

ADVICE ON CANCER FOR CONSTRUCTION WORKERS

DETECT PROBLEMS EARLY

Know what is normal for your body. See your doctor if you see changes such as:

- Change in a mole or the appearance of a new mole
- Change of bowel habit
- Persistent cough
- A lump or problem with your testicles

SUPPORT AT WORK FOR PEOPLE WHO HAVE CANCER

If you have cancer:

The Disability Discrimination Act will apply and your employer will be required to make reasonable adjustments.

Examples of reasonable adjustments:

- Assistance with a phased return to work
- Allowing extra breaks
- Creating more flexible working hours
- Changing aspects of the job

SOURCES OF INFORMATION AND ADVICE



For information on risk factors, early detection, smoking cessation services and screening. Advice also for counselling / support for individuals with cancer:

Action Cancer www.actioncancer.org
Tel: 028 9080 3344

Cancer Helpline 0800 7833 339

Smokers' Helpline 0800 8585 85

Macmillan Cancer Support Centre
www.cancerni.net Tel: 028 9069 9201

Ulster Cancer Foundation www.ulstercancer.org
Tel: 028 9066 3281

For advice on control and management of workplace cancer risks:

Asbestos Advisory Service
Freephone Tel No: 0800 0320 121
http://www.hseni.gov.uk/index/one_2_one_advisory_services/asbestos_advisory_service.htm

Health and Safety Executive for Northern Ireland
www.hseni.gov.uk Tel: 028 9024 3249
or Helpline 0800 0320 121

Employment Medical Advisory Service
http://www.hseni.gov.uk/index/one_2_one_advisory_services/employment_medical_advisory_service.htm Tel: 028 9024 3249

For general advice on health in construction:
BuildHealth - www.buildhealthni.com

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FOR MEN IN NORTHERN IRELAND THE MOST COMMON CANCERS ARE:

- Lung cancers
- Bowel cancer
- Prostate cancer

In men, the odds of developing cancer are 1 in 4 in Northern Ireland.

PREVENTING CANCER IN CONSTRUCTION WORK

The following have been linked to Cancer:

- Dusts containing asbestos or silica
- Diesel engine exhaust fumes
- Sunlight.

Silica dust can be present when rock, bricks, concrete or anything made from cement is cut with power tools.

To avoid breathing in dust and fumes:

- Be familiar with materials which may contain asbestos.
- If you are unsure ask your supervisor in the first instance.
- The Asbestos Advisory Service (see Sources of Information) will also give advice.
- Don't begin demolition or refurbishment work unless a full asbestos survey has been carried out and all asbestos removed.
- Certain work will require a licensed asbestos contractor.
- Protect yourself with a suitable respirator.
- Always use water suppression when cutting concrete.
- Turn off all diesel engines when plant is not in use.
- Design work and workplaces to avoid breathing diesel fumes. (This can be as easy as putting the diesel engine down-wind of where you are working.)

Limit sunlight exposure

- Work in the shade where possible
- Cover up: wear a wide brimmed hat and a long sleeved tee shirt
- Use sun protection cream, SPF 15 or higher, on exposed skin

Be aware of risk to health in construction

Employers should tell you about any health risks and how they should be managed. You should follow employers' guidelines and know how to find information yourself – see *sources of information*.

Advice on Lifestyle and Cancer

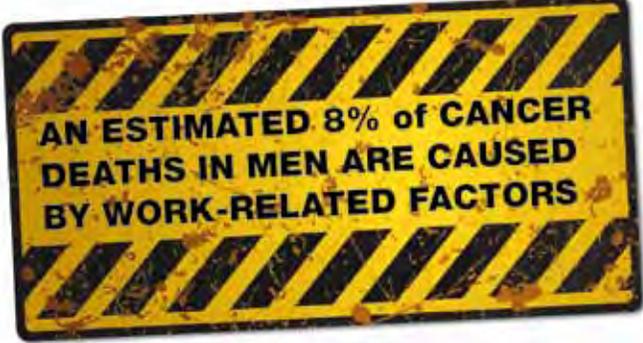
- Don't smoke
- Keep a healthy weight
- Eat a healthy diet – lots of fruit and vegetables
- Keep physically active
- Maintain safe alcohol intake
- Avoid over-exposure to the sun



TWO OUT OF THREE CANCERS
ARE PREVENTABLE



IN MOST CASES EARLY
DETECTION OF CANCERS
GIVES THE BEST OUTCOME



AN ESTIMATED 8% OF CANCER
DEATHS IN MEN ARE CAUSED
BY WORK-RELATED FACTORS