



WORKING FOR A HEALTHIER FUTURE

Occupational Hygiene



Our Company

Working for a Healthier Future

IOM delivers the broadest range of workplace health services in the UK. With over 140 staff across nine specialist service teams and four UK locations, we work for thousands of organisations. Our clients know that through IOM, they can access some of the UK's most experienced health and safety experts.

IOM helps employers deliver world class workplace practices:

- We understand the factors that affect human health in the workplace and the wider environment.
- We identify and promote practices which can improve the health of workers and the wider population.

We help all types of organisations in all sectors deal with risks from established workplace hazards such as noise, chemicals, asbestos, heat, dust or vibration and emerging risks from new technologies such as those involving nanomaterials. Our support includes Occupational Health and Expert Witness services.

Good health means good business. As experienced consultants and service providers, we understand what organisations need to do to protect their employees and their businesses. We establish true best practice, provide accurate insight into workplace health issues in your organisation and promote cost-effective solutions.

IOM has an international reputation for excellence in our research, services and consulting across all industry sectors from high technology to heavy industry. Our clients benefit from the experience of foremost experts in their fields. An understanding of workplace health is critical to every business and IOM can ensure your organisation is at the forefront of good practice as we work together for a healthier future.

Occupational Hygiene

Reducing Risks to Workplace Health

Managing exposure to hazardous agents in the workplace and protecting worker health is at the heart of IOM's expertise. Health hazards are present in every workplace, whether heavy industry, manufacturing, construction, waste management, catering, retail or an office-based business. Employers must assess the hazards, demonstrate effective controls, provide relevant training, manage the risks to health and undertake regular checks of the control measures and exposure levels.

IOM helps many employers around the UK assess and control exposure of their workforce to hazardous substances and physical agents so that they can comply with the relevant regulations.

At IOM, we cover occupational hygiene in its broadest sense and our services include:-

- Hazard Evaluations
- Risk Assessments
- Measurement Surveys
- Data Interpretation
- Management and Policy Advice
- Expert Witness Consulting

We help clients to successfully develop and implement Health and Safety Management. We go beyond basic compliance and apply our understanding of the relationship between workplace exposure and disease. We also help clients in the management of their environmental impacts.

With UK coverage from four offices, IOM employs the largest number of qualified occupational hygienists of any UK occupational hygiene provider. We have unrivalled experience and a depth of knowledge in the field of industrial hygiene and the specific issues in different industry sectors. With UKAS accreditation and the professionalism and experience of our staff, our clients can have total confidence in the measurements we make and the advice we give.



1. COSHH

Managing Hazardous Substances

IOM supports companies, government and industry in the management of risks posed by hazardous chemicals, dusts and biological agents. A major part of our work involves the measurement and management of exposures including:

- Preparation of COSHH risk assessments
- Exposure measurements and assessments for chemicals, dust and bioaerosols
- Prediction of exposures for planned or occasional exposures
- Assessment of the effectiveness of controls
- Advice on risk management and compliance
- Personal Protective Equipment testing and advice

Other related work includes:

- Work in support of REACH e.g. identification of and development of exposure scenarios
- Development of safety data sheets
- Advice on appropriate health based in-house occupational exposure limits
- Risk assessment, considering both hazard and exposure data
- Toxicological reviews to inform company purchasing decisions, process design and risk management

2. Local Exhaust Ventilation (LEV)

Controlling Exposure with Routine Inspections

Local Exhaust Ventilation (LEV) is employed to control exposure to hazardous substances including fumes, dust and vapours. Once installed, LEV must be commissioned and maintained to ensure that it is effective. It is a requirement of COSHH that LEV systems are routinely inspected and tested to ensure that exposures are adequately controlled. A thorough examination and test must be carried out every 14 months.

IOM has a great deal of experience with LEV systems and we understand the inherent problems with their use. We carry out the standard inspection and testing procedures required by HSE Guidance in order to determine the effectiveness of LEV and identify where remedial action is needed to ensure workers are adequately protected.

We can assist you to compile a Standard Operating Procedure (SOP) describing how your LEV system is designed to control exposure and how this can be achieved. We can also help create a log book which should be used to keep records of the regular checks and any maintenance and repairs carried out on the system.



3. Physical Agents

Protecting your Workforce from Preventable Exposures

Many workers are exposed to noise, hand arm vibration, whole body vibration and thermal stress in the workplace. Employers are legally required to identify physical agents that will impact on the short and long term health of workers. Our research background in this field places IOM at the very forefront of understanding workplace exposure to physical agents.

Noise

Control of exposure to noise is required under the European Physical Agents (Noise) Directive implemented in the UK under the Control of Noise at Work Regulations 2005. We can help you manage exposure to noise in the workplace by:

- Assessing occupational noise exposure levels for individuals and groups
- Identifying where employees are exposed to excessive levels of occupational noise
- Producing “noise-maps” highlighting areas where occupational noise may require control
- Providing practical noise control engineering advice
- Assessing the suitability of hearing protection, and provide best advice on protecting employees from excessive noise exposure
- Assessing whether your employees require health surveillance
- Supplying information and training to staff on the effects of noise and noise induced hearing loss

Hand-arm and Whole-body Vibration

IOM can help employers where there are problems with or potential exposure to any form of harmful vibration at work in order to ensure that worker health is protected and that regulatory compliance is achieved.

We can advise on limits, vibration levels, exposure periods, transitional periods and control measures.

Thermal Stress

Overheating as a result of excessive outdoor temperatures, exposure to high temperatures intrinsic to the work task or exposure to excessive cold can lead to a range of adverse effects. We help employers review and assess worker exposure to heat or cold and to determine the appropriate control measures to ensure that exposures are properly controlled and that corrective practices or equipment are put in place to minimise or remove risk for the employee.



4. Face Fit (Respiratory Protective Equipment) A UK Leader in RPE Testing

Respiratory Protective Equipment (RPE) may be required when working with hazards such as dusts, asbestos, respiratory sensitizers, bioaerosols and the pandemic flu virus. It is a legal requirement that individuals are face fit tested for tight fitting RPE such as filtering face pieces, half masks, and full face mask respirators that they may be required to use, in order to ensure that the RPE is effective.

Our face fit service is delivered by Fit2Fit qualified staff with more than 15 years of experience. Tests are carried out either on the client's premises or at our headquarters in Edinburgh. Our high-quality service includes individual guidance and training on the use of RPE, and in the event of a fit failure, advice to enable the individual to continue working.

5. Environmental Monitoring Assessing the Unseen Risk

At a time of growing concern about environmental pollution, we help organisations manage their impacts on their local environment and nearby communities.

Bioaerosol Monitoring

Exposure to bioaerosols comprising airborne microbes, microbial debris and other organic particles such as pollen can give rise to serious chronic respiratory illness. Some particularly sensitive individuals may be susceptible to potentially fatal invasive fungal or bacterial infections.

IOM can assess the risk by measuring bioaerosol concentrations and we advise on the implementation of the safe working practices and control measures necessary to comply with current HSE and EA guidance and regulation.

Contaminated Land

IOM assists local authorities, developers and other businesses to manage the risks that may be associated with soil contamination. Our services include the collection and analysis of soil samples, risk assessment, workplace and environmental monitoring during site works, the provision of advice on safe methods of working on contaminated sites and day to day health, safety and environmental management during site investigation and redevelopment.

Dust And Noise Monitoring

We provide dust and/or noise monitoring for construction, waste handling and other sites where there is concern about potential offsite impacts and help our clients develop and implement dust management plans.

6. Built Environment A Productive Work Environment

The quality of the indoor environment directly impacts on worker morale and productivity. Our broad based expertise has helped a wide range of businesses, local government and voluntary agencies to successfully manage the built environment in order to ensure the comfort, health and safety of their workers. We also assist organisations in meeting their regulatory obligations in relation to building-related risks such as legionella.

Our services include assessing legionella risks, measuring indoor air quality, carrying out lighting surveys, investigating odour complaints and appraising other factors affecting the quality of the indoor environment. We assist clients in pinpointing the source of environmental problems such as odour and help in the development of solutions to ensure a healthy working environment.

7. Expert Witness Services Independently Supporting the Legal Profession in Health and Safety Matters

At IOM, our dedicated team of experts have provided evidence over many years in civil litigation cases. Our safety specialists, ergonomists and occupational hygienists have provided the courts with independent and authoritative evidence in a wide range of occupational health and safety disciplines.

These include human factors, accident investigation, manual handling, upper limb disorders, allergic and contact dermatitis, asbestos related diseases, occupational cancers, and respiratory diseases such as occupational asthma and COPD.



Why Use IOM?



IOM is a leading international provider of health and safety solutions to industry, commerce, public sector and professional bodies.

Our Occupational Hygiene Services team is one of the UK's largest and most reputable and is uniquely supported by a wealth of expertise and experience. IOM represents the most comprehensive range of workplace health services, enabling us to provide practical solutions to a broad spectrum of occupational hygiene concerns.

Whether your requirement is for strategic advice, expert opinion, on-site measurement and monitoring or multi-disciplinary research, IOM will be delighted to help.



**IOM – working for a healthier future across
a wide range of workplace health needs.**

- Occupational Hygiene
- Asbestos Services
- Occupational Health
- Safety of Nanomaterials
- Environment
- Expert Witness Services
- Lab Services
- Human Factors & Ergonomics
- Specialist Hospital Ventilation
- Research



www.iom-world.org 
Email: iom@iom-world.org

IOM Edinburgh

Research Avenue North
Riccarton, Edinburgh
EH14 4AP

Tel: 0131 449 8000
Fax: 0131 449 8084

IOM Chesterfield

Tapton Park Innovation Centre
Brimington Road, Tapton
Chesterfield, S41 0TZ

Tel: 01246 383110
Fax: 01246 383128

IOM Stafford

Brookside Business Park
Cold Meece, Stone
Staffordshire, ST15 0RZ

Tel: 01785 333200
Fax: 01785 333228

IOM London

Research House Business
Centre, Fraser Road, Perivale
Middlesex, UB6 7AQ

Tel: 0203 668 0000
Fax: 0203 668 0018

Registered in Scotland No. SC205670.

IOM Consulting Limited is a wholly owned subsidiary of the Institute of Occupational Medicine, a registered Scottish charity.