



Construction Industry Advisory Committee (CONIAC)

Tackling Ill Health Working Group

Highlighting and tackling the costs
of work-related ill health

#HelpGBWorkWell



TIHWG UPDATE 22 JANUARY 2020

PETER CROSLAND - CHAIR



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- HCM Strategy
- Welfare
- Respiratory
- WRS/MH



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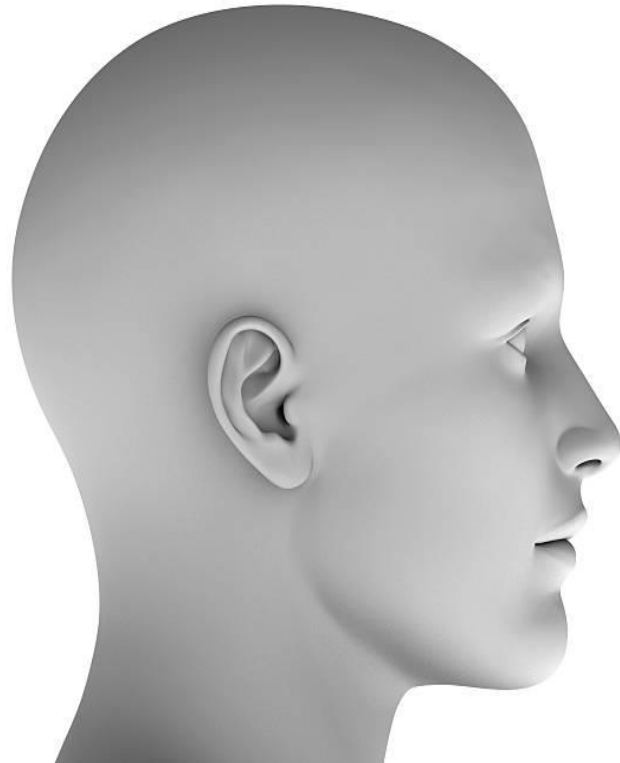
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HSE
Health & Safety
Executive

- TODAY'S TOP TIP.....





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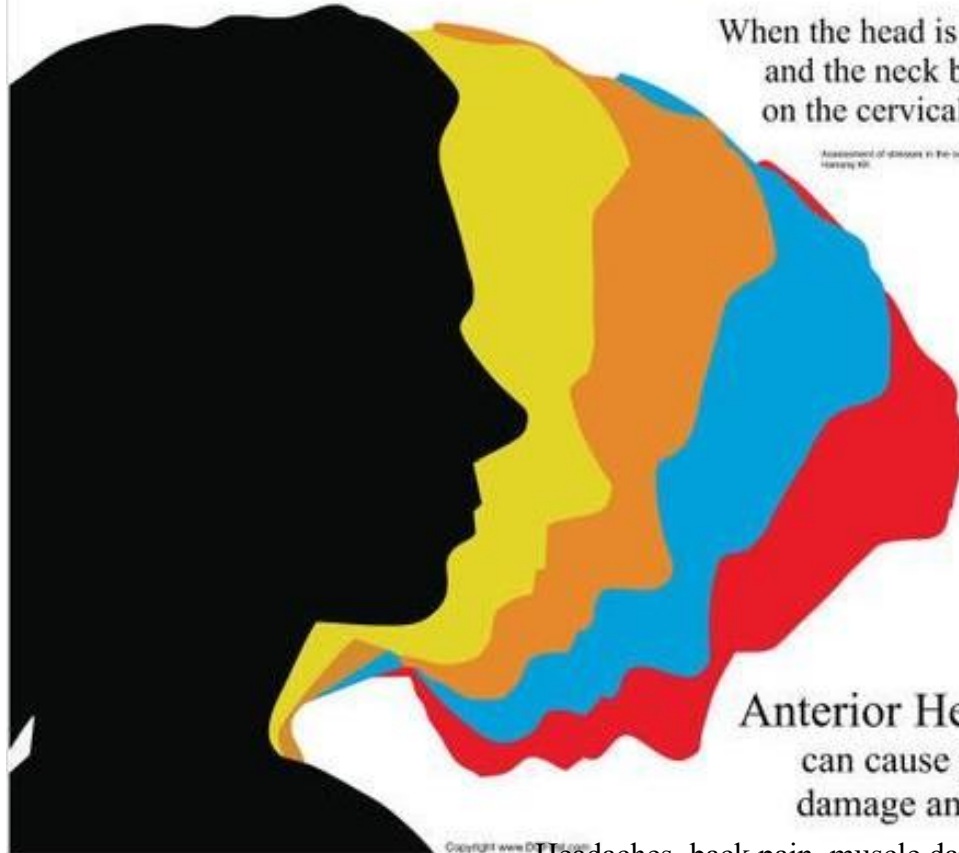
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Assessment of stresses in the cervical spine caused by posture and position of the head.
An increase in forward head position increases the weight on the cervical spine.

0°	15°	30°	45°	60°
12lb	27lb	40lb	49lb	60lb



When the head is brought forward
and the neck bends, the weight
on the cervical spine increases.

Assessment of stresses in the cervical spine caused by posture and position of the head
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Anterior Head Position
can cause permanent
damage and result in:

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Headaches, back pain, muscle damage, nerve damage,