



OHWSP-01 Version 1 01/04/2025

C Jones & Sons

Unit 1, Jacks Park, Cinque Ports Road, New Romney TN28 8AN

Occupational Health & Wellbeing Statement

At C Jones & Sons, we recognise the importance of managing occupational health issues, including mental health, fatigue, and general employee wellbeing. As a micro-business operating in the construction sector, we are committed to promoting a healthy working environment and supporting the physical and mental wellbeing of all staff and contractors.

Mental Health and Wellbeing

- We promote awareness of mental health and encourage open dialogue among team members.
- All employees are made aware of the signs of stress, anxiety and fatigue and are encouraged to speak up if they are struggling.
- Where appropriate, we will signpost individuals to external professional support services such as their GP, the NHS, or mental health charities (e.g. Mates in Mind, Mind, or Samaritans).

Fatigue Management

- We ensure that working hours are managed to avoid excessive fatigue.
- Regular breaks are encouraged throughout the day, and we discourage working outside of agreed site hours.
- Employees are reminded of the importance of sleep and rest, particularly when undertaking high-risk or safety-critical tasks.

Occupational Health Arrangements

- We assess health risks related to our construction activities (e.g. exposure to dust, noise, manual handling).
- Reasonable adjustments are considered where an employee has a known health condition affecting their work.
- We maintain a register of any significant health concerns and review these regularly in line with risk assessments.

Supportive Workplace Culture

- We operate a supportive and respectful work culture where health and wellbeing are prioritised. Managers maintain regular informal check-ins with team members to identify any potential health or well-being concerns early.

This statement forms part of our overall commitment to health and safety and will be reviewed annually or following any significant change.

Signed:

Z. Jones

Date: 01/04/2025

Review Date 01/04/2026

OWNERS OF BILT. BUILDERS MERCHANT

