

Mental Health Awareness

Linda Birnie, Training & Development Manager with Birchwood Highland, held an interactive discussion on how to deal with common mental health issues.

The contents of a 'Wellbeing Toolbox' were demonstrated. A 5 page 'Mental Wellness Resource Sheet' containing several links to useful sources of help and advice, is available on the webpage www.hctg.net/highlands-islands-safety-forum/

The forum welcomes feedback on meetings and venues, together with new ideas for topics and speakers, and offers to share best practice.

Updates highlighted here are from the 4th December meeting of the forum, sponsored by cdmmuk. Alistair Norrie's introduction is also shared on webpage.

The latest meeting again attracted over 40 construction professionals along – and the circulation list is now up to 250.

With the continued success of the forum, new committee members are now invited to help shape forthcoming events.

If you can offer help in any way, please contact one of the office bearers below.

HSE Update

HSE inspector Liz Hunter highlighted:

- Temporary Works
- Safe Excavations
- Segregation of people & vehicles
- Key Fire issues

For details of HSE presentation along with links for reference, see webpage www.hctg.net/highlands-islands-safety-forum/

Other items

The forum had an opportunity to input comments to an ongoing review of HSE guidance: HSG 33, HSG144 & HSG168.

Neil Wallace gave a range of examples on 'Safe Use of Vehicles on Site'; highlighting typical issues at the interface with public roads, suggesting that other relevant standards and modern industry guidance should be signposted by HSE.

Simon Riddell had prepared comments regarding 'Fire Safety in Construction', which were read out by the Chair.

Other upcoming events of interest: see various details on HICSF webpage www.hctg.net/highlands-islands-safety-forum/ - including Inverness College on Flexible Workforce Development Fund.

PLEASE NOTE DATE OF NEXT MEETING – Monday 26th February, 3pm

At Tulloch Caledonian Stadium, Inverness IV1 1FF

**Sponsored by HCTG – includes CITB changes, also a Fire Safety presentation
Sharing Good Practice items, latest updates from HSE and Site Safe Scotland**

Chairman: Peter Black

peterblack.consultancy@gmail.com

Vice – Chair: Iain Henderson

iain.henderson@tulloch-homes.com

Secretary: Neil Wallace

neil@neilwallace.co.uk

Forum open to all - Please inform Secretary of new contact details or to unsubscribe.