



# ACAD

Best practice in Asbestos control

## THE AUDITORS ANGLE

I have now been with ACAD for 4 months and my journey has taken me across England and Wales so far and I have seen and met so many great people in cities like Swansea, Cardiff, Liverpool, Manchester, Birmingham, London, Leeds and even remote regions like the Brecon Beacons but it won't be complete until I get to put Scotland on my map again!

It has been challenging and every day is different. Each day I meet someone often for the first time during my site visits. I find it very rewarding knowing that when I have left site someone has gained skills or knowledge as a result of my visit. On the other hand, I certainly pick up some great ideas from the shining examples of best practice during my audits. I love to see people taking pride in what they do.



*Tony Birchall, at the  
TICA AGM Luncheon*

Areas where I think ACAD can help further develop members is around CDM compliance and public safety risks – safety and security are very much integrated, so watch out for my member briefings around these important areas in the near future.

I am a very welcomed member of my closer ACAD team and with Graham, Gary and James we have become a very skilled quartet. It would not be the same without the people in the Darlington offices though who have made me feel very welcome!



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*Asbestos Essentials (ACAD Member)*

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# FINDINGS FOCUS

*Here we take a closer look at issues and positive practice around a small cross section of the in-depth question set that makes up an ACAD Site Audit*

## Winter Is Coming...Cold Weather Risk Assessments

As the days grow shorter and we head into winter, different hazards arise, and risks increase across many aspects of Licensed Asbestos work.

**Services:** Where DCU manufacturer's instructions say so, systems may need to be drained down. Connector hoses/pipes should not be left full of water overnight where this could freeze. This could also be an issue during the working day, insulation may be required to help ensure water can continue to flow to support when required. Having a backup connector hose is sensible. If you need to store clean water, consider where you can keep this so it doesn't freeze.



**Welfare:** Adequate heating is a must for welfare, alongside the means to heat food and to make hot drinks alongside drinking water. Many companies now utilise combined DCU/Welfare units for shorter duration work to meet this requirement but don't forget the basics – sufficient toilet roll and hand wash, and who the designated person is to empty and flush the waste receptacle to the identified foul drain. Also consider the working temperature inside the enclosure, coveralls are not the most insulating...

**Safety:** The potential for ice on site can dramatically increase the risk of slips, trips and falls. Where you need to transit over a surface liable to icing, you should consider rock salt or similar as a control. Check your footwear for signs of wear, are your grips adequate?



Risks from getting to site increase too with the darker nights and more adverse weather. Ensure your vehicle is checked correctly and leave plenty of time for your journey. A weather alert app might be useful to alert you to changing weather conditions in your area.

These items are in no way an exhaustive list, so if you're unsure about any of these or just need some advice or support, get in touch with ACAD at [training@acad.uk.com](mailto:training@acad.uk.com)

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# Mental Health at Work

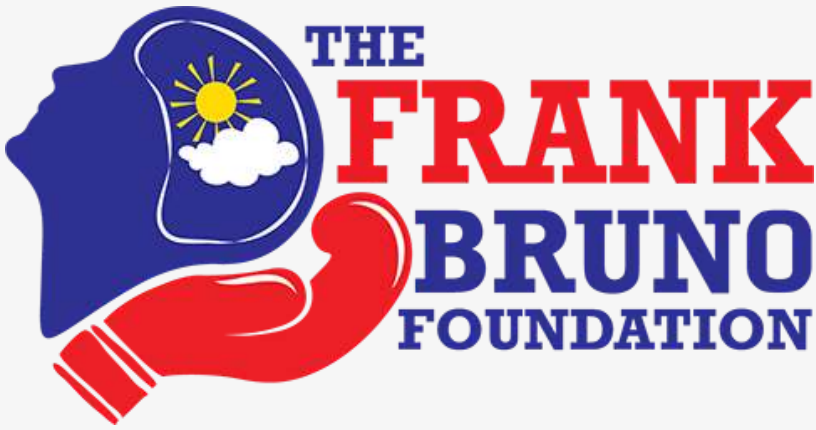
Alarming suggestions by the World Health Organisation suggest that depression will become the world's most common illness by 2030. This is just over 7 years from now.

Estimates like this highlight the need for organisations to manage and invest in preventative and supportive methods where work is a contributory factor in mental health wellbeing. Evidence suggests that 12.7% of all sickness absence days in the UK can be attributed to mental health conditions. Organisations are seeking specialist support and ACAD has listed below some supportive organisations that will help your employer.

Asbestos removal, construction and demolition are often seen as macho sectors. Men often feel they can't seek out support or speak to others about their problems. If you are a boxing fan, Tyson Fury is passionate about raising awareness and recently wrote a book telling us, "There is hope" and to "seek out professional help immediately" if people are experiencing the issues written in his book. Furthermore, former boxer Frank Bruno has set up The Frank Bruno Foundation which offers support to those recovering from mental ill-health. ACAD has also listed some key organisations below that will help you.



**MHFA England**



SAMARITANS Tel 116 123 – this free of charge number is available 24/7

And finally, if you're in crisis and need to talk right now, there are many helplines staffed by trained people ready to listen. They won't judge you, and could help you make sense of what you're feeling.