http://www.hse.gov.uk/pubns/indg136.pdf>

## Element 13 – Physical and psychological health

Controlling Noise at Work, The Control of Noise at Work Regulations, Guidance on Regulations, second edition 2005, L108, HSE Books, ISBN: 978-0-7176-6164-4, <http://www.hse.gov.uk/pubns/priced/l108.pdf>

Electromagnetic fields at work, A guide to the Control of Electromagnetic Fields at Work Regulations, HSG281, HSE Books, <http://www.hse.gov.uk/pubns/priced/hsg281.pdf>

Essentials of Health and Safety at Work, fourth edition 2006, HSE Books, ISBN: 978-0-7176-6179-4

Hand-arm vibration, Control of Vibration at Work Regulations 2005, Guidance on Regulations, L140, HSE Books, ISBN: 978-0-7176-6125-1, <http://www.hse.gov.uk/pubns/priced/l140.pdf>

How to tackle work-related stress. A guide for employers on making the Management Standards work, INDG430, HSE Books, <http://www.hse.gov.uk/pubns/indg430.pdf>

HSE Stress Management Standards [www.hse.gov.uk/stress/standards](http://www.hse.gov.uk/stress/standards)

Managing drug and alcohol misuse at work, online resource, HSE, <https://www.hse.gov.uk/alcoholdrugs/>

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