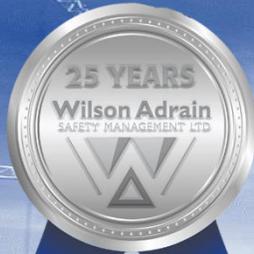




Wilson Adrain
SAFETY MANAGEMENT LTD

**NEWSLETTER
NOVEMBER
2018**



1993

2018



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.

T: 0141 563 0330

E: stuart@wilsonadrainsafety.co.uk

W: www.wilsonadrainsafety.co.uk

CONTROLLING WORKPLACE DUSTS

Over 500 construction workers are believed to die every year from exposure to silica dusts. Many common working tasks in this industry have the potential to produce high levels of dust, able to cause a variety of lung diseases.

It only takes a small amount to cause irreversible damage.

Continue reading on PG. 2



STRESS AT WORK

Over 11 million days are lost a year due to stress at work. Employers have a legal duty to assess their business practices for all risks to health, including stress.

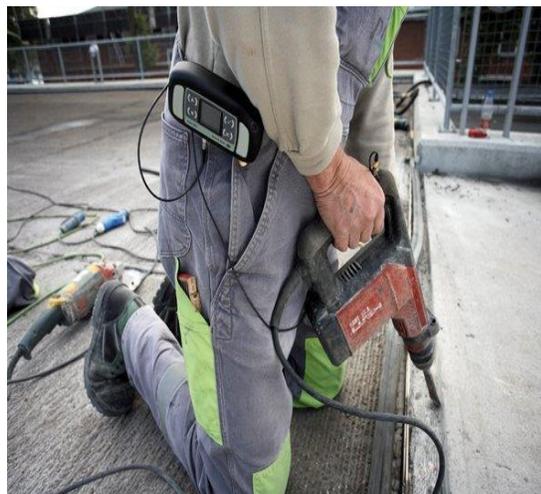
To find out how to manage work related stress, continue reading on PG 3.



HAND ARM VIBRATION SYNDROME (HAVS)

Prolonged work with vibrating tools or machinery can lead to very serious health effects. Severe or prolonged exposure to vibration can cause irreversible damage to the blood vessels, nerves, and muscle tissues. If exposure levels are not managed, it can lead to permanent disablement.

To ensure you are managing this risk, continue reading on PG. 5





CONTROLLING WORKPLACE DUSTS

EMPLOYERS DUTIES

Regularly breathing even small amounts of dusts over a long period of time can cause serious respiratory issues. The amount breathed in may seem insignificant, but many workers are exposed daily, over a variety of sites, throughout their working lives. This accumulation of exposure can take years to become apparent and, because of this, many overlook the inherent health risks associated.

The HSE have been tackling builders who are failing to adequately suppress dusts and control their workers exposure to them.

Last month alone, Wilson Adrain Safety Management Ltd. performed 51 face fit tests for retainer clients, in response to visits from the HSE regarding workplace exposure to dusts.

Some common construction tasks will place you at high risk of being exposed to dusts. Below are just some of them :

- Cutting operations on concrete products, such as slabs, kerbs, or paving
- Grinding of concrete products
- Cutting and sanding of wood products
- Internal demolition works

You can take simple steps to avoid or limit the creation of dusts, and to avoid dangerous levels of exposure.

1. Plan Your Work.

If the working task can be achieved in a manner that avoids the creation of dusts by substituting the working method or tool for an alternative, then this should be prioritised. Take care to consider who may be exposed at any given time and adjust the working practice to limit the amount of dust they are exposed to.

2. Prevent Dusts Entering The Air.

On tool extraction is a very useful way in stopping dust exposure at the source. Additionally, water suppression units are also extremely effective.

3. Correct PPE.

Respiratory Protective Equipment (RPE) should always be the last line of defence once all other options have been exhausted. You must ensure that the correct face mask has been selected and that it fits correctly. We at Wilson Adrain Safety Management Ltd. recommend the **3M 6000 Series** with a cradle head harness and easy fastening neck strap, featuring a 2 filter design.

For all your PPE needs, contact Scott Direct on:

T: 01324 667500

E: sales@scott-direct.com

Ask for David Perrie





“12.5 million
working days
lost due to
work-related
stress,
depression or
anxiety”

HSE WORK RELATED STRESS,
DEPRESSION OR ANXIETY
STATISTICS 2017

STRESS AT WORK

What you need to know...

HSE defines stress as “the adverse reaction people have to excessive pressures or other types of demands placed on them”.

Employees can feel stressed when they are struggling to cope with the demands of their work and the pressures associated with meeting, or failing to meet, these demands.

All work comes with expectations which must be met, and involve some form of pressure or another. Your duty as an employer is to make sure that what is required from your employees is matched with their knowledge and skill, taking care to not over prescribe tasks or demands on an employee to the point where they cannot reasonably be expected to meet them.

Knowing what to look for in your employees behaviour to determine if they are stressed, can help you to quickly address the symptoms and become a considerate employer.

Signs of Stress.

- Decreased Performance
- Loss of motivation
- Mood Swings
- Nervousness
- Anxious

To protect your workforce, you should assess which situations may place high levels of stress upon your employees, consider the praise and reward that you offer your employees when they do complete a high pressured task, and consider what you do to show that you value your employees and their contributions to your business. All of these techniques, and more, can all help to make people feel valued within their workplace.

If you are feeling stressed at work, it is important to talk to someone. A colleague, friend, manager, or trade union representative. The sooner you talk about it, the sooner you can address the situation and return to full health.



HAND ARM VIBRATION SYNDROME (HAVS)

What you need
to know...

Symptoms occurring from vibration damage can present themselves in the fingers, hands, and arms. These symptoms may take years to expose themselves, but when they do, the damage is irreversible.

Early signs of vibration damage may include a numbness or tingling, in the hands or fingers, and can lead to decreased mobility and dexterity, and will ultimately lead to high levels of disability if left unmanaged.

Sources Of Vibration

- **Hand Tools.** Many hand tools, especially those used for cutting and grinding, produce high levels of vibration
- **Percussive Tools.** Tools used for riveting, chipping, hammering, breaking, drilling etc, create massive amounts of vibration throughout the whole body, not just the hands.
- **Other.** Many other tools and pieces of machinery cause vibration. Even at low levels, if prolonged periods of time are spent under the stresses of vibration, these can have serious health consequences.

How To Avoid Vibration

- Look for alternative working practices or source lower vibration level equipment, to avoid/limit vibration exposure.
- Monitor the levels of vibration produced by certain tools, and how long your employees can be exposed to these levels, using the HSE's online vibration exposure calculator.
- Limit the time your employees are exposed to these levels by rotating job practices, and allowing frequent breaks.

Regular reviewing of your control measures should take place, alongside frequent consultation with your workforce, as well as health surveillance methods, to ensure that what you are doing is effectively controlling the risk.

Wilson Adrain Safety Management Ltd. offer a wide variety services which can assist you in your managing of such issues. We can assess the vibration magnitude of all your equipment, produce exposure limits for operatives, assisting you in remaining compliant with all relevant legislation

For more information on the courses that we offer, for any health and safety advice, or anything else which you feel may assist you in your commitment to health and safety, please find our contact details on the cover page above, and do not hesitate to give us a call.



RECENT COURT CASES

Case 1 - 24/10/18

North Lincolnshire company fined after **worker suffers life-changing injuries**

Plasterboard recycling company, Northern Waste Group Ltd, was sentenced today after a **worker became entangled in the unguarded tail drum of a conveyor.**

Sheffield Magistrates court heard how, on 16 January 2017, a worker was engaged in cleaning duties around a conveyor when he **put his arm into the moving machinery without turning it off resulting in his left arm becoming entangled.** The worker suffered a spiral fracture and an open wound to his left upper arm. **Surgery to restore the blood supply to his arm was unsuccessful resulting in the arm being amputated.**

An investigation by the Health and Safety Executive (HSE) found the company had failed to ensure the guard that had been in place on the conveyor was working and could not be easily removed.

Northern Waste Group Ltd (formerly known as Northern Plasterboard Recycling Ltd) of Park Farm Road, Foxhills Industrial Estate, Scunthorpe, **pleaded guilty to breaching Regulation 11 (1) of the Provision and Use of Work Equipment Regulations 1998 and was fined £45,000 with £6,247.25 costs**

After the hearing, HSE inspector Carol Downes commented: **"This case highlights the importance of ensuring that dangerous moving parts of machinery are guarded.**

"The incident could so easily have been avoided by having suitable guarding on the machine and appropriate safe working practices for cleaning."

Case 2 - 16/10/18

Steel fabricator fined after young **construction worker falls from height**

A North Devon-based steel fabricator has been **sentenced after a young employee fell through a fragile roof whilst at work.**

Plymouth Magistrates' Court heard how, on 23rd August 2017, a 19-year old employed by Mark Dayment, trading as Langaton Steel Fabrications, **was on his first day of working on a roof replacement project at a petrol filling station in Barnstaple.** Whilst assisting another worker, **he took a few steps off the walkway and fell 7.5 metres through a thin metal sheet onto the concrete forecourt below.** The young worker suffered serious head injuries, a broken pelvis and a broken wrist as a result of the fall.

An investigation by the Health and Safety Executive (HSE) found **the work was not properly planned, appropriately supervised or carried out in a safe manner when the incident occurred.** Mr Dayment, had a duty to control how the work was carried out, including staff supervision.

Mark Dayment of North Road, South Moulton **pleaded guilty to breaching Section 4 (1) of the Work at Height Regulations 2005, and has been fined £12,000 and ordered to pay costs of £2,228.70.** Speaking after the hearing, HSE inspector Nicole Buchanan said:

"This young man's injuries were life-changing and he could have easily been killed. This serious incident and devastation could have been avoided if basic safe guards had been put in place.

"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."



UPCOMING TRAINING COURSES




Site Supervisor Safety Training Scheme (SSSTS)

A Two Day Course Held At Wilson Adrain Safety Management Training Centre

26th November & 3rd December 2018

08.30am - 16.30pm

£250 + VAT Per Person

Tea & Coffee Included.





For booking please contact Anne Glen at anne@wilsonadrainsafety.co.uk or call 0141 563 0330






UKATA Asbestos Awareness Training

£45.00 Per Person

Wednesday 28th November 2018

08.30 - 12.30

£45 (+Vat) per person





For booking please contact Anne Glen at anne@wilsonadrainsafety.co.uk or call 0141 563 0330



UPCOMING TRAINING COURSES



Wilson Adrain
SAFETY MANAGEMENT LTD

Site Manager Safety Training Scheme (SMSTS)

A 5 Day Course Held At Wilson Adrain Safety Management Training Centre

Wednesday 16th, 23rd & 30th January 2019
&
Wednesday 6th & 13th February 2019

08.30am - 16.30pm each day

**£475
+VAT
PP**

£475 (+Vat) Per Person



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