



# WILSON ADRAIN NEWS



**Wilson Adrain**  
SAFETY MANAGEMENT LTD

**WILSON ADRAIN SAFETY MANAGEMENT  
NEWSLETTER FOR JANUARY 2023**

# NEWS



**Wilson Adrain**  
SAFETY MANAGEMENT LTD

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## ACCREDITATION APPLICATION ASSISTANCE

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### Do you need help or assistance with SSIP?

The introduction of SSIP competence criteria provided an opportunity for existing health and safety prequalification schemes to build on and formalise mutual recognition already in operation amongst some schemes.



The aim of SSIP is that clients can go to the website and check that you have a current Health & Safety Policy, amongst other Health & Safety documentation that will help you win the tender over other companies.

The SSIP Forum will:

- act as an umbrella organisation to facilitate mutual recognition between health and safety pre-qualification schemes wherever it is practicable to do so.
- actively advise and influence clients about acceptable interpretation and appropriateness of health and safety competence standards in UK schemes.
- embrace the core guidance on competence and training in the Approved Code of Practice (ACoP) of the Construction (Design and Management) Regulations.

### How can we help you?

Constructionline require as part of their registration process that a health and safety questionnaire is completed by the contractor/supplier. It is important to note however that this is a self-certification of health and safety compliance and Constructionline do not check the validity of the information provided. Constructionline leave any checking that may be required to the buyer to carry out.

However, if the ***Constructionline applicant is already registered with a SSIP health and safety competence assessment scheme, this replaces the requirement for the health and safety questions to be answered.***

We will assist you putting together the application and all your supporting evidence to help get your company on the SSIP register. Being on the SSIP register allows other people/companies to search for you through the SSIP portal to check your status on Health & Safety.



# SSIP



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SSIP HELPS YOU WITH...

CONTRACT TO SUPPLY	PRE-QUALIFICATION	MUTUAL RECOGNITION
COST REDUCTION	REDUCED AUDITING	BIDS AND TENDERS



**Accreditation Application Assistance**

**Accreditation Application Assistance**

At Wilson Adrain Safety Management Ltd we provide our clients with a service on an annual basis which helps to maintain the required standard to achieve success when applying for SSIP Scheme.

To satisfy the requirements of the SSIP Scheme, companies are requested to provide evidence of a competent health & safety professional that represents the company. Wilson Adrain Safety Management Ltd offer an annual or monthly Retainer which meets this requirement and helps to assist your company.

Wilson Adrain Safety Management Ltd have assisted over 100 companies in completing their SSIP applications for accreditation and are proud of our 100% success rate to date.

## HEALTHY EATING

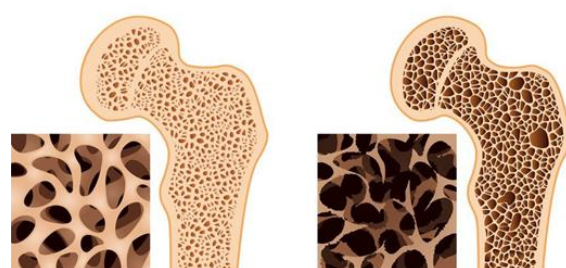
As a human being we all like to make things easy for ourselves, however a bad diet and lack of healthy choices can cause severe damage to our health.

In the short-term, eating well help you to feel good, look your best and help manage weight. In the long term a healthy, balanced diet can reduce your risk of heart disease, diabetes, osteoporosis, and some cancers.

- The evidence is that a healthy diet and lifestyle can prevent 30% of cancers and 80% of heart disease and type 2 diabetes.
- Overhauling you're eating habits can be daunting. We recommend making a start with small changes, so you ease into a healthier routine over time.



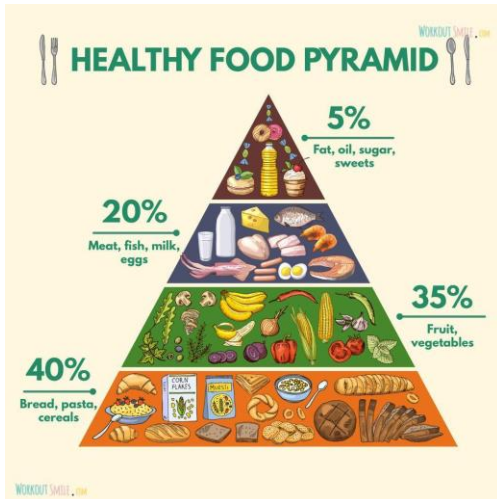
### Osteoporosis



Healthy bone

Osteoporosis

## Include More Fruit and Vegetables



Prepare or choose meals with servings of vegetables, fruit or salad, as a diet low in fruit and vegetables increases your risk of developing chronic diseases such as heart disease and cancer. Most people don't include enough of these food types in their diets. Try to eat **5 to 7** servings a day. One easy way to achieve this goal is to make sure that half your lunch and dinner plate is salad, fruit or vegetable.

Another way to do this, is to follow the 'Food Pyramid': The largest part of the meal (40%) is taken up by a carbohydrate e.g, pasta, as it is filling, then it should be fruit or vegetables (35%), then the next smaller section (20%) should be meats or dairy, and finally the smallest section (5%) should be made up of treats e.g. cakes and sweets.

## Cut Down On Saturated Fat And Sugar

You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating.

There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. **On average, men should have no more than 30g of saturated fat a day. On average, women should have no more than 20g of saturated fat a day.**



Saturated fat is found in many foods, such as:

- fatty cuts of meat
- sausages
- butter
- hard cheese
- cream
- cakes
- biscuits
- lard
- pies

Try to cut down on your saturated fat intake and choose foods that contain unsaturated fats instead, such as vegetable oils and spreads, oily fish and avocados. For a healthier choice, use a small amount of vegetable or olive oil, or reduced fat spread instead of butter, lard or ghee. When you're having meat, choose lean cuts and cut off any visible fat. All types of fat are high in energy, so they should only be eaten in small amounts.

Sugary foods and drinks are often high in energy (measured in kilojoules or calories), and if consumed too often can contribute to weight gain. They can also cause tooth decay, especially if



eaten between meals.

Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices and smoothies. This is the type of sugar you should be cutting down on, rather than the sugar found in fruit and milk. Many packaged foods and drinks contain surprisingly high amounts of free sugars.

Free sugars are found in many foods, such as:

- sugary fizzy drinks
- sugary breakfast cereals
- cakes
- biscuits
- pastries and puddings
- sweets and chocolate
- alcoholic drinks



More than 22.5g of total sugars per 100g means the food is high in sugar, while 5g of total sugars or less per 100g means the food is low in sugar.

## Drink Plenty of Water

You need to drink plenty of fluids to stop you getting dehydrated. The government recommends drinking 6 to 8 glasses every day. This is in addition to the fluid you get from the food you eat.

- All non-alcoholic drinks count, but water, lower fat milk and lower sugar drinks, including tea and coffee, are healthier choices.
- Try to avoid sugary soft and fizzy drinks, as they're high in calories. They're also bad for your teeth.
  
- Even unsweetened fruit juice and smoothies are high in free sugar.
- Your combined total of drinks from fruit juice, vegetable juice and smoothies should not be more than 150ml a day, which is a small glass.
- Remember to drink more fluids during hot weather or while exercising.

## COSHH ASSESSMENTS

### What is COSHH?

COSHH is the law that requires employers to control substances that are hazardous to health. You can prevent or reduce workers exposure to hazardous substances by:

- Finding out what the health hazards are;
- Deciding how to prevent harm to health;
- Providing control measures to reduce harm to health;
- Making sure they are used ;
- Keeping all control measures in good working order;

- Providing information, instruction and training for employees and others;
- Providing monitoring and health surveillance in appropriate cases;
- Planning for emergencies.

Most businesses use substances, or products that are mixtures of substances. Some processes create substances. These could cause harm to employees, contractors and other people. Sometimes substances are easily recognised as harmful. Common substances such as paint, bleach or dust from natural materials may also be harmful.



## What is a 'substance hazardous to health'?

COSHH covers substances that are hazardous to health. Substances can take many forms and include:

- Chemicals
- Products containing chemicals.
- Fumes
- Dusts
- Vapours
- Mists
- Nanotechnology
- Gases and asphyxiating gases and
- Biological agents (germs). If the packaging has any of the hazard symbols, then it is classed as a hazardous substance.
- Germs that cause diseases such as leptospirosis or legionnaires disease and germs used in laboratories.

COSHH does not cover:

- Lead,
- Asbestos or
- Radioactive substances

Because these have their own specific regulations.

## What you need to do?

Before you start your COSHH assessment, you need to think about:

- What do you do that involves hazardous substances?
- How can these cause harm?
- How can you reduce the risk of harm occurring?

Always try to prevent exposure at source. For example:

- Can you avoid using a hazardous substance or use a safer process – preventing exposure, e.g., using water-based rather than solvent-based products, applying by brush rather than spraying?
- Can you substitute it for something safer – e.g., swap an irritant cleaning product for something milder, or using a vacuum cleaner rather than a brush?
- Can you use a safer form, e.g., can you use a solid rather than liquid to avoid splashes or a waxy solid instead of a dry powder to avoid dust?
- Check your trade press and talk to employees. At trade meetings, ask others in your industry for ideas.

If you cannot prevent exposure, you need to control it adequately by applying the principles of good control practice. Control is adequate when the risk of harm is 'as low as is reasonably practicable'.

This means:

- All control measures are in good working order.
- Exposures are below the Workplace Exposure Limit, where one exists.
- Exposure to substances that cause cancer, asthma or genetic damage is reduced to as low a level as possible.

## [COSHH assessment: Identifying Hazard And Assessing Risk](#)

You are probably already aware of many risks in your trade or industry. A COSHH assessment concentrates on the hazards and risks from substances in your workplace. Remember that hazards and risks are not limited to substances labelled as 'hazardous'.

Steps to making a COSHH assessment:

**1. *Walk around your workplace. Where is there potential for exposure to substances that might be hazardous to health?***

Examples include processes that emit dust, fume, vapour, mist or gas; and skin contact with liquids, pastes and dusts. Substances with workplace exposure limits (WELs) are hazardous to health.

**2. *In what way are the substances harmful to health?***

Get safety data sheets and read your trade magazines. Some substances arise from processes and have no safety data sheet. Examples include fume from welding or soldering, mist from metalworking, dust from quarrying, gases from silage.

**3. *What jobs or tasks lead to exposure?***

Note these down. Note down what control measures you already use. For these jobs, how likely is any harm to workers' health?

**4. *Are there any areas of concern, e.g. from the Accident Book?***

Examples include burns from splashes, nausea or lightheadedness from solvents, etc.



By law, your supplier must give you an up-to-date safety data sheet for a substance that is 'dangerous for supply'. Safety Data Sheets are often hard to understand, though the above information and explanation might help.



## RECENT HSE PRESS RELEASES

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### [Case 1 – 15/12/2022](#)

A Scottish confectionery and meringue manufacturer has been fined £5,000 after a worker was badly injured in a fall from a forklift truck.

The employee of Lees of Scotland Limited was hurt while helping unload a delivery of equipment from a lorry using a forklift truck in the yard of the company's Coatbridge site on June 4, 2019.

The man had been asked to get on the forklift truck to try to help it stay upright because it couldn't lift the load.

The employee fell from the forklift truck, resulting in a broken arm, cuts to his head and muscle damage to his back. He was off work for more than four weeks, before returning on light duties.

An investigation by the Health and Safety Executive (HSE) found that Lees of Scotland Limited had failed to make a suitable and sufficient assessment of the risks arising from a lifting operation undertaken by employees.

This involved the unloading of a lorry using a forklift truck which was not capable of lifting the weight of the loads.

Lees of Scotland Limited, North Caldeen Road, Coatbridge pleaded guilty to breaching Regulations Section 2(1) and Section 33(1)(a) of the Health and Safety at Work Act etc 1974. It was fined £5,000 at Airdrie Sheriff Court on December 13, 2022.

HSE inspector Ashley Fallis said: “This incident could so easily have been avoided by simply carrying out correct control measures and safe working practices.

“Companies should be aware that HSE will not hesitate to take appropriate enforcement action against those that fall below the required standards.”

## Case 2 – 13/01/2023

Civil engineering firm Kier has been fined more than £4m after its workers twice struck overhead powerlines while working on the M6 motorway causing cables to land in the path of passing vehicles.

In one incident, an overhead cable the workers brought down hit a lorry. In an earlier incident, a cable landed on the motorway.

An investigation by workplace regulator the Health and Safety Executive (HSE) found after one incident Kier workers failed to immediately tell the network provider Scottish Power about the incident.

Both incidents happened on overnight road works part of the smart motorway scheme between junctions 16 and 18 near Sandbach in Cheshire.

During the first incident, a team of three workers were working a nightshift on 28 March 2018. The workers were clearing tarmac from the hard shoulder and loading a truck with a digger. As the driver moved the truck along with an attached loading bucket raised it struck and severed a 11kV overhead powerline that landed in the motorway and in a nearby field. The company failed to immediately tell Scottish Power, which meant the cable was reenergised a number of times while it was lying on the motorway and vehicles were passing.

During the second incident, another team of three workers from a sub-contractor were removing a temporary motorway barrier on 21 January 2019. The crane arm attached to their lorry loader struck an overhead cable which led to an unmarked 11kV powerline being hit and snapped by an oncoming lorry.

HSE found that inadequate planning from Kier meant the vehicle used in the first incident was unsuitable despite other more suitable vehicles being available. There was also no task-specific risk assessment available for the workers.

In the second incident, the workers said that they were unaware of the overhead hazards.

In relation to the first incident, Kier Infrastructure and Overseas Limited, of Clippers Quay, Salford pleaded guilty to breaching Sections 2(1) and 3(1) of the Health and Safety at Work etc. Act 1974. In relation to the second incident, they pleaded guilty to breaching Section 3(1) of the Health and Safety at Work etc. Act 1974 and Regulation 13(1) of the Construction (Design and Management)

Regulations 2015.

In total, the company were fined £4.415m and ordered to pay costs of £87,759.60 at Manchester Crown Court on 12 January 2023.

HSE inspector Mike Lisle said: “This is a significant fine reflecting the seriousness of the failures here. The company’s failure to plan the work properly and provide an adequate risk assessment put its workers and those using the motorway in significant danger.”

## 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

We are now able to deliver the IOSH one day training course Safety, Health and the Environment for Construction Workers. This is a one day course covering health & safety and environmental issues on construction sites and is accepted by CSCS to obtain a green Labourer card following completion of the CSCS Touch Screen Test.

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
Safety, Health and the Environment for Construction Workers	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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