



Asbestos
Asbestos in Soils
Legionella
Water Hygiene
Occupational Hygiene
Health and Safety
Fire Safety
Lab Services
Training



OCCUPATIONAL HYGIENE SERVICES

www.aec.uk.net

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Company Registration Number 3442515

Exposure Monitoring

COSHH Assessments

Workplace Noise Assessments

Hand-Arm Vibration (HAV) Assessments

Local Exhaust Ventilation (LEV) Assessments

Introduction

Airborne Environmental Consultants Ltd (AEC) is an independent health, safety and environmental consultancy established in 1997.

As a leader in the health and safety industry, we recognise the importance of Occupational Hygiene, and our goal is to assist companies in reducing risk, and in doing so, protecting the health and well-being of its employees, as well as ensuring compliance with the law.

Occupational Hygiene is concerned with “Worker Health Protection”, and is often described as the recognition, evaluation and control of chemical, physical and biological agents arising from workplace activity.

The presence of these agents may affect the health and well-being of employees, and in turn that of the business.

AEC's team of experienced occupational hygiene consultants understand this and offer a range of services that can help recognise, evaluate and control the risks present within the workplace.



We identify possible hazards and risks within the workplace, arising from substances, processes, and activities.

We carry out on-site monitoring in order to evaluate and assess employee exposure from a wide range of hazardous substances.

We provide advice and guidance on how to put control measures in place, safer working practise and how to achieve regulatory compliance.

Occupational Hygiene Services

Every year within the UK, approximately 12,000 people die from disease and ill health, caused by the work that they do, or used to do.



It is therefore vitally important that those responsible for the well-being of their staff, ensure they comply with the law and protect the long-term health of employees and visitors.

AEC offer a range of occupational hygiene services to assist you with:

- COSHH Assessments
- Exposure Monitoring
- Workplace Noise Assessments
- Hand-Arm Vibration (HAV) Assessments
- Local Exhaust Ventilation (LEV) Assessments
- Indoor Air Quality Assessments



COSHH Assessments

Employers have a legal duty to assess the risk to health created by work involving substances hazardous to health.

The Control of Substances Hazardous to Health Regulations 2002 requires employers to prevent or reduce risks to health caused by exposure to hazardous substances.

Using hazardous substances, at work can put the health of employees, and others, at risk.

AEC's team of occupational hygiene consultants can undertake a detailed COSHH assessment which aims to find out how workers are exposed, what are they exposed to and most importantly to what levels.

A COSHH assessment includes:

- Observing on-site processes and reviewing employee activity and the current work practises.
- Discussions with employees to gather information on what substances are used, how often, in what quantities and with what control measures.
- A final report providing recommendations for best practice and control of exposure, a bespoke action plan and guidance on how to comply with the latest legislation.

Contaminant	Possible health effects	Contaminant	Possible health effects
Isocyanates	Occupational asthma	Silica	Silicosis Lung cancer
Wood dust	Occupational asthma Nasal cancer	Solvents	Irritant contact dermatitis
Chromium VI	Occupational asthma	PAHs / Mineral oils	Skin cancer
Wet cement	Irritant contact dermatitis	Flour dust	Occupational asthma
Asbestos	Asbestosis Mesothelioma	Nickel	Allergic contact dermatitis

Exposure Monitoring

Is your workplace dusty? Smelly? Dirty? Are your employees exposed to dusts, vapours or fumes?

If yes, how effective are your control measures to prevent exposure to hazardous substances?

AEC's team of occupational hygiene consultants can undertake on-site exposure monitoring in order to evaluate and assess almost any given substance, process or activity, utilising the latest measurement, sampling and analytical techniques and in accordance with current guidance.

During this process the consultant will:-

- Carry out an initial site walkthrough to assess the working environment.
- Discuss with employees what substances are used, in what quantities and how often, with which control measures.
- Sample the air quality using personal sampling (direct exposure to the worker) and fixed-point sampling (background exposure levels).

- Produce a final report providing monitoring data and guidance on exposure levels, recommendations for best practice, a bespoke action plan and guidance on how to comply with the latest legislation.

Exposure monitoring provides assurance on the quality of your control measures and offers peace of mind that you are protecting your worker's health.

To arrange a free consultation to discuss how we can help you with your current procedures please call
AEC North: 0161 872 7111
AEC South: 0203 384 6175
or email: occhygiene@aec.uk.net

Workplace Noise Assessments

Regular and prolonged exposure to elevated noise levels within the workplace can lead to hearing loss, tinnitus (ringing in the ears) or other health issues.

The Control of Noise at Work Regulations 2005 require employers to carry out risk assessments and eliminate or control noise risks.

The assessment must contain a reasonable estimate of your employees' exposures and identify what you need to do to not only comply with the law, but to ensure the health and safety of your employees who are exposed.

AEC can provide a competent and independent assessment of noise levels within the workplace utilising the latest monitoring equipment.

On completion of the risk assessment, a report will be produced incorporating monitoring data, observations, recommendations, an action plan and an outline of current legislation, to help you determine how best to protect your employees.



Hand-Arm Vibration (HAV) Assessments

Regular use of vibrating tools and equipment can cause a range of issues known as hand-arm vibration syndrome (HAVS), including white finger, carpal tunnel syndrome and musculoskeletal issues.

Employers have a legal duty under the Control of Vibration at Work Regulations 2005 to prevent or reduce risk to health and safety from exposure to vibration at work.

AEC's Occupational Hygiene consultants can help you identify whether there is likely to be a significant risk from hand-arm or whole-body vibration in your workplace by carrying out a vibration risk assessment.

- provide independent advice and recommendations on control strategies, an action plan, current legislation, to help you determine how best to protect your employees.



White finger syndrome

As part of the risk assessment our consultants will:

- identify workers who are at risk.
- measure exposure levels to determine vibration magnitudes transferred from the hand tool to the hand.
- calculate how long tools can be used for before exceeding control limits.

Tool Type	Upper quartile vibration magnitude (m/s ²)	'Trigger Time' to reach Action Value
Chainsaw	7	1h
Chipping Hammer	15	<15 min
Demolition Hammer	18	<10 min
Die Grinder	6	1h 20 min
Hammer Drill	16	<15 min
Impact Wrench	9	40 min
Rammer	38	<3 min
Road Breaker	17	10 min
Sander	9	40 min
Saw	16	<15 min

Local Exhaust Ventilation (LEV) Assessments

When maintained correctly, LEV systems can protect worker health by controlling exposure to hazardous substances in the workplace.

However, many employers experience problems when local exhaust ventilation (LEV) systems are incorrectly installed or not maintained on a regular basis.

COSHH Regulation 9 specifies that it is a legal requirement that an LEV system is examined and tested at **least once every 14 months** and test results must be kept for a minimum of five years.

AEC's team of occupational hygiene consultants can carry out a fully independent thorough examination and test of local exhaust ventilation (LEV) systems, in accordance with HSE guidance document HSG 258 'Controlling Airborne Contaminants at Work'.

All AEC consultants who undertake LEV assessments hold the BOHS P601 qualification.

During an assessment a consultant will:

- visually inspect the condition of the system and its components.
- assess air flow, capture velocities, transport velocities and static pressure. Air samples can also be taken to prove control.

On completion of the LEV assessment, a detailed report will be produced incorporating system details, measurement data, observations, and where appropriate recommendations to ensure that the LEV system continues to safeguard your employees.



Indoor Air Quality

We spend a lot of time indoors and air quality can play a major part in the health, comfort and well-being of employees on a daily basis.

Poor air quality can often be linked to headaches, eye, nose or throat irritation, dry skin, tiredness, lack of concentration etc. and in some severe cases, breathing difficulties, dizziness, and nausea.

AEC's Occupational Hygiene team can carry out an assessment of the indoor air quality within your office environment, monitoring for a wide range of parameters that may be affecting staff, these can include temperature, humidity, airflow, carbon dioxide, organic vapours etc.

On completion of the indoor air quality assessment a detailed report will be produced incorporating measurement data, observations, and where appropriate recommendations to improve the working environment.

Achieving thermal comfort



Room Temperature

To provide a comfortable working environment, a reasonable room temperature should ideally be set around 21°C.

Humidity

In an office, humidity levels should be between 40% and 70%. Why not try adding indoor plants? They add extra moisture to the air.



Ventilation

All workplaces need an adequate supply of fresh air through natural or mechanical ventilation.

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Did you know?

12,000

The number of deaths per year due to occupational respiratory diseases.



40

The number of species of hard-wood trees implicated in causing occupational asthma.

20,000

The number of workers with work-related hearing problems.



200-300

The number of new cases of occupational asthma seen by chest physicians every year.

55%

The proportion of cases of dermatitis in the food and catering industry caused by prolonged contact with water, soaps, and detergents.



Training Courses

P304 - COSHH - Fundamentals of Risk Assessment and Control

This course provides candidates with an understanding of how the COSHH risk assessment process can be used to prevent and control health risks in the workplace. The course is suitable for anyone who is responsible for managing health risks in a place of work.

Duration 3 days

CCHRC - Certificate in Controlling Health Risks in Construction

CCHRC has been specially designed to provide training for anyone who has functional responsibility for controlling health risks on a construction site, such as site supervisors and site managers.

Duration 1 day



We also offer bespoke training that is tailored to suit your business needs and can be delivered at any time, in any location

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or email: training@aec.uk.net

HSE statistics



ASBESTOS



LEGIONELLA



SOILS TESTING, INSPECTION & ON-SITE SERVICES



WATER HYGIENE



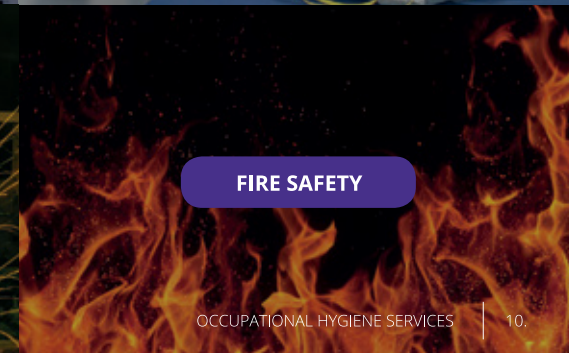
TRAINING



HEALTH & SAFETY



OCCUPATIONAL HYGIENE



FIRE SAFETY