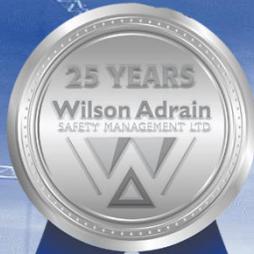




Wilson Adrain
SAFETY MANAGEMENT LTD

**NEWSLETTER
DECEMBER
2018**



CARPAL TUNNEL SYNDROME

Construction workers are particularly susceptible to carpal tunnel syndrome due to the constant pressure placed on their hands and wrists through many working practices.

By following some simple risk management measures, you can ensure that your employees continue to return home healthy from work.

Continue reading on PG. 2



MUSCULOSKELETAL DISORDERS

The term musculoskeletal disorders (MSD's) covers any injury, damage or other disorder, relating to the joints or tissues in both the upper and lower limbs, and in the back.

MSD's can prove a common costly problem for employers and workers. Through thoughtful workplace design and practices, this hazard can be avoided.

Learn how on PG 3.



SUDDEN CARDIAC ARREST

Cardiac arrest can affect anyone at any time. Immediate action is often required to dramatically increase a cardiac arrest victim's chances of survival.

Having a defibrillator in your workplace can mean the difference between life and death for one of your employees or colleagues.

PG. 5



WELCOME

With health and safety evolving at an ever faster rate, becoming increasingly difficult to keep up with, we have provided our customers with all that they need to know to continue their commitment to the health and safety of their workforce in our July newsletter.

We are continuously updating our list of training courses being held at our training centre located at our head office. We can also design our course to suit your specific needs, and encourage any suggestions or feedback on how to improve our services.

Our contact details, can be found below.

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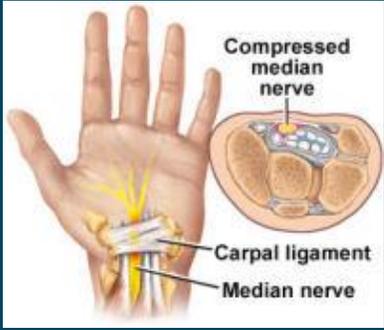
CONTROLLING CARPAL TUNNEL SYNDROME

EMPLOYERS DUTIES

Carpal tunnel syndrome is caused by extensive pressure on the median nerve, which runs the length of the arm, through a passage in the wrist called the carpal tunnel. Through this extensive pressure placed upon the median nerve, it can become inflamed and swollen, causing the carpal tunnel to narrow.

The median nerve is responsible for the movement of most fingers and, if it becomes compressed due to swelling, it can result in a variety of debilitating symptoms.

If you, or someone you know, is experiencing a numbness, tingling, or a weakness in the hand, you should consider consulting your doctor for further advice.



Some common, repetitive construction tasks may place you at high risk of carpal tunnel syndrome.

Below are just some of them:

- Repetitive hand movements, such as hammering and other manual tool use.
- Repetitive use with vibrating tools.
- Sustained postures with the wrists bent backwards or forwards.
- Sustained periods of the hands being used in awkward positions.

A variety of treatments are available for carpal tunnel syndrome depending on its severity. However, these treatments can often be invasive and require surgery.

The key to reducing carpal tunnel syndrome in people is prevention.

Below are some steps you can take to achieve this:

- Insist on correct manual handling practices and ensure that tasks are carried out using proper body mechanics.
- Use tools that have low levels of impact force on the hands, ensuring regular breaks and job rotations.
- Consider working practices and tools which eliminate the requirement for operatives to be exposed to high levels of impact or vibration.

There are many ways in which the risks of carpal tunnel syndrome can be appropriately controlled. For further assistance with your management of carpal tunnel syndrome, or for assistance with Hand Arm Vibration Syndrome (HAVS), please do not hesitate to contact a member of the team.

“ Risk factors causing MSDs can be found in virtually every workplace from commerce to agriculture, health services to construction”

Health and Safety Executive

MUSCULOSKELETAL DISORDERS (MSD'S)

What you need to know...

Work related Musculoskeletal Disorders (MSD's) are an important cause of functional impairments and disability among construction workers. They often present themselves as strain or sprain injuries, and account for a significant amount of lost days and compensation payments every year.

Such pain and disorders can occur in the neck, shoulders, ankles, back, or hips. Many of these symptoms can be avoided with proper adherence to correct manual handling procedures, through the avoidance of repetitive movements, and through regular breaks and stretching. However, certain workplace and working task designs, are often responsible for placing operatives at awkward or uncomfortable angles and, overtime, these can result in a musculoskeletal imbalance.

The risk factors can be broken down into 2 categories: ergonomic risk factors, and individual related risk factors.

Ergonomic/Workplace Design:

Repetitive Tasks – Many working tasks are repetitive in nature and critical to the overall success of many projects. Regular job rotation and breaks can reduce the risks of repetitive work.

- **Awkward Postures:** This can place undue strain on certain muscles and tendons if sustained for significant periods of time. Considering the design of workstations, ensuring that good postures are encouraged as a result, is one of the most effective ways of combatting this risk.

Individual Related Risk Factors:

- **Poor Work Practices** – Humans are the most variable factor relating to the control of risks. Workers who use poor body mechanics when engaging in tasks are adding unnecessary risks to their health.
- **Poor Rest and Recovery** – Workers who do not get enough rest place themselves at a higher risk of developing MSD's as their level of fatigue outweighs that of their recovery rate.
- **Poor Overall Health habits** – An individual's lifestyle habits can also place them at a higher risk of not only musculoskeletal disorders, but of other chronic illnesses.

To ensure you are protecting your workforce with regards to workplace design and manual handling, you can make reference to a variety of HSE publications such as: INDG 171, Managing Upper Limb Disorders in Your Business, and INDG 143, Manual Handling at Work.



SUDDEN CARDIAC ARREST

What you need
to know...

Currently, around 30,000 people in the UK every year suffer from cardiac arrest outside of a hospital, and the NHS data shows that just 18.5% of those individuals survive.

Having availability to a defibrillator within the first few minutes of a collapse can dramatically increase survival rates, on average, by up to 75%. Despite this overwhelming evidence as to their life saving effectiveness, recent polls suggest that more than half of British businesses do not have a defibrillator on their premises.

Sudden cardiac arrest can occur due to a variety of causes, many of which can be as a result of age, and an individual's health condition, as well as one's lifestyle factors such as smoking, high blood pressure, and diabetes. Importantly, it is very difficult to determine whether or not someone is at high risk of a sudden cardiac arrest just by looking at them, as many signs and symptoms are not obvious, with very few warning signs being present prior to the onset.

The response time in such a situation is essential in increasing a person's survival chances of a cardiac arrest.

The average response time for the emergency services to such a call, is approximately 11 minutes within an urban area. This time could be increased when factoring in the remoteness, or access difficulties, of some construction sites.

It is estimated that for every minute that passes where a victim does not receive treatment, that their chances for survival decrease by 10%. If defibrillation occurs within the first minute, the victim's survival rate increases by 90%.

With simple operating instructions, having a defibrillator to hand in your workplace could be the difference between life and death for one of your employees or colleagues.

Martek-Lifecare are an approved NHS vendor, supplying a wide range of public and private sectors, including Easy Jet, BP and Bannantynes Health Clubs. They are also a recommended supplier of many Ambulance Service AED programmes.

With training provided with all kits as standard, Martek-Lifecare are a fantastic supplier of the market leading AED.

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SUDDEN CARDIAC ARREST

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*TESTED TO MILITARY STANDARDS
TO GUARANTEE DURABILITY*

SUDDEN CARDIAC ARREST CLAIMS A LIFE EVERY 3 MINUTES

IT CAN STRIKE YOU, REGARDLESS OF YOUR AGE OR FITNESS LEVEL

YOUR CHANCE OF SURVIVAL DROPS BY 10% WITH EVERY PASSING MINUTE

THE AVERAGE AMBULANCE RESPONSE TIME IN THE UK IS 11 MINUTES



DEFIBRILLATION IS THE ONLY METHOD OF SURVIVAL

CONTACT MARTEK LIFECARE FOR MORE INFORMATION ON THE MARKET LEADING AED
+44 (0) 7960384488 OR INFO@MARTEK-LIFECARE.COM



RECENT COURT CASES

Case 1 - 14/11/18

CCTV Installer Fined After Worker Falls Through Roof Light.

A Manchester based CCTV Installation company has been sentenced after **an employee fell through a fragile roof light**. The court heard how **operatives were installing several CCTV cameras** at a property in Salford, where **one of the workers inadvertently stepped through a fragile roof light falling two metres**. Landing on an overhead crane structure in the disused warehouse below, he suffered a sprained ankle and was unable to work for six weeks.

An investigation by the Health and Safety Executive (HSE) found **the work was not properly planned and no appropriate control measures were in place to ensure the employees safety when the incident occurred**.

The company plead guilty to breaching Section 4(1) of the Work at Height Regulations 2005 and has been fined £2600 and ordered to pay costs of £2000.

HSE Inspector Jennifer French said: "These risks could so easily have been avoided if the work at height had been properly planned with simple control measures in place to prevent a risk of workers being exposed to serious injury.

"Falls from height remain one of the most common causes of work related fatalities and injuries in this country and the risks associated with working at height are well known."

Case 2 - 19/11/18

Construction Company Fined For Fatal Fall Into Basement.

A construction company has been fined after a **chauffeur fell to his death at a concealed basement void in a domestic property undergoing construction work**.

Luton Magistrates' Court heard how Mr Bala Singh Koranga, a visitor to the house and not associated with the works, entered the construction area and **stepped onto a blue tarpaulin that was placed to prevent rainwater entering the basement**. Mr Koranga fell into the void and sustained a fatal laceration to the neck.

An investigation by the Health and Safety Executive (HSE) found **the company had failed to put in place adequate construction site fencing and the site had no warning signs and used ineffective barriers around the concealed void**.

SM Builder Expert Limited of Alnwick Road, London **pleaded guilty to breaching Regulation 13(1) of the Construction (Design and Management) Regulations 2015 and was fined £5,280 and ordered to pay costs of £3,204**.

HSE inspector Rauf Ahmed added: "This tragic incident could easily have been prevented. Builders need to take adequate measures to prevent unauthorised access into construction sites and prevent persons falling into open basements."