



# Department of Civil and Building Engineering

## Research Seminar

### “Fluctuating demands and unexpected events: Improving work-family interaction in project-based construction work”

Speaker: **Professor Helen Lingard**

School of Property, Construction and Project Management  
Royal Melbourne Institute of Technology (RMIT) University, Australia

Date/Time: **Friday 10 September 2010, 10.30 – 12.00**

Location: **RT0.25 ‘Fire Station’**, Department of Civil and Building Engineering

Booking: Please **contact Pam Allen** ([p.j.allen@lboro.ac.uk](mailto:p.j.allen@lboro.ac.uk), Tel. 228529) to confirm attendance as refreshments will be provided after the seminar

**Outline:** Throughout a construction project’s lifecycle there are critical points at which extraordinarily long working hours have significant impacts on the quality of work-life experiences.

In Melbourne, Australia, participatory research on a number of 'live' construction projects is exploring the extent to which fluctuations in work intensity present opportunities for helping employees to balance their work and non-work lives through providing opportunities for rest and recovery.

Innovative ways of working that provide relief for workers (for example, through job rotation, flexible scheduling, time off in lieu) are being evaluated using a longitudinal experimental design. Preliminary results highlight the importance of regular recovery opportunities for satisfactory work-life 'balance'.

#### **Helen Lingard**



- PhD: Occupational Health and Safety (OHS) in the construction industry
- OHS Adviser, Costain Building and Civil Engineering (Hong Kong)
- Five booklets establishing Model Client OHS practices in government agencies
- 5 year US\$500,000 benchmarking study of construction OHS research and practice
- Awarded prestigious Australian Research Council Future Fellowship (2009)
- Research into the quality of work-life interaction has moved from exposing the magnitude of the problems to guiding the implementation and evaluation of innovative strategies to improve work-life interaction in 'live' construction projects
- Current work-life research supported by several major players in the Australian construction industry, as well as the State Government of Victoria
- Authored many journal and conference articles and three books, most recently 'Managing Work-Life Balance in Construction', Spon Press (London), April 2009

For further information, please contact:  
Chris Carter, Research Manager,  
Department of Civil and Building Engineering  
[C.D.Carter@Lboro.ac.uk](mailto:C.D.Carter@Lboro.ac.uk), Tel: +44-(0)1509 228796

