

## Changes to methodology

Recently, on one of our projects, changes to an agreed methodology occurred. The site team identified the changes that were needed and implemented them.

What they did, was fall back on experience and deal with the issue at the point of work.

Following this, a near miss occurred.

If they had stopped, evaluated and reviewed with the management team, the event probably wouldn't have happened as an alternative method would have been implemented.

If changes are needed, however minor, to the agreed methodology, you must stop and raise with your supervisor or line manager. Do not proceed with the task until confirmation has been received that it is OK to proceed and the changes are documented and everyone concerned with the task have been re-briefed.

## Hand-arm vibration syndrome - HAVS

The use of power tools, such as grinders, have been proven to attribute to the condition known as hand-arm vibration syndrome (HAVS) by transmitting vibrations into the hands and arms.

### What can you do?

- Ensure that equipment is maintained in accordance with manufacturer's instructions.
- Stay warm and dry to encourage good circulation.
- Be aware of the exposure time and do not exceed this.
- Ensure that regular breaks are taken.
- Use the correct tool for the job.



Learn to recognise the early signs of HAVS: tingling and numbness in fingers, loss of feel and strength in fingers and hands, finger tips becoming white and the red and painful (vibration white finger).

Anyone who suspects any problems should report it to their VGC manager or the HSQE department – 01895 671 890.

## Message from LMK/MD

"As managing director, safety is extremely important to me. Nothing is too important that we cannot take the time to do it safely. Therefore, I am asking you all personally to consider three key subjects that I want you to do everything to ensure that you comply with:

### Plant people interface

- Often we do not see the immediate risk associated with being alongside plant, trolleys, rail wagons, etc.
- You must at all times maintain a safe working distance from yourself and plant.

### Reporting close calls

- Please do not walk by any safety, quality or environmental issue.
- If you see something that is not right please put it right. If you feel you do not have the responsibility then inform someone who has.
- When the remedial action has been taken please record the event as a close call including the action taken.

### VGC Be Safe rules

- Be fit for work
- Always receive a briefing before starting work
- Report all unsafe acts and conditions
- Stop work if anything changes

On investigation of an accident/incident at



least one of these rules is always broken.

We all think accidents/incidents will not happen to us so please think about what you are doing and do not become a statistic.

"My commitment to each of you is I will support you if you stop work because of a safety concern"

Laurence Mckidd

## Heart disease, hypertension and diabetes

Elevated blood pressure and high cholesterol are the common and potentially lethal links between diabetes and CVD, yet many diabetic patients have a difficult time making healthy lifestyle changes beyond taking the medications prescribed by their doctors. As a result, a recent study concludes that two in five people with diabetes have poor cholesterol control, one in three have poor blood pressure control and one in five have poor glucose control.

### What you can do:

The first step is to understand that recommended blood pressure and cholesterol levels for people with diabetes are lower than for people without diabetes. Luckily, one set of lifestyle recommendations control all three conditions:

- Maintain a healthy weight.
- Get regular physical activity.
- Don't smoke.



### Quick benefits include:

- Reduced risk of heart disease after losing five pounds
- Decreased blood pressure after quitting smoking (once the nicotine and carbon monoxide are cleared from your body)
- Reduced risk of heart disease and lower insulin levels with 30 minute moderate intensity physical activity 5 days a week.

Diabetics, ensure you eat something before exercise to ensure blood glucose levels do not drop. If you are consistently exercising, your physician may need to readjust your medications.

Your GP can offer you further advice if you have any concerns or questions. Please contact your VGC labour manager or HSQE department regarding any occupational health related questions - 01895 671 800

## Slips, trips and falls

The Health and Safety Executive (HSE) reports that most slips occur when floors become wet or contaminated and many trips are due to poor housekeeping. The solutions are often simple and cost-effective and a basic assessment of the risks should help to identify what you can do to tackle slips and trips risks. Slips and trips are the most common cause of injury at work and can lead to other types of accidents, such as falls from height or falls into machinery.

### Ensure the following in your work space:

- Prevent floors from getting wet or contaminated in the first place
- If a spillage does happen, clean it up quickly in accordance with any procedures
- If floors are left wet after cleaning, stop anyone walking on them until they are dry and use the right cleaning methods and products
- Look out for trip hazards, such as uneven floors or trailing cables
- Make sure workers wear footwear suitable for the environment they are working in
- Make sure your flooring is suitable, or floors likely to get wet are of a type that does not become unduly slippery

Remember employees have a duty not to put themselves or others in danger, and must use any safety equipment provided.

Report anything you believe is unsafe to ensure it does not cause injury to you, your colleagues or the public.



## See it, share it

This month's winner is Graham Walker who exposed a metal bond whilst digging out a walkway at package A. He continued to dig out all metal around it to make it safe.

Text **07876 448 119**

Email **besafe@vgcgroup.co.uk**

