



Issue 06 • Summer 2018

The health and safety newsletter
from The Hills Group

SAFER FOR ALL



Staying hydrated
in all weathers
reduces accidents

In this issue...

△ Thumbs up initiative
△ Engineering safety

△ Latest near misses
△ WIN 3 x £30 Amazon vouchers

Welcome to issue six of the 'Safer For All' newsletter



It is heartening to read on pages 8 and 9 that simple but innovative engineering ideas from employees are making tasks safer and reducing the risk of accidents. If you have an idea which you think can improve health and safety, don't forget to submit it as a 'Move to Improve'.

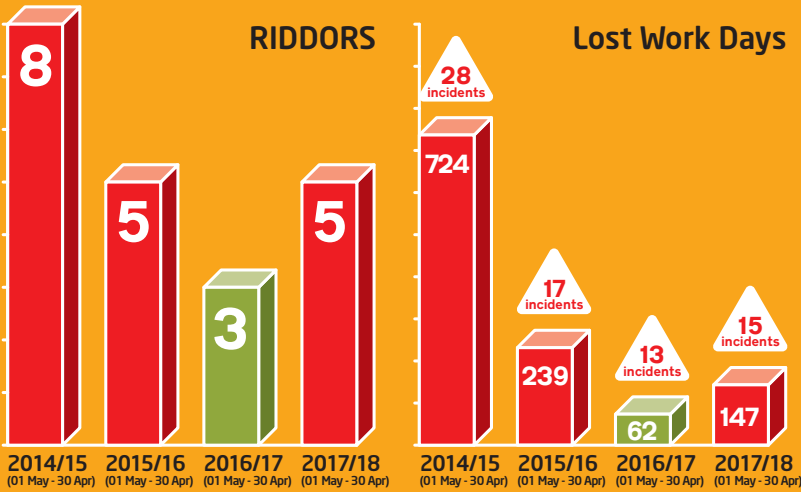
At the time of going to print we are experiencing some of the hottest temperatures ever recorded in the UK, so the tips to 'Beat the heat' on page 10 and the dangers of driving whilst dehydrated on page 11 are very timely.

Mike Hill, chief executive

RIDDORS and lost work days – Performance slips in 2017/18

As the graphs to the right show, overall there has been an impressive reduction in Lost Work Days and associated incidents since 2014/15 and an equally welcome reduction in RIDDORS (more serious accidents). However, the figures for the most recent reporting year of 2017/18 show a worrying increase in RIDDORS and Lost Work Days in comparison to 2016/17.

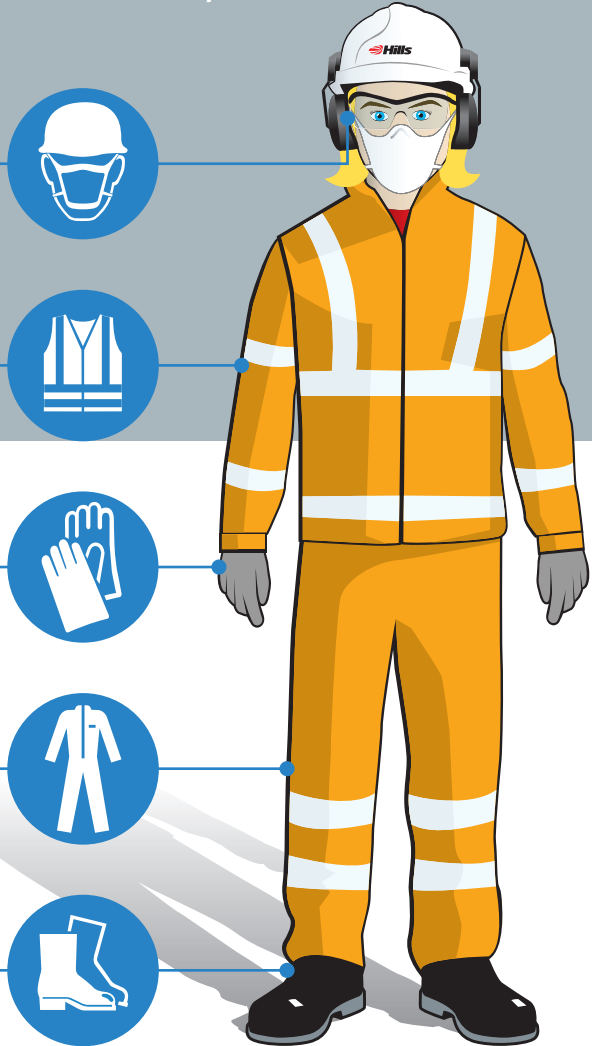
Both increases are a cause for concern and highlight the importance of adhering to safe working practices and recording near misses so action can be taken to avoid future accidents. Maintaining situational awareness in our places of work also plays an important role in keeping us safe. See page 4 for more tips and advice on situational awareness.



Fit and proper PPE...

It is vital that your PPE and RPE (Respiratory Protective Equipment) is comfortable and suitable for your body shape. Most PPE is based on sizes for 'typical' men, but of course women and many men do not conform to this. Badly fitting PPE is not only uncomfortable, but it can in certain circumstances, also be dangerous.

- A 'face fit' assessment should be conducted when fitting RPE. Protective eyewear should fit securely and comfortably, as should hearing protection.
- Your high-viz jacket or vest should be comfortable and not too tight that it restricts your movement.
- Ill-fitting gloves can lead to problems gripping and sleeves which are too long can interfere with manual handling tasks.
- High-viz work trousers or overalls should be a comfortable fit and not be too small or too long as to get caught under safety boots.
- Ill-fitting safety boots can increase the chances of slipping and can also lead callouses, bunions, foot deformities and back pain.



Speak to your line manager who will ensure you get PPE which best suits your body shape. **Your safety depends on it!**

Situational awareness

Situational awareness is being aware of what is happening around you in terms of where you are, where you are supposed to be and whether anyone or anything around you is a threat to your health and safety.

Why is situational awareness important?

The temporary loss or lack of situational awareness can cause accidents. Often there is so much 'going on' in your working environment, or you become so absorbed in your own thoughts, that you fail to spot those things that could pose a serious threat to the health and safety of you or your colleagues. Even the most experienced people can lack situational awareness - especially when doing tasks which become routine.



Before starting a task

REMEMBER
S.L.A.M.

STOP and engage your mind before your hands. Look at the task you are about to start.

LOOK at your workplace and check for hazards. If hazards are found, assess these before proceeding.

ASSESS the effects the hazards may have on you, the people you work with, equipment, procedures, pressures and the environment.

MANAGE and apply the correct controls and wear the correct PPE. If you feel unsafe, stop working and tell your supervisor.



Any changes throughout the day: where you are, what time it is, what the weather is like, what changes have taken place?

People around you: their level of experience, how many hours they are working, their attitudes to health and safety etc.

Plant you use: when it was last maintained and is it the right tool to use?

Procedures you adopt: are they correct for the situation or have conditions changed?



Pedestrian safety Thumbs up initiative

Interaction between LGVs, mobile plant and pedestrians should be eliminated wherever possible - due to the obvious dangers. Where pedestrians or site operatives come in close proximity to LGVs and mobile plant, the thumbs-up initiative offers a simple but effective way to improve safety.

- Pedestrians should give a thumbs up sign to LGV/plant drivers before they attempt to walk past the vehicle or enter the working area of the vehicle
- Drivers should visually acknowledge the pedestrian and return a thumbs up only when it is safe for them to pass the vehicle or enter the working area of the vehicle
- This simple hand signal makes it easy for drivers and pedestrians to communicate effectively around vehicles.

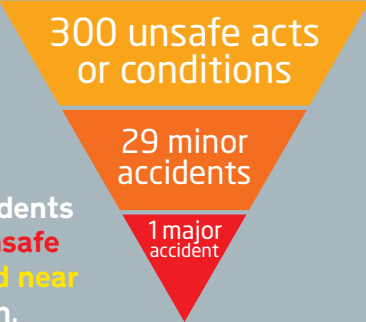


Giving and returning a thumbs up takes no effort, but can have life-saving consequences for you and other colleagues on site. Look out for the in-cab stickers for drivers and on-vehicle stickers for pedestrians (shown above) which will be rolled out soon.

Near Miss Reporting



You said, we did...



Heinrich's Accident Triangle theory predicts that for every 300 near miss incidents there will be 29 minor and one major accident. **Preventing unsafe acts and unsafe conditions will lead to fewer accidents.** Here is a selection of recently reported near misses and the actions taken. All near miss incidents can be viewed on eTouch.



	Incident Noticed three gas canisters in scrap metal bin. Shook them and they still had gas in, so took them out. Spotted by Melanie Beswick Site supervisor, Honeyball HRC		Action taken Put cylinders away in the gas cage. Informed my colleague to be aware of this.
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	Incident Visitor to site decided to turn around and drive the wrong way over the weighbridge. Spotted by Paul Bullimore Maintenance manager, Northacre RRC		Action taken Stopped the vehicle and explained the dangers. Visiting company reminded of risk and re-issued site rules.
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	Incident Saw person using mobile phone while crossing yard. Spotted by Stewart Liddell Operations supervisor, Bristol depot		Action taken Told person to stop using his phone. All staff reminded of site rules and phone use.
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	Incident Driver not wearing a lap strap, driving with no beacon on and door and window open. Spotted by Jason Jennings Mobile plant operative, Cerney Wick Quarry		Action taken Reported to foreman and reminded driver of site and driving rules.
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	Incident Contractor repairing 40 yard bin not wearing a hard hat. Spotted by Richard Hartley Mobile plant operative, Lower Compton		Action taken Told to put his hard hat on and reminded of site rules.
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	Incident Articulated lorry reversed in yard whilst shovel still loading bins. Spotted by Dylan Hills Mobile plant operative, Upwood Quarry		Action taken Informed concrete plant manager. Driver reminded about risks of this manoeuvre and traffic management plan re-issued.
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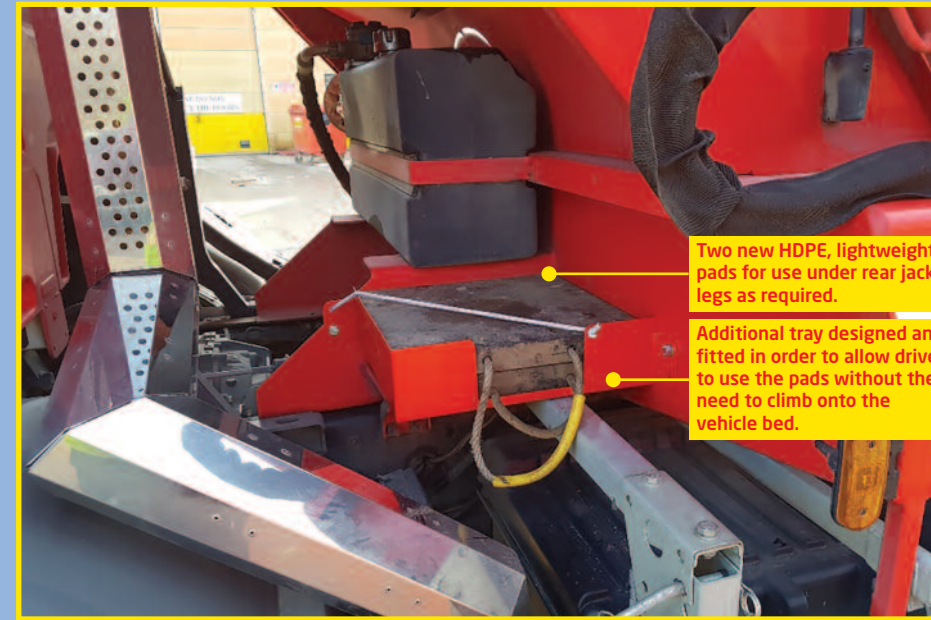
	Incident Fallen tree branch in middle of road. Spotted by Kevin Benham Kerbside loader, Amesbury		Action taken Got out and moved branch to safe place.
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Skip access ladders

Following a detailed investigation into an accident in which a driver was injured falling from the body of his truck - Waste Solutions has introduced additional side ladders to skip vehicles.

As Paul Elling, compliance manager explains: "The additional ladders enable drivers to safely attach and detach lifting chains when exchanging skips on narrow driveways. This eliminates the need to climb onto the body of the truck and the driver can maintain three points of contact at all times. We are proud to be the first skip operator in the country to introduce this simple cost-effective solution to improve driver safety."



Pad storage

Following a suggestion from Purton depot manager Neil Luce, the heavy oak blocks which were previously used to brace the rear wheels have been replaced by lighter weight pads.

The new pads are now housed in a bespoke rack which means they can be accessed from ground level reducing the need for the driver to climb on to the body of the vehicle.

ENGINEERING SAFETY

Ingenious ideas from employees have made working on skip vehicles and installing leachate towers safer. If you have an idea which could make your workplace safer, submit a Move to Improve!

Move to Improve

Leachate tower rings

As a landfill cell fills up with waste, the concrete towers which allow monitoring of leachate* need to be extended. Anthony Evans, environmental technician at Parkgate Farm had a simple but effective solution which has helped reduce the risks associated with fitting the heavy concrete rings.

There are two main components to Anthony's solution: a ring lifter device, which enables safe lifting and manoeuvring of the concrete ring with the aid of a 360° excavator; and the



safety ring, which helps prevent operatives falling into the open shaft after the cap has been removed and whilst the concrete ring is being lowered into position.

As Simon Allen, waste operations manager explains "Anthony's simple innovation has reduced the risk of this essential operation significantly. The lifter device and safety ring are now being utilised at both Parkgate Farm and Lower Compton landfill sites and are helping to ensure the safety of the operatives."

*The liquid that collects at the bottom of the landfill cell.



Beat the heat

Periods of extended hot weather and sunshine can be a welcome addition to the British summer, however working outside in direct sunlight and extreme heat could damage your health and precautions should be taken.

The ultraviolet (UV) rays in sunlight can be harmful to your skin. UV rays can cause skin damage including sunburn, blistering, skin ageing and in the long term can lead to an increased risk of skin cancer – one of the most common forms of cancer in the UK.

During heatwaves and working in hot environments you may get dehydrated which can lead to two forms of heat stress: 'heat exhaustion' and the more severe disorder 'heat stroke'.

Symptoms to look out for

Heat exhaustion

- Fatigue
- Giddiness
- Nausea
- Headache
- Moist skin

Heat stroke

- Hot skin
- Confusion
- Convulsions and eventual loss of consciousness
- Can result in the death if not detected at an early stage

What precautions can you take...

- Drink plenty of water to avoid dehydration. If you are feeling thirsty, you are probably already dehydrated!
- Use a high factor sunscreen of at least SPF30 on any exposed skin
- If working outside keep covered up by wearing issued PPE
- Stay in the shade whenever possible, during your breaks and especially at lunchtime
- Check your skin regularly for any unusual moles or spots. See a doctor promptly if you find anything that is changing in shape, size or colour, itching or bleeding.

Dangers of driving whilst dehydrated

A research study* has shown that 55% of motorists drink less than the recommended 1.2 litres of water per day and that driving while dehydrated has the potential to be as dangerous as drink-driving.

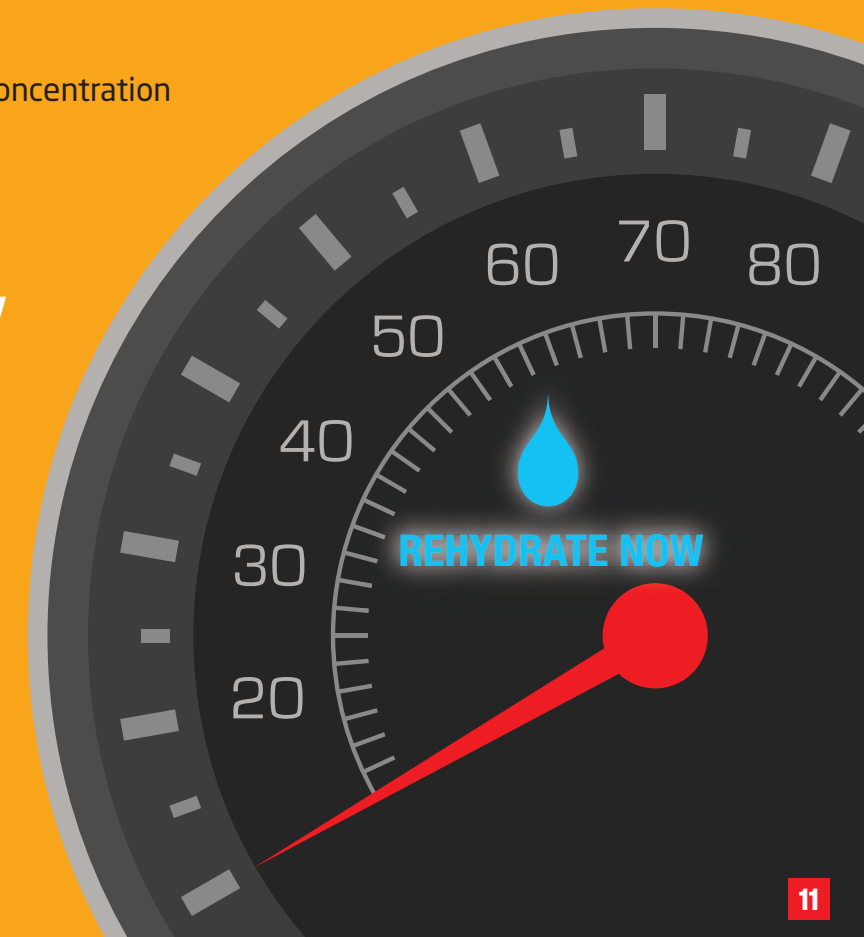
In the study:

- 59% of dehydrated drivers reported loss of concentration
- 47% reported loss of focus
- 42% reported slower reaction times

The research suggests that a significant portion of all vehicle crashes are caused by dehydration, so stay hydrated with the following tips:

- 1 Bring enough fluids to stay hydrated during your journey (one glass of water for each hour in your vehicle).
- 2 Avoid excessive amounts of caffeinated drinks as these can contribute to dehydration
- 3 Keep the vehicle interior cool as a hot environment can accelerate dehydration.

*from vehicle leasing company Leasing Options.





£30

amazon.co.uk
gift card

Spot the 12 near misses and win a £30 Amazon voucher!

Can you spot the 12 differences between the two pictures shown above? The differences are unsafe acts or unsafe conditions which should be recorded as near misses in your near miss book. Simply circle the 12 near

misses in the upper picture (A), add your name and site location - then either cut off this back page and hand it to your line manager; send it via the internal post to the Communications department at County Park, Swindon or scan and email to info@hills-group.co.uk. Your entry must be received by Friday 24 August. Three entries will be drawn and each will received a £30 Amazon voucher.

Name:

Location:

