Team Crossrail,

Since the last Stepping Up Week, we have continued to see a steady improvement in our health and safety performance, with five contracts currently delivering without a lost time injury for over a year and reducing accident rates across the project. Our focus on safety incidents is proving successful and we know all of you will continue to maintain vigilance to maintain and even accelerate this improvement in safety.

However, we need to ensure we do not forget that we need to show similar focus on improving our health and wellbeing. 666,0000 people die each year worldwide from Occupational Cancer circa 8000 in the UK alone. In addition, in 2013/14, there were 240,000 reported cases in the UK alone of work-related illnesses such as stress, anxiety and depression. These statistics are clearly shocking and remind us that not all harm is immediately visible. There is more we can all be doing to look out for the wellbeing of others and more we can do for our wider community, to ensure their health and wellbeing isn't affected by the works that take place on our sites.

During Stepping Up Week 5, from the 19th - 23rd of October, we are focusing on Health and Wellbeing. These dates align with the London Health and Wellbeing Week as well as the European Week for Health and Safety. Therefore, we are asking sites to promote positive Mental Health and Wellbeing during this week with a special emphasis on the Worker, Workplace Safety, Wider Community and Wellbeing in general.

We want everyone to get involved. Please take the opportunity to participate in the activities and workshops planned for your site and during this time remember the diverse nature of our workforce; there are different languages, abilities, cultures and genders working on Crossrail so we want to ensure all activities are inclusive to everyone on site.

Step up for your community, step up for your colleagues, step up for workplace safety and step up for Welfare. Step Up for Stepping Up Week.

Safety and Health Leadership Team.

Target Zero

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