

SITE SAFE NEWS



MAY 2006 SITE SAFE NEWS 11

Building maintenance workers at risk from falls

Falls from height are the biggest cause of workplace fatal injuries:

- there were 53 fatalities in 2004/05 and nearly 3800 major injuries;
- 60% of injuries are the result of falls from below head height;
- 30% of incidents involve ladders;
- falls from height cost the UK £60 million each year.

Half of all these injuries are now occurring to building maintenance workers.

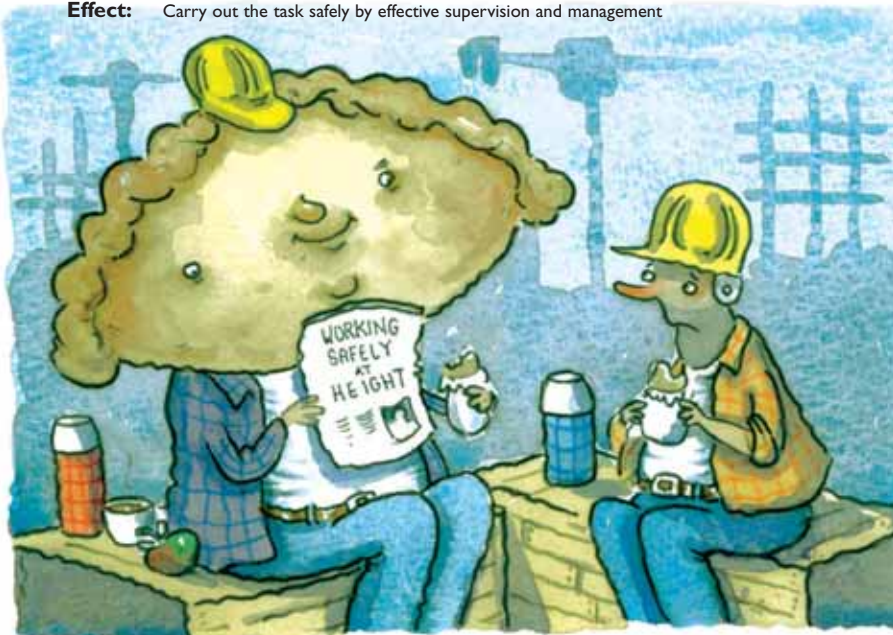
The Height aware campaign runs from 22 May to the end of June. It aims to:

- raise awareness of when work at height is done, so precautions can be identified;
- influence attitudes and behaviour so that the most appropriate equipment is selected;
- influence clients to select competent contractors.

What should we see from work at height

In the time it takes to eat a **PASTIE**, you could work out how to eliminate some danger of falls from your job:

- Plan:** Plan in advance
Avoid: Choose methods of work to avoid working at height
Select: Select the right equipment, plant and tools
Train: Make sure workers are trained to use the equipment safely
Inspect: Inspect to ensure that equipment, is in good condition and properly maintained
Effect: Carry out the task safely by effective supervision and management



Don't do it like this...



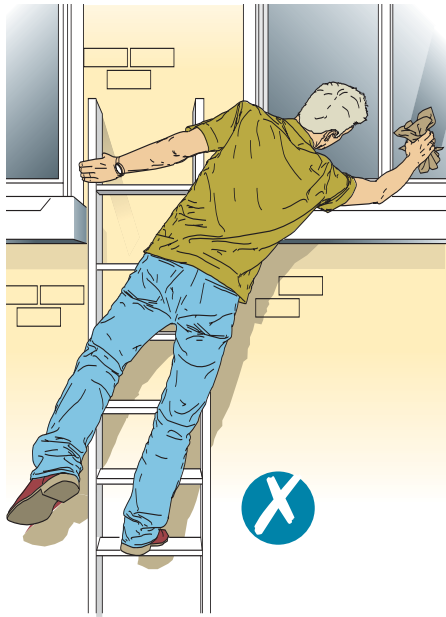
...do it like this!



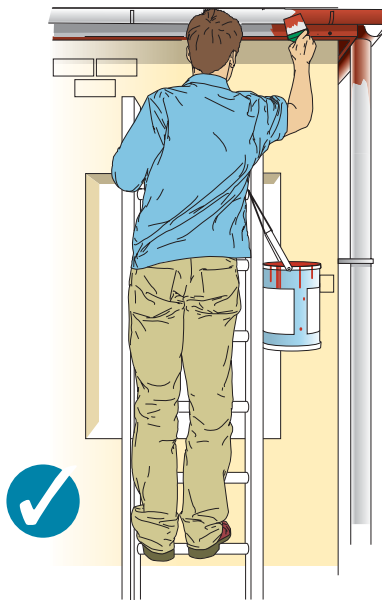
Think **PASTIE**

More information is available on the HSE website
www.hse.gov.uk/falls and from HSE Infoline on 0845 345 0055.

Ladders and stepladders



Incorrect - overreach and not maintaining three points of contact



The correct position

Ladders and stepladders are among the most commonly used access equipment on site, and perhaps the most misused.

If you have to work at height, even for short-duration work, ask yourself whether a ladder or stepladder is the most suitable equipment. Many accidents result from using ladders for a job when a tower scaffold or MEWP would have been safer and more efficient.

Using a ladder or stepladder? **Remember:**

- check the ladder is secure;
- don't overload it;
- make sure light tools are carried in a shoulder bag or holster attached to a belt so that both hands are free for climbing;
- don't overreach – keep your belt buckle inside the stiles and both feet on the same rung.

The good, the bad and the ugly



Health and safety in construction – new edition out now!

The third edition of *Health and safety in construction* HSG150 is now available from HSE Books (Tel: 01787 881165), priced £10.95. It takes into account new legislation, in particular the Work at Height Regulations 2005. Recent advances and examples of industry good practice are mentioned, including a section on working at height.



the good

This worker is using a harness attached to a running line, which was designed into a new roof. This enables short duration work to be carried out safely and easily.

the ugly

An inspector spotted this worker putting himself at considerable risk while finishing some repointing. After stopping work, a mobile elevated work platform (MEWP) was hired in and the job was completed safely.



the bad

A roofer plunged head first 8 m to his death through this rooflight. He was carrying out short-duration maintenance work on this fragile roof. The company method statement specified that a roof net should have been fitted, tied closely to the roof purlins. This action would have saved his life. The company was prosecuted and fined a total of £20 000 as a result of this fatal accident.

Why not use this page of *Site safe news* as a poster to put up in your site office?



Want to keep your hands healthy?

Of course you do, as a question, it's a no brainer.

The right decision requires very little thought.

There are certain work processes that present unacceptable risks of hand-arm vibration, and to which there are good alternatives, so eliminate these bad work practices – it's a no brainer.

Good practice No 1: Pile cropping



Pile cap removal using hand-operated breakers is not acceptable. A range of techniques are available to either ensure piles do not need cutting, or ensure excess concrete can be removed by mechanical means, without exposing workers to risk of HAV. An example of a pile cutting machine is shown.

What are the effects of hand-arm vibration (HAV)?

- ▼ Regular exposure to hand arm vibration can cause:
- ▼ disrupted blood circulation;
- ▼ weakened muscles;
- ▼ fingers no longer straighten;
- ▼ you become clumsy.



Select the right tool – a wide range of tools are available to suit different purposes. Do read the manufacturer's or hirer's guidance carefully before use.



Good practice No 2: Crushing not breaking



Construction and demolishing work should be planned to avoid breaking up concrete by hand-operated tools. A range of tools and equipment are now available to avoid the need to use hand-operated breakers to cut into or demolish concrete structures. This example shows a crushing machine in action.

Good practice No 3: Machine mounted-breaker



The routine use of hand-operated breakers on road building and repair work can normally be avoided. Machine-operated breakers are the most effective and versatile alternative.

good practice

Avoid using hand-held tools or working on high-risk operations where there are alternatives.

If you need to use hand-held tools:

- ▼ Have you been properly trained?
- ▼ Is equipment well maintained?
- ▼ Don't use equipment for longer than the maximum recommended time.
- ▼ Keep warm and dry.
- ▼ Avoid smoking.

Diary 2006

Safety and Health Awareness Days (SHADs)

16/05/06 Cheltenham Safe and Sustainable Awareness Day (Cheltenham Racecourse)
contact Yvonne Mazzotta Tel: 0117 988 6012

18/05/06 Leicester (Leicester Racecourse)
contact Claire Behan Tel: 01604 738367

08/06/06 Kent (Hop Farm, Paddock Wood)
contact Andrew Lambert Tel: 01342 334293

22/06/06 Northampton (Saints Rugby Ground)
contact Claire Behan Tel: 01604 738367



A full house at a previous SHAD

11-12/06/06 Cardiff (Glamorgan Cricket Club, Sophia Gardens)
contact Anne Redman Tel: 029 20263033

12/06/06 Newmarket Work at Height (Rowley Mile Racecourse)
contact Nikki Childs Tel: 01245 706207

05/10/06 Haydock (Haydock Park Racecourse)
contact Martin Heywood Tel: 0161 952 8301

11/10/06 Wolverhampton (Wolverhampton Racecourse)
contact Rahi Syed Tel: 0121 607 6261

TBC/10/06 Staffordshire/Shropshire (venue TBC)
contact Wayne Owen Tel: 01782 602319

TBC/10/06 Kempton (Kempton Racecourse)
contact Andrew Lambert Tel: 01342 334293

Designer Awareness Days (DADs)

16/05/06 St Asaph, Denbighshire (OPTIC Centre, St Asaph Business Park, St. Asaph LL17 0JD)
contact Anne Redman Tel: 029 20263033

TBC/09/06 Swansea (Swansea)
contact Sharon Holmes Tel: 029 20263033



Exhibition material makes for interesting discussion

On 20 September 2006, at HSE headquarters in London, HSE will be hosting a free one-day conference to tell the industry about the results of its research on worker engagement. Glasgow Caledonian University has been measuring the effectiveness of different approaches on a range of smaller construction sites.

To book a place, contact David O'Neill, Centre for the Built Environment, Glasgow Caledonian University, Cowcaddens Road, Glasgow G4 0BA Tel: 0141 273 1411 e-mail david.oneill@gcal.ac.uk

WORKING WELL TOGETHER



The Working Well Together (WWT) calendar of events continues to be a success. In 2005/06, 22 Safety and Health Awareness Days (SHADs) and 15 other high-risk events/seminars were held across the country, attracting nearly 5000 delegates over the year.

One such event was held in November 2005 in Middlesbrough by the Teesside Safety Group in conjunction with IOSH Tees Branch and Teesside SHE Partnership, who held a Work at Heights seminar to promote the new Working at Height Regulations. This and other similar events are aimed at construction companies, scaffolders, builders, architects and others who have a responsibility under the regulations.

The Middlesbrough day turned out to be a huge success with 350 delegates travelling from far and wide to attend. Four health and safety specialist speakers addressed the seminar, which included internal and external exhibitions; 14 exhibitors displayed the latest equipment and services to comply with the regulations, and four exhibitors provided fall from height rescue demonstrations and safe working systems. HSE and NEBOSH also supported the event and provided exhibition stands.

As testament to the success of the WWT awareness days, following the event, Teesside Safety Group received high praise from both delegates and exhibitors who attended.



Some of the equipment on display

A similar calendar of SHADs and Designer Awareness Days (DADs) planned for the future are listed in the Diary (left).



... and in action at the Teesside event

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Health and safety queries can be answered by HSE Information Services, Caerphilly Business Park, Caerphilly CF83 3GG Tel: 0845 345 0055 e-mail: hse.infoline@natbrit.com HSE website: www.hse.gov.uk

