



WILSON ADRAIN NEWS



Wilson Adrain
SAFETY MANAGEMENT LTD

**WILSON ADRAIN SAFETY MANAGEMENT
NEWSLETTER FOR DECEMBER 2022**

NEWS



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CHRISTMAS UPDATES

Our last working day over the Christmas period is Thursday 22nd December 2022, where we will be closing at 12pm. We will be closed over the Christmas period and re-opening for service on Wednesday 4th January 2023. We wish you an enjoyable Christmas break and a prosperous 2022.



COLD WEATHER WORKING

Working In Cold Temperatures:

The minimum temperature in an indoor workplace should normally be at least:

- 16°C or
- 13°C if much of the work involves rigorous physical effort

There are practical steps you can take to keep people as comfortable as possible when working in the cold.

What the Law Says:

The Workplace (Health, Safety and Welfare) Regulations require employers to provide a reasonable indoor temperature in the workplace.



This depends on the work activity and the environmental conditions. The Construction (Design and Management) Regulations require reasonable workplace temperatures for indoor areas of construction sites.

Where the site is outdoors, you must provide protection from adverse weather. Site rest facilities must also be maintained at an appropriate temperature.



Assessing the Risk:

Under the Management of Health and Safety at Work Regulations, employers must:

- Assess the risks to workers
- Put controls in place to protect them
- Temperature in the workplace is one of the risks you should assess whether the work is being done indoors or outdoors.

You should consult with workers or their representatives on the best ways to cope with high or low temperatures.

What is a Reasonable Workplace Temperature:

As an employer, you must decide what a reasonable temperature should be in your workplace:

- Assess the risk
- Act on any findings by putting controls in place, including temporary or seasonal ones.

How Workers Can Keep Temperatures Comfortable

This page explains what you can do if you think there is a problem with temperature in your workplace.

You may have to work with your employer and other workers to get permission to take some of the steps below. By working together you will be more likely to find suitable, long-term solutions

What You Can Do as a Worker:

Here are some things you can do to make your workplace temperature more comfortable:

- Add or remove layers of clothing, depending on how hot or cold you are
- Use a desk or pedestal fan to increase air movement
- Use window blinds to reduce the heating effects of the sun
- If you are too warm drink plenty of water (avoid caffeinated or carbonated drinks)
- If possible, work away from direct sunlight or sources of heat, such as machinery
- Take regular breaks to cool down in hot conditions or heat up in cold ones

If you have any issue with the temperature, you should report this to your manager, or your union or workplace representative if you have one.

What Your Employer Should Do:

Your employer should already be assessing the risks, talking to workers and agreeing control measures to protect you.

If workers are reporting or complaining about uncomfortable temperatures, your employer should reassess the risks, agree actions with you and act on the results.

Talk to them about things they can do. These could include:

- Making sure windows can be opened or closed
- Providing fans to cool the air or local heaters
- Checking air conditioning units are maintained
- Introducing flexible hours or early/late starts to avoid high or low temperatures
- Relaxing formal dress codes to allow fewer or more layers of clothing
- Insulating hot machinery or pipes
- Moving workstations away from hot machinery or out of direct sunlight

Outdoor Working

When working outdoors, the weather can have a serious impact on worker's health if the risks have not been properly managed. This impact may be immediate or occur over a longer time, leading to conditions like skin cancer. The weather can also affect a worker's ability to keep safe, for example when handling machinery. There are simple actions you can take to protect people working outdoors.

- Ensure the personal protective equipment issued is appropriate
- Provide mobile facilities for warming up, and soup or hot drinks
- Introduce more frequent rest breaks
- Consider delaying the work until warmer times of the year without compromising on safety
- Make sure workers can recognise the early symptoms of cold stress, such as a cough or body aches



Cold Stress

When working in freezing temperatures for an extended period of time, workers are at risk of cold stress, a serious condition which occurs when the body temperature rapidly drops and the body cannot retain the levels of heat required to function normally. This can lead to serious health problems such as hypothermia and frostbite. Similarly, it can also put the worker at a heightened risk of other injuries due to a lack of concentration or an inability to move their joints to full capacity.

Who is Vulnerable to Cold Stress?

Anyone can be victim to cold stress and its repercussions but there are certain groups who are more susceptible and so should take extra care when working onsite. However, susceptibility to cold cannot always be predetermined so it's best to take precautions regardless of your perceived good health.

Risk Factors:

- Age
- Low blood pressure
- Circulatory irregularities/diseases
- Fatigue
- Smokers/drinkers
- Certain medications
- Past history

Prevention:

Ensure that your construction workers are fully aware of the dangers of cold risk and if you see them acting frivolously and/or posing a danger to themselves you'll need to take suitable action. Clothing, equipment and planning can all go a long way to protecting your workers. We take a look at some methods of prevention.

- Ensure cold weather gloves, hard hat liners, jacket and insulated boots are worn
- Implement a buddy system
- Encourage breaks and ensure there is a place for your workers to seek warmth
- Use cold-temperature-approved equipment
- Use 'Ice Melt' in slippery areas
- Ensure all hardhats have an LT (low temperature) identifier.



- Ensure construction workers don't touch cold metal surfaces with bare hands when temperatures are below -7°C . Train staff on meals and hydration.

Recognising The Symptoms:

It's best to recognise the symptoms of cold stress early to ensure the wellbeing of your construction workers. The early stages of hypothermia include shivering, lack of coordination, slurred speech and pale skin. When this progresses, the shivering will stop, your worker will be unable to stand or walk and they may appear confused. When this reaches the height of severity, they will be extremely fatigued with cold skin and it may be difficult to find their pulse.

In the case of frostbite, the worker will initially feel a cold, tingling, stinging or aching pain in the frostbitten area, followed by numbness. The skin will initially appear red, then purple, before slowly getting paler to the point of white and will be incredibly cold to touch. In severe cases, the skin may become hard or begin to blister.

Treating Cold Stress:

If you notice the signs of cold stress, even in its very early stages, seek medical attention immediately. Your priority must be to get your worker out of the cold into a warm environment.

In Case of Hypothermia:

- Remove any wet clothing
- Use an electric blanket to warm the body from its core, if this isn't available, use skin-to-skin contact under loose, dry layers of material
- If the worker is conscious, encourage them to drink warm, non-alcoholic beverages
- Once warmed up, keep the worker in a warm blanket ensuring their head is wrapped

In Case of Frostbite:

- If the affected area is on their feet, don't allow the worker to walk unless essential
- Immerse the affected area in warm, not hot, water. Otherwise, use your own body heat to treat the area but **DO NOT** rub it
- Don't use a radiator, heating pad, stove or fireplace to heat the affected area



COLD WEATHER SKIN CARE IN CONSTRUCTION

Health and safety leaders must stay ahead of the issue. Overlooking skin care can not only lower productivity and team effectiveness, it can also cause serious harm for colleagues in the long term.

The Impact of Skin Disorders

Around 40% of industrial workers will suffer with a work-related skin issue at some point in their career. Clearly, this is a significant health and safety issue that needs attention.

In winter months, contact dermatitis is a big risk for construction teams. Dermatitis can cause the skin on the hands to become red, blistered, dry and cracked, making manual tasks a challenge. What's more, untreated dermatitis can cause significant discomfort, pain, loss of sleep and can even become infected.

It's vital that health and safety leaders take an active stance on skin care to prevent occupational skin disorders and keep team wellbeing and productivity high.



Creating a Healthy Skin Routine

Establishing a skin care routine is crucial. Teams should be encouraged to get into good habits at home. This includes a moisturising routine and avoiding long, hot showers which can lead to dryness. Once colleagues are onsite, it's your responsibility to ensure that skin care stations are widely available so they can clean contaminants and protect skin.

3 Step Skin Care

Step 1 - Protect:

A protective solution should be applied to clean and dry hands before commencing work for added protection against oil and water-soluble substances. This step helps to retain natural lipids and moisture in the skin, keeping it protected as well as quicker and easier to clean.

Step 2 – Cleanse:

A cleansing solution is applied to hands with water following contamination. Cleansing removes dirt and harmful contaminants from the skin and stops the spread of germs – particularly important in winter months.

Step 3 – Restore:

A restorative solution should be applied to clean and dry hands at the end of work to help replenish natural skin oils. This step nourishes and conditions the skin, improving its strength and preventing it from becoming dry or damaged.

RECENT HSE PRESS RELEASES

Case 1 – 07/12/2022

A company has been fined after an employee became seriously ill when he contracted a blood infection while working at a lake contaminated with sewage.

He was working for Adler and Allan Ltd, a supplier of environmental risk services, during a clean-up operation at a lake near Churchbridge, Cannock, Staffordshire, in June 2019.

Dead fish had to be cleaned out of the lake after it was contaminated with sewage when a nearby pipe burst.

The employee worked at the lake for two weeks before contracting Leptospirosis (Weil's Disease) and became seriously ill.

The infection led to the man having a rash across his whole body meaning he had to limit contact with his family. His kidney and liver also had to be monitored. He was given antibiotics and did not make a full recovery for around four months.

An investigation by the Health and Safety Executive (HSE) found there was a serious risk of ill health to employees at the site as there were inadequate hygiene provisions in place to suitably guard against bacteriological and pathogen infection.

During around the first two weeks of the job, there were no on-site toilets or welfare units available to the company's employees. This led to workers using a local supermarket to wash and go to the toilet.

There was also a lack of supervision at the site, with the company also failing to conduct a suitable risk assessment and implement an appropriate system of work.

Adler and Allan Limited of Station Parade, Harrogate, Yorkshire, pleaded guilty to breaching Section 2(1) of the Health and Safety Act 1974 and Regulation 20(1) of the Workplace (Health, Safety and Welfare) Regulations 1992. The company were fined £126,100 and ordered to pay costs of £43,494 at Cannock Magistrates' Court on 29 November 2022

HSE inspector Lyn Mizen said: "This serious ill health matter could have been avoided if the clearly foreseeable risks and dangers had been appropriately controlled and managed, right from the

outset.

“Portable welfare units can be easily sourced and are clearly needed for heavily contaminated work situations such as this.

“HSE will not hesitate to hold duty holders to account if they fall short of appropriate welfare standards.”

Case 2 – 28/11/2022

A demolition firm has been fined and one of its directors ordered to do 250 hours of unpaid work after a 20-year-old worker was crushed. Ace Demolition Services Ltd had been contracted by Southend Borough Council to demolish Futures Community College, in Southchurch Boulevard, Southend-on-Sea.

Shannon Brasier, who was 20 years old at the time, was working with a colleague to load a fuel hose into the rear compartment of a 21-tonne excavator, when the excavator moved round and crushed her between the excavator and a mobile fuel tank.

Ms Brasier, from Dagenham, suffered life-changing injuries, including to her neck, skull and face, which she was fortunate to survive.

An investigation by the Health and Safety Executive (HSE) found that Ace Demolition Services Ltd failed to implement suitable controls to segregate pedestrians and construction plant, allowed two pairs of keys to be used during the refuelling process and allowed operatives to act as signallers/banksman for the excavator without having received adequate training.

A director, John Gilligan, was responsible for supervising the refuelling and drove the excavator before the refuelling was complete.

The incident happened on 28 July 2020.

Ace Demolition Services Ltd and John Gilligan, of Fox Burrows Lane, Writtle, Chelmsford pleaded guilty to breaching Section 2(1) and 37(1) of the Health & Safety at Work Act 1974. Ace Demolition Services Ltd was fined £20,000 and ordered to pay costs of £9,731 at Chelmsford Magistrates' Court on 24 November 2022. John Gilligan was given a 12-month community order with a requirement to undertake 250 hours of unpaid work.

HSE inspector David Tonge said: “This incident could have so easily been avoided. While there were a number of shortfalls, this incident ultimately occurred due a failure to keep the workers away from the excavator.

“Duty holders must ensure that individuals are segregated from vehicles and construction machinery.”

CURRENT TRAINING COURSES

HEALTH AND SAFETY COURSES – IN PERSON

Course Title	Duration	Candidates	
		MIN.	MAX.
Abrasive Wheels Awareness	½ Day		12
UKATA Accredited Asbestos Awareness	½ Day		12
UKATA Accredited Asbestos Awareness Refresher	½ Day		12
Non UKATA Asbestos Awareness	½ Day		12
Avoiding Accidents and ill Health at Work	½ Day		12
CDM Regulations 2015	1 Day		12
COSHH Assessments	½ Day		12
Delivering Toolbox Talks/ Instructional Techniques	½ Day		12
Environmental Awareness	½ Day		12
Fire Marshall/ Warden Training	½ Day		12
Fire Extinguisher Awareness	½ Day		12
Hand Arm Vibration Syndromes Awareness	½ Day		12
Health and Safety in the Office Environment	½ Day		12
Manual Handling	½ Day		12
Risk Assessment	½ Day		12
PUWER Machinery Safety Awareness	½ Day		12
Safety Awareness	½ Day		12
Sharps and Bio-Hazards Safety	½ Day		12
Working at Height Awareness	½ Day		12
Working at Height & Ladder Safety Awareness	½ Day		12
Working at Height with Harness Awareness	½ Day		12
Working at Height with Harness and Man Safe System Awareness	½ Day		12
Working at Height for Groundworkers	½ Day		12
Electrical Safety Awareness	½ Day		12
Electrical Safety Awareness for Demolition/ Downtakings	½ Day		12
Safe Digging Practices in Accordance with HSG47	½ Day		12
CAT & Genny Awareness	½ Day		12
Spill Kit Awareness	½ Day		12
Face Fit Testing	Varies		

IOSH COURSE

Course Title	Duration	Candidates	
		MIN.	MAX.
Managing Safely	3 Day	4	12
Managing Safely Refresher	1 Day	4	12
Working Safely	1 Day	4	12

ONLINE HEALTH AND SAFETY COURSES

Course Title
Abrasive Wheels
Asbestos Awareness
Basic Fire Safety Awareness
Basic Legionella Management
Behavioural Safety
CDM Awareness
Control of Substances Hazardous to Health (COSHH)
Display Screen Equipment Awareness
Drug and Alcohol Awareness
Electrical Safety
Emergency First Aid at Work - Online Annual Refresher
Fire Extinguisher
Fire Marshal
Introduction to Risk Assessment
Manual Handling
Noise Awareness
Personal Protective Equipment
Slips, Trips and Falls
Working at Height
Working in Confined Spaces
Working Safely
Workplace Health and Safety

**If you have any questions or queries, please contact us
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