

Hygiene - storing gloves

There has been a recent report of an operative (not VGC) who developed a severe skin infection on his head. This is probably because he had been storing dirty gloves in his hard hat.

Bacteria can build up on gloves. If you put them in your hard hat they can get onto your skin from the hat. If there is a break in the skin this will cause an infection.

- Do not store dirty or soiled gloves in your hard hat.
- Check PPE regularly to ensure it is fit for purpose. Replace your gloves if they are heavily soiled.
- Check your skin regularly for cuts and abrasions. Cover any wounds with suitable dressings.



Existing medical conditions

Please remember to tell VGC about any medical condition, no matter how insignificant it may be. This also applies to medication you may be taking.

That will allow us to consider the risks associated with your tasks, and make sure we have a safe working environment for you and your colleagues. Failing to do so can put you and your colleagues at risk.

If you are not sure what to report, please contact your supervisor or the HSQE team to discuss it.

See it, share it

Thank you to Mark Mullans for winning the monthly 'See it, share it' prize draw for identifying live cables during an excavation.



Please remember to send us good practice, close calls, near misses and ways to improve.

- Text **07876 448 119**
- Email **BeSafe@vgcgroup.co.uk**

People plant interface

When working with plant:

- Plant and vehicles may only enter the work area under the control of a trained banksman or plant vehicle marshal in a safe place.
- There must be an exclusion zone to prevent any interface with people and plant. The banksman must have a clear line of communication with the operator. He or she should marshal the plant from outside the exclusion zone if possible, and they must not stray into an area where the plant operator may not be able to see him.
- When uncoupling the hitch, ensure the plant is in neutral, switched off, the park brake is applied and the operator has dismounted before anyone else enters the exclusion zone.

Working when you know it isn't safe

If you know something isn't right, please:

- Raise it
- Refuse to carry on until it's made safe.

We will support you fully.

VGC's new charity for 2017: the Samaritans

We will be supporting the Samaritans as this year's corporate charity.



When life is tough sometimes just having someone to talk to can make all the difference.

Samaritans are available 24 hours a day, 365 days a year, by phone, text, email or face-to-face; they will support anyone with relationship problems, financial worries, stress, illness or any other problem.

We aim to raise awareness of the help the Samaritans offer, and also raise funds to ensure they can continue providing their vital services.

- If you want to be part of the charity committee or help with fundraising, please let Ciara Pryce know. You might want to run a marathon, do a skydive... anything that can support our fundraising efforts!
- If you feel you need support, phone or text the Samaritans in confidence on 116 123. This number is free and will not show up on your phone bill.



Christmas working

A huge thank you to everyone who worked so hard over the Christmas holidays. Some of the testimonials from clients are on our website at vgcgroup.co.uk/testimonials/



Musculoskeletal health

Musculoskeletal disorders (MSD) include conditions such as low back pain, carpal tunnel syndrome and tendonitis. Certain tasks and factors of work increase the risk such as:

- Repetitive and heavy lifting
- Bending and twisting
- Exerting too much force
- Psychosocial factors eg stress, time pressures, lack of control

What can you do?

- Make sure you've been trained to do your job safely and to know the things in your job that could cause MSD.
- Think about what you do - if you recognise a hazard or a risky activity, stop and report it, so we can make your workplace safer.
- Report any signs of MSDs to your supervisor (eg discomfort, numbness, tingling or pain).
- Use equipment and tools provided correctly to reduce exposure to MSD hazards.
- Take rest breaks from repetitive or forceful tasks.
- Move around and occasionally change positions.

If you have any concerns or questions regarding musculoskeletal disorders please contact your VGC labour manager or HSQE department - 01895 671 800.

