

DI2 - Do – controlling workplace health issues

Reference information provided, in particular web links, was correct as of 06/12/2024.

Element 1: Occupational health services and equality

A healthy return, Good practice guide to rehabilitating people at work, IOSH, Link to A healthy return,

<http://affinityhealthhub.co.uk/d/attachments/a-healthy-return-3-1476374668.pdf>

Workplace health: long-term sickness absence and incapacity to work, NICE guidelines (NG146),

<https://www.nice.org.uk/guidance/ng146>

C161 – Occupational Health Services Convention, 1985 (No. 161), ILO,

https://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB:12100:0::NO::P12100_INSTRUMENT_ID:312306

ILO Encyclopaedia of Occupational Health and Safety, Part II,

<https://www.iloencyclopaedia.org/preface-69563>

R171 – Occupational Health Services Recommendation, 1985 (No. 171), ILO,

https://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB:12100:0::NO:12100:P12100_INSTRUMENT_ID:312509:NO

ILO Encyclopaedia of Occupational Health and Safety, Part III,

<https://www.iloencyclopaedia.org/preface-69563>

Element 2: Mental ill-health, well-being, workplace violence and lone working

Advice for managers on mental ill-health conditions, <https://www.hse.gov.uk/stress/mental-health-linemanagers.Htm>

Drug misuse at work a guide for employers, INDG91, ILO,
<http://www.hse.gov.uk/pubns/indg91.pdf>

Employee Wellbeing Research 2017, The evolution of workplace wellbeing in the UK, REBA,
https://reba.global/files/document/96/1487613242_REBAEmployeeWellbeingResearch2017ESV_web.pdf

Encyclopaedia of Occupational Health and Safety, ILO,
<http://www.iloencyclopaedia.org/preface-69563>

Framework guidelines for addressing workplace violence in the health sector, ILO, ISBN: 92-2-113446-6,

https://www.ilo.org/wcmsp5/groups/public/-/-ed_dialogue/-/-sector/documents/normativeinstrument/wcms_160908.pdf

How do you manage fatigue in the workplace? (SHP Online article),
<https://www.shponline.co.uk/africa/how-do-you-manage-fatigue-in-the-workplace/>

How the construction industry is recognising and tackling fatigue (SHP Online article),
<https://www.shponline.co.uk/construction/how-the-construction-industry-is-recognising-and-tackling-fatigue/>

How to promote wellbeing and tackle the causes of work-related mental health problems, MIND,

https://www.mind.org.uk/media-a/4662/resource3_howtopromotewellbeingfinal.pdf

How to tackle work-related stress. A guide for employers on making the Management Standards work, INDG430,

HSE, <http://www.hse.gov.uk/pubns/indg430.pdf>

HSE Stress Management Standards, HSE, <http://www.hse.gov.uk/stress/standards/>

ILO Encyclopaedia of Occupational Health and Safety, Part I,
<http://www.iloencyclopaedia.org/preface-69563>

Line Managers' Resource - A practical guide to managing and supporting people with mental health problems in the workplace, SHiFT, <https://www.hse.gov.uk/stress/assets/docs/manage-mental-health.pdf>

Lone working, HSE website, <https://www.hse.gov.uk/lone-working/employer/index.htm>

Management of alcohol and drug related issues in the workplace, ILO Code of Practice, 1999, ISBN: 92-2-

109455-3 http://www.ilo.org/wcmsp5/groups/public/-ed_protect/-protrav/-safework/documents/normativeinstrument/wcms_107799.pdf

Managing shift work – Health and safety guidance, HSG256, HSE Books, ISBN: 978-0-7176-6197-8,

<https://www.hse.gov.uk/pubs/priced/hsg256.pdf>

Managing the causes of work-related stress; A step by step approach to using the management standards,

HSG218, <https://www.hseni.gov.uk/sites/hseni.gov.uk/files/managing-the-causes-of-work-related-stress-hsg218.pdf>

Protect home workers, HSE website, <https://www.hse.gov.uk/home-working/index.htm>

Protecting lone workers - How to manage the risks of working alone, INDG73, HSE,

<https://www.hse.gov.uk/pubs/indg73.pdf>

Tackling work-related stress using the Management Standards approach. A step-by-step workbook, HSE,

<http://www.hse.gov.uk/pubs/wbk01.pdf>

The effects of shift work on health - summary report, IOSH, <https://iosh.com/guidance-and-resources/downloads/research-library/the-effects-of-shift-work-on-health>

Violence at work – a guide for employers, HSE, <http://www.hse.gov.uk/pubs/indg69.pdf>

Working together to reduce stress at work, A guide for employees, INDG424, HSE,

<http://www.hse.gov.uk/pubs/indg424.pdf>

Workplace violence in services sectors and measures to combat this phenomenon, ILO,

http://www.ilo.org/wcmsp5/groups/public/-ed_protect/-protrav/-safework/documents/normativeinstrument/wcms_107705.pdf

Element 3: Health and medical surveillance

Royal College of Physicians, <http://www.fom.ac.uk/wp-content/uploads/empopguid.pdf>

Biological monitoring in the workplace - A guide to its practical application to chemical exposure, HSG167,

HSE, ISBN 978 0 7176 1279 6, <https://www.hse.gov.uk/pubns/priced/hsg167.pdf>

Drugs/alcohol testing and policy, <https://www.cipd.co.uk/knowledge/culture/well-being/drug-alcohol-misusework-report#gref>

EH40/2005 Workplace exposure limits, HSE, ISBN: 978 0 7176 6703 1,

<https://www.hse.gov.uk/pubns/priced/eh40.pdf>

Health surveillance, HSE website, <https://www.hse.gov.uk/health-surveillance/>

How do you manage fatigue in the workplace? (SHP Online article),
<https://www.shponline.co.uk/africa/how-do-you-manage-fatigue-in-the-workplace/>

How the construction industry is recognising and tackling fatigue (SHP Online article),

<https://www.shponline.co.uk/construction/how-the-construction-industry-is-recognising-and-tackling-fatigue/>

ILO Encyclopaedia of Occupational Health and Safety, Part V,
<https://www.iloencyclopaedia.org/preface-69563>

ILO Night Work Convention, C171, 1990,

https://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB:12100:0::NO::P12100_ILO_CODE:C17

ILO Night Work Recommendation, R178, 1990,

https://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB:12100:0::NO:12100:P12100_ILO_CODE:R178

Managing fatigue in the workplace - A guide for the oil and gas industry, Report 626, International Association

of Oil and Gas Producers (IOGP), <https://www.iogp.org/managing-fatigue-in-the-workplace/>

Managing shift work – Health and safety guidance, HSG256, HSE Books, ISBN: 978-0-7176-6197-8,

<https://www.hse.gov.uk/pUbsn/priced/hsg256.pdf>

Night work guidance, ILO, https://www.ilo.org/wcmsp5/groups/public/---ed_protect/---protrav/---travail/documents/publication/wcms_170716.pdf

Occupational exposure to airborne substances harmful to health, ILO Code of Practice, ISBN: 92-2-102442-3,

https://www.ilo.org/sites/default/files/wcmsp5/groups/public/@ed_protect/@protrav/@safework/documents/normativeinstrument/wcms_107851.pdf

Technical and ethical guidelines for workers' health surveillance, ILO, ISBN: 92-2-110828-7,

https://www.ilo.org/wcmsp5/groups/public/---ed_protect/---protrav/---safework/documents/normativeinstrument/wcms_177384.pdf

The Effects of Shift Work on Health, IOSH Research Document, <https://iosh.com/guidance-and-resources/downloads/research-library/the-effects-of-shift-work-on-health>

Element 4: Hazardous substances

Globally Harmonized System of Classification and Labelling of Chemicals (GHS),

http://www.unece.org/trans/danger/publi/ghs/rev06/06files_e.html#c38156

ILO Encyclopaedia of Occupational Health and Safety, Part I,

<https://www.iloencyclopaedia.org/preface-69563>

Managing skin exposure risks at work, HSG262, HSE Books, ISBN: 978-0-7176-6649-2,

<http://www.hse.gov.uk/pubns/priced/hsg262.pdf>

Hazard Prevention and Control in the Work Environment: Airborne Dust;

WHO/SDE/OEH/99.14,

<https://apps.who.int/iris/handle/10665/66147>

ISO 7708:1995 Air quality — Particle size fraction definitions for health-related sampling

<https://www.iso.org/obp/ui/#iso:std:iso:7708:ed-1:v1:en>

Personal Protective Equipment, International Labour Organization's website,

<https://www.ilo.org/global/topics/labour-administration-inspection/resources-library/publications/guide-for-labour-inspectors/personal-protective-equipment/lang--en/index.htm>

Element 5: Health risks from hazardous substances

Globally Harmonized System of Classification and Labelling of Chemicals (GHS),

http://www.unece.org/trans/danger/publi/ghs/rev06/06files_e.html#c38156

Globally Harmonized System of Classification and Labelling of Chemicals (GHS) – Chapter 3 health hazard

classifications, United Nations, ISBN: 978-92-1-117042-9,

<https://unece.org/fileadmin/DAM/trans/danger/publi/ghs/rev04/English/ST-SG-AC10-30-Rev4e.pdf>

ILO Encyclopaedia of Occupational Health and Safety, Part IX,

<https://www.iloencyclopaedia.org/preface-69563>

Managing skin exposure risks at work, HSG262, HSE Books, ISBN: 978-0-7176-6649-2,

<https://www.hse.gov.uk/pubns/priced/hsg262.pdf>

Safety in the use of chemicals at work, ILO CoP, ISBN: 92-2-108006-4,

https://www.ilo.org/global/topics/safety-and-health-at-work/normative-instruments/code-of-practice/WCMS_107823/lang--en/index.htm

Superbugs, https://www.nhs.uk/conditions/antibiotics/antibiotic-antimicrobial-resistance/?WT.mc_id=PPC&gclid=CKaBkeW0reYCFZc4GwodZWMOPA

Understanding REACH, ECHA, <https://echa.europa.eu/regulations/reach/understanding-reach>

Element 6: Epidemiology and toxicology

Globally Harmonized System of Classification and Labelling of Chemicals (GHS),

http://www.unece.org/trans/danger/publi/ghs/rev06/06files_e.html#c38156

ILO Encyclopaedia of Occupational Health and Safety, Part IV,
<https://www.iloencyclopaedia.org/preface-69563>

Organisation of Economic Co-operation and Development (OECD) Guidelines for the Testing of Chemicals

Number 420: Acute Oral Toxicity – Fixed dose procedure - TG 420 (2001),

https://www.oecdlibrary.org/environment/test-no-420-acute-oral-toxicity-fixed-dose-procedure_9789264070943-en

Organisation of Economic Co-operation and Development (OECD) Guidelines for the Testing of Chemicals

Number 423: Acute Oral Toxicity – Acute Toxic Class Method - TG 423 (2002),

https://www.oecdlibrary.org/environment/test-no-423-acute-oral-toxicity-acute-toxic-class-method_9789264071001-en

Organisation of Economic Co-operation and Development (OECD) Guidelines for the Testing of Chemicals

Number 425: Acute Oral Toxicity – Up-and-Down Procedure - TG 425 (2008),

https://www.oecdlibrary.org/environment/test-no-425-acute-oral-toxicity-up-and-down-procedure_9789264071049-en

Organisation of Economic Co-operation and Development (OECD) Guidelines for the Testing of Chemicals

Number 407: Repeated Dose 28-day Oral Toxicity Study in Rodents - TG 407 (2008),

https://www.oecdlibrary.org/environment/test-no-407-repeated-dose-28-day-oral-toxicity-study-in-rodents_9789264070684-en

Practical guide – How to use alternatives to animal testing to fulfil your information requirements for REACH

registration, European Chemicals Agency (ECHA),

https://echa.europa.eu/documents/10162/17250/practical_guide_how_to_use_alternatives_en.pdf/148b30c7-c186-463c-a898-522a888a4404

Test Methods Regulation (European Commission Regulation EC440/2008)

<https://www.legislation.gov.uk/eur/2008/440/contents>

Element 7: Asbestos and lead

A practical guide on best practice to prevent or minimise asbestos risks in work that involved (or may involve)

asbestos: for the employer, the workers and the labour inspector, European Commission,

https://www.ilo.org/wcmsp5/groups/public/-/ed_protect/-/protrav/-/safework/documents/publication/wcms_117883.pdf

Asbestos licence assessment, amendment and revocation guide (ALAARG), HSE 50,

<https://www.hse.gov.uk/pubns/hse50.htm>

Asbestos Microsite – Asbestos Health and safety HSE:

<https://www.hse.gov.uk/asbestos/index.htm>

Asbestos: The licensed contractor's guide, HSG247, HSE Books, ISBN: 978-0-7176-2874-2,

<https://www.hse.gov.uk/pubns/books/hsg247.htm>

Asbestos: The survey guide, HSG264, HSE Books, ISBN: 978-0-7176-6502-0,

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

Introduction to Asbestos Essentials (including licenced/non-licenced/notifiable non-licensed work),

<https://www.hse.gov.uk/pubns/guidance/a0.pdf>

Lead and you, working safely with lead, INDG305, HSE Books,

<https://www.hse.gov.uk/pubns/indg305.pdf>

Managing and working with asbestos, Control of Asbestos Regulations 2012, Approved Code of Practice and

guidance, L143, HSE Books, ISBN: 978-0-7176-6618-8,

<http://www.hse.gov.uk/pubns/books/l143.htm>

Managing asbestos in buildings: a brief guide, INDG223(rev5), HSE Books,

<https://www.preston.gov.uk/media/1115/Duty-To-Manage-A-Brief-Guide-INDG223-HSE/pdf/Duty-To-Manage-A-Brief-Guide-INDG223-HSE-.pdf?m=1559837043983>

Occupational exposure to airborne substances harmful to health, ILO Code of Practice, ISBN: 92-2-102442-3,

https://www.ilo.org/wcmsp5/groups/public/-/ed_protect/-/protrav/-/safework/documents/normativeinstrument/wcms_107851.pdf

Safety in the use of asbestos, ILO Code of Practice,

https://www.ilo.org/wcmsp5/groups/public/-/ed_protect/-/protrav/-/safework/documents/normativeinstrument/wcms_107843.pdf

Element 8: Ventilation and personal protective equipment

Controlling airborne contaminants at work; A guide to local exhaust ventilation (LEV), HSG258, HSE Books,

ISBN: 978-0-7176-6415-3, <http://www.hse.gov.uk/pubns/books/hsg258.htm>

Guidance on respiratory protective equipment (RPE) fit testing, INDG479, HSE,

<https://www.hse.gov.uk/pubns/indg479.pdf>

Personal protective equipment (PPE) at work; A brief guide, INDG174, HSE Books,

https://cdn.forestryresearch.gov.uk/2022/02/ppe_at_work_regulations_1992.pdf

Respiratory protective equipment at work; A practical guide, HSG53, HSE Books, ISBN: 978-0-7176-6454-2,

<http://www.hse.gov.uk/pubs/priced/hsg53.pdf>

Element 9: Hazardous substances monitoring

Globally Harmonized System of Classification and Labelling of Chemicals (GHS),

http://www.unece.org/trans/danger/publi/ghs/ghs_rev06/06files_e.html#c38156

Managing skin exposure risks at work, HSG262, HSE Books, ISBN: 978-0-7176-6649-2,

<http://www.hse.gov.uk/pubns/priced/hsg262.pdf>

Hazard Prevention and Control in the Work Environment: Airborne Dust;
WHO/SDE/OEH/99.14,

<https://apps.who.int/iris/handle/10665/66147>

ISO 7708:1995 Air quality — Particle size fraction definitions for health-related sampling

<https://www.iso.org/obp/ui/#iso:std:iso:7708:ed-1:v1:en>

Monitoring strategies for toxic substances, HSG173, HSE Books, ISBN: 978-0-7176-6188-6,

<https://www.hse.gov.uk/pubns/books/hsg173.htm>

Element 10: Biological agents

Blood-borne viruses in the workplace Guidance for employers and employees, INDG342, HSE Books,

<https://www.polfed.org/WestMids/media/1974/blood-borne-viruses-in-the-workplace.pdf>

Harmful chemical and biological agents/substances, ILO website,

<https://www.ilo.org/global/topics/labouradministration-inspection/resources-library/publications/guide-for-labour-inspectors/harmful-chemical-andbiological-agents-substances/lang--en/index.htm>

ILO Encyclopaedia of Occupational Health and Safety, Part V,

<https://www.iloencyclopaedia.org/preface-69563>

Infections at work, HSE website, <https://www.hse.gov.uk/biosafety/infection.htm>

Superbugs, https://www.nhs.uk/conditions/antibiotics/antibiotic-antimicrobial-resistance/?WT.mc_id=PPC&gclid=CKaBkeW0reYCFZc4GwodZWMOPA

Element 11: Noise

Ambient factors in the workplace, Code of Practice, International Labour Organization, ISBN: 92-2-111628-X,

https://www.ilo.org/sites/default/files/wcmsp5/groups/public/@ed_protect/@protrav/@safework/documents/normativeinstrument/wcms_107729.pdf

Controlling Noise at Work, The Control of Noise at Work Regulations, Guidance on Regulations, L108, HSE Books, ISBN: 978-0-7176-6164-4,

<http://www.hse.gov.uk/pubs/priced/l108.pdf>

ILO Encyclopaedia of Occupational Health and Safety, Part V,

<https://www.iloencyclopaedia.org/preface-69563>

Noise calculators, HSE, <http://www.hse.gov.uk/noise/calculator.htm>

Element 12: Vibration

Ambient factors in the workplace, Code of Practice, International Labour Organization, ISBN: 92-2-111628-X,

https://www.ilo.org/wcmsp5/groups/public/---ed_protect/---protrav/---safework/documents/normativeinstrument/wcms_107729.pdf

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/books/l140.htm>

Hand-arm vibration exposure calculator, HSE,
<http://www.hse.gov.uk/vibration/hav/vibrationcalc.htm>

Whole body vibration calculator, HSE, <http://www.hse.gov.uk/vibration/wbv/calculator.htm>

Whole-body vibration; The Control of Vibration at Work Regulations 2005, Guidance on Regulations, L141,

HSE Books, ISBN: 978-0-7176-6126-8, <http://www.hse.gov.uk/pUbs/priced/l141.pdf>

Element 13: Radiation

Ambient factors in the workplace, Code of Practice, International Labour Organization, ISBN: 92-2-111628-X,

https://www.ilo.org/wcmsp5/groups/public/---ed_protect/---protrav/---safework/documents/normativeinstrument/wcms_107729.pdf

Electromagnetic fields and public health, WHO, <https://www.who.int/teams/environment-climate-change-and-health/radiation-and-health/non-ionizing/elff>

ILO Encyclopaedia of Occupational Health and Safety, Part V,

<https://www.iloencyclopaedia.org/preface-69563>

Managing skin exposure risks at work, HSG262, HSE Books, ISBN: 978-0-7176-6649-2,

<https://www.hse.gov.uk/pubns/priced/hsg262.pdf>

Managing skin exposure risks at work, HSG262, HSE Books, ISBN: 978-0-7176-6649-2,

<https://www.hse.gov.uk/pubns/priced/hsg262.pdf>

Radiation protection of workers (ionising radiations) ILO CoP, 1987, ISBN: 9-22-105996-0,

https://www.ilo.org/wcmsp5/groups/public/---ed_protect/---protrav/---safework/documents/normativeinstrument/wcms_107833.pdf

Radon in the workplace, HSE website,

<https://www.hse.gov.uk/radiation/ionising/radon.htm#testingradon>

Working safely with ionising radiation - Guidelines for expectant or breastfeeding mothers, INDG334, HSE,

<https://www.hse.gov.uk/pubns/indg334.pdf>

Element 14: Musculoskeletal issues and manual handling

Assessment of Repetitive Tasks (ART) tool, HSE, <http://www.hse.gov.uk/msd/uld/art/>

ILO Encyclopaedia of Occupational Health and Safety, Part I,
<https://www.iloencyclopaedia.org/preface-69563>

ILO Encyclopaedia of Occupational Health and Safety, Part V,
<https://www.iloencyclopaedia.org/preface-69563>

Manual handling assessment charts (MAC Tool), HSE, <http://www.hse.gov.uk/msd/mac/>

Manual Handling, Manual Handling Operations Regulations 1992 (as amended), Guidance on Regulations, L23,

HSE, <http://www.hse.gov.uk/pubns/priced/l23.pdf>

The worker of the future report,
https://assets.fellowes.com/skins/fellowes/responsive/gb/en/resources/work-colleague-of-the-future/download/WCOF_Report_EU.pdf

Upper Limb Disorders in the Workplace - A Guide, second edition 2002, HSG60, HSE, ISBN: 978-0-717619-78-

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

Variable manual handling assessment chart (V-MAC) tool,
<http://www.hse.gov.uk/msd/mac/vmac/>

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, <http://www.hse.gov.uk/pubns/priced/l26.pdf>

Element 15: Workplace temperature and welfare arrangements

Ambient factors in the Workplace, International Labour Organisation (ILO) Code of Practice (CoP), ISBN 92-2-

11628-X,

https://www.ilo.org/wcmsp5/groups/public/@ed_protect/@protrav/@safework/documents/normativeinstrument/wcms_107729.pdf

ILO Encyclopaedia of Occupational Health and Safety, Part V,

<https://www.iloencyclopaedia.org/preface-69563>

ILO Hygiene (Commerce and Offices), Recommendation, 1964 (No. 120),

https://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB:12100:0::NO::P12100_INSTRUMENT_ID:312458

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

<http://www.hse.gov.uk/pubns/books/hsg38.htm>