

# Thameslink Programme Directors Health & Safety Steering Group (DSG)

## Supplier Conference / Roadshow Feedback

### Who Attended

On 17<sup>th</sup> May 2017, over 200 representatives from 31 different organisations attended the third Thameslink Programme conference / roadshow. The representatives were a mixture of Project Directors, Works Managers, Supervisors, Project Managers, Engineers and Health & Safety professionals.

### The Focus of the Day

The day was designed and planned to be interactive, giving those attending the opportunity to network with suppliers and experts in areas of health and safety.

Much of the day focused on health including mental wellbeing, stress, healthy eating and health assessments.

The nurse on site met and assessed 40 people. Three of those had very high cholesterol readings and agreed to look at diet and lifestyle changes. They were referred to the nutrition expert who was also in attendance so that they could discuss their diet. The nurse arranged for the three individuals to be re-assessed in 6-8 weeks time.

Other areas for the day included:

- Drugs & alcohol awareness
- Dust extraction systems for tools
- Noise signs to raise awareness of noise
- Cable avoidance tool (easicat)
- Watches measuring hand arm vibration

### What People Thought

We received feedback from 37 attendees (18% response). Feedback was very positive with 81% saying it was worth their time attending and 83% saying they would come to another event. Generally the informal format went down well and the health message, both mental and physical, seemed to resonate with respondents and is what they would most take away from the event.

The most positive feedback was given on the comedian, John Ryan who attended to speak about men's health and the actors, who acted out a stressful situation at work to engage with those attending. Both sessions were very well received and organisations have already contacted John to run more sessions for them.

All of the organisations who were exhibiting / presenting during the day, fed back that the people who attended their stand were very enthusiastic and engaged. They also thought it was a very worthwhile day and were delighted to have been invited along.



*Comedian talks about mens health*

*A special thanks to all those who helped organise the event, with a special thanks to Balfour Beatty for hosting the day at their yard and for helping manage all the logistics before and during the day.*