



HEALTH PROTECTION MEASURES FOR CONSTRUCTION WORKERS

The Construction Industry Council (CIC) is highly concerned about the recent successive cases of sudden deaths of workers in the construction industry, and is deeply saddened by the passing of workers. The CIC appeals to workers to pay attention to their health and undergo medical examinations regularly, and employers should provide and maintain measures that do not endanger their health in order to jointly reduce health risks on site.

Contractors should ensure that workers are physically fit for works. In addition, by implementing a series of health protection measures and be effectively communicating with workers, would enable workers to identify health risks in advance, such that workers could complete their work safely and healthily on the construction site.

The CIC would like to deliver this safety message for your attention. It would be appreciated if you could distribute the message below to your fellow members, relevant personnel or other industry stakeholders where appropriate. Thank you very much.

Health Protection Measures for Construction Workers

1. "Smart Health Kiosk"

Allows workers to check multiple health indicators in a short period of time, including body temperature and blood pressure, etc., thereby workers are able to monitor their health conditions, helping to prevent diseases or intervene early.



2. Self-service "Health Check-up Kiosk"

A self-service "Health Check-up Kiosk" could be set up at the entrance of the construction site, allowing workers to check their body temperature and blood pressure prior to work every day.



Appropriate Exercise and Innovative Technology

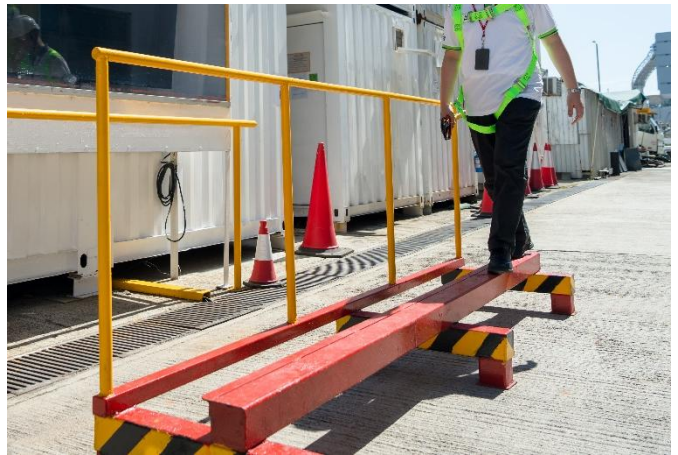
3. Stretching Exercises

Do stretching exercises (e.g. Baduanjin) before work every day to cultivate the habit of regular exercise, helping the workers' muscles adapt to the work and reducing the risk of injury.



4. "Beam Walking" Test

A "Beam Walking" Test facility could be set up on the construction site, where workers can walk from one end of the balance beam to the other before work to test their balance and determine whether they are showing any signs of distraction or disorientation on that day, and even help to assess whether the worker is under the influence of drugs or alcohol.



5. Smart Site Safety System

Adopt suitable "Smart Site Safety System", e.g. provision of smart watches to workers. When abnormal health indicators (e.g. abnormal body temperature or heart rate) or a signal for help are detected, alerts will be immediately sent to the mobile phones and Centralised Management Platform of the management team so that they could respond promptly and appropriately.



Prevention of Coronary Heart Disease and Stroke

Among different types of heart diseases, coronary heart disease constitutes a major portion of the mortality. To prevent coronary heart disease, people should not smoke, follow a balanced diet, avoid food with high cholesterol and fat, regular exercise, maintain an optimum body weight and waist circumference, and reduce stress are also beneficial. (Source: Department of Health)

Strokes, also known as cerebrovascular accidents. In recent years the number of people suffering from stroke has increased steadily in Hong Kong. To prevent stroke, people should develop healthy living habits to avoid hardening of the arteries, such as avoiding high fat and sweet foods, avoiding overweight, following regular schedule of work and rest, avoid stress, and exercise regularly. Prevention is always better than cure. (Source: Department of Health)

6. Health Stand-down

Provide regular briefings to workers on the causes, treatment and prevention methods of health problems such as heart diseases and stroke. In addition, during the hot season, workers should be briefed on site arrangements, relevant safety measures and the heat stroke treatment as well as reminding workers to go to a cool place to rest and drink water immediately if they feel unwell, such as headache, dizziness, thirst, nausea and other symptoms related to heat illness, and notify the employer/management to take appropriate action.



7. Medical Examination Scheme for Registered Construction Workers (Construction Site Outreach Services)

Healthcare professionals will visit the participating construction sites to conduct physical examinations for workers. The examination items include: blood pressure, BMI measurement, blood glucose, lipid, liver function test and kidney function test, etc., hoping that workers will better understand their own health condition and be aware of potential health problems in advance. Please scan the QR code to participate:



Construction Site Facilities for Workers

From the perspective of the needs of workers in their daily work on the construction site, welfare facilities and health measures should be provided.

8. Rest Facilities

Provide adequate covered, well-ventilated and illuminated rest facilities close to workplaces, and equip them with seats, tables, waste bins, hand washing facilities and drinking facilities.



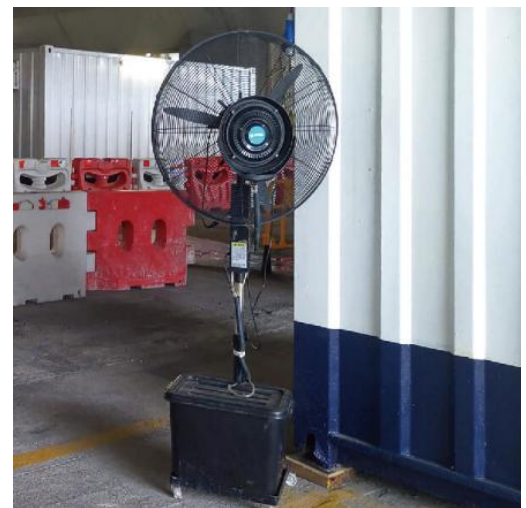
9. Drinking Water Facilities

- I. Provide adequate amount of drinking water, including at least 1 water dispensing point for every 20 workers, and each water dispensing point should provide at least 20 litres of water.
- II. Workers can refill drinking water free of charge in a timely manner, and the facilities should also be kept clean and hygienic.



10. Heatstroke Prevention Measures

- I. Set up a mobile air cooler or mist fan that could be used for a long time.
- II. Provide ice machines or freezers to store cool towels, cool sleeves and beverages, etc. to help workers cooling off.
- III. Regularly provide workers with cooling food and beverages, such as watermelon and herbal tea.



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11. Morning Exercise Facilities

Set up designated areas and provide facilities for morning exercises and training at the construction site, with health information displayed there. Health talks could also be held regularly to cultivate good habits and enhance workers' health awareness.



12. Provide Recreational Facilities, where appropriate, such as:

- Arrange ball game facilities such as basketball stand and snooker table to promote physical and mental health of workers.
- Arrange personnel responsible for regular cleaning of worker facilities.



Emergency Preparedness

Emergency preparedness is vital because, when an emergency does occur, quick and correct response is necessary to reduce injuries. Contractors should provide rescue teams and equipment to deal with emergencies according to the number of workers and the nature of the work.

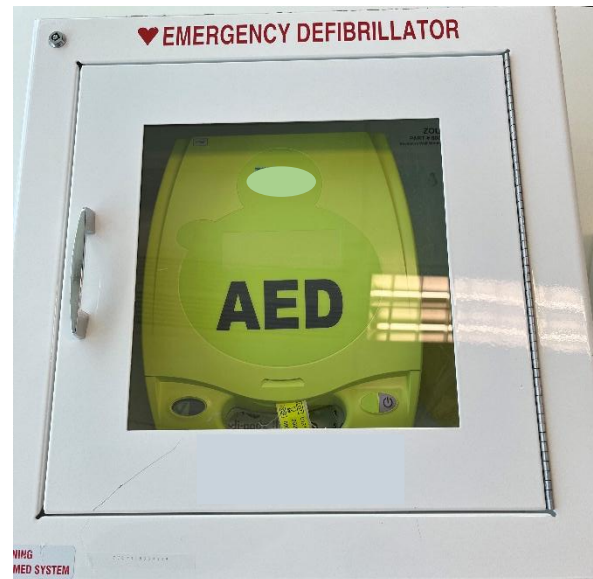
13. First Aider

For construction sites with 30 or more workers but fewer than 100, there must be at least one qualified first aider; when there are 100 or more workers, there must be at least two qualified first aiders.



14. First Aid Equipment

- I. Contractors must provide one first aid box for every 50 workers or fewer; for construction sites employing 50 or more workers, contractors must provide a stretcher.
- II. It is recommended that Automated External Defibrillator (AED) can be provided on construction sites to be used in conjunction with cardiac arrest patients in emergency situations to speed up rescue efficiency.



15. First Aid Drill Exercise

Conduct regular drills to test emergency procedures and the use of rescue equipment.