

See it, share it



This month's winner is **Peter Bradley**. He noticed some partially open catch pits on Crossrail Anglia which could have led to a fall. His team reinstated the lids correctly.

Text **07876 448 119**

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



Lessons from other sites:

1. A Midlands worker was hit by a tipper truck on a haul road. He suffered broken bones in both legs and feet and his right leg was amputated at the knee.

If you have a concern re plant / people interface, please tell your manager.

2. An untrained worker working at a builder's merchant lost part of his finger when he used a bench saw he wasn't trained for.

Make sure you get a risk assessment and are trained for every task.

3. On 25 February a Highland mainline train struck a length of rail which had been left on top of a running rail.

Follow the SSOW and make sure everything has been done before you hand back after works.

Free health clinics

Disease that is caught early is easier and cheaper to treat, and the person is much less likely to die or be disabled. If you have warning signs like lumps, sores that don't heal, abnormal bleeding, breathlessness or persistent indigestion, see a health professional and put your mind at rest. And if your site offers free health clinics, attend if you can! For example, ATC runs clinics every week:

Monday - Finsbury Circus site

Wednesday - Harrow Road site

Most health problems can be sorted out if they are caught early enough!

Bird nesting season

Disturbing nesting birds, or damaging nests, can lead to fines of **up to £5,000** and **6 months** in prison.

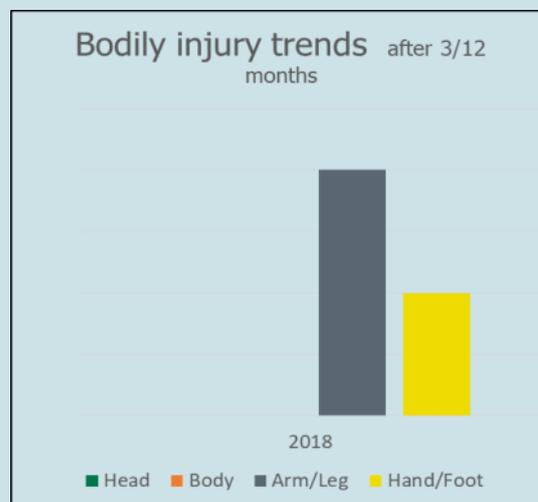
From March to the end of August, watch out for birds repeatedly flying to a certain point. Report these, and any nests you spot, to ensure they are not disturbed. Don't move any materials or plants away from the nest area.



Ensure checks are made for nesting birds before any vegetation clearance.

Injury trends

Most of our injuries this year have been to arms and legs. These are the results of slips and trips - please take care, especially when surfaces are wet or icy. And if you see a trip hazard, please report it immediately.



Hand arm vibration syndrome

This is a painful condition, also called 'white finger'. You get it from using hand held power tools for too long.

Symptoms:

- Fingers tingling and numb
- Not being able to feel things properly
- Loss of strength in your hands
- Finger tips going white and then being red and painful as they recover.

Symptoms may take a few years to appear, but they are likely to get worse with continued exposure. They can be permanent.

Do you use any of the following tools?

1. Concrete breakers
2. Hammer drills
3. Hand held grinders
4. Power hammers and chisels
5. Scabblers

Make sure you:

- Wear the correct gloves
- Monitor the time you use them.
- Add up the time on each of the tools.



Annual leave

Please make sure you take all your holiday within the leave year (Jan – Dec).

To book annual leave please fill in the online form at

www.vgcgroup.co.uk/holiday

and submit it to your labour manager.

Please give at least two weeks' notice.

We will try to approve requests for annual leave. However that isn't always possible: we have to consider overall operating requirements.

Do not book and pay for holidays until your request for leave has been approved.

Remember:

- VGC will not authorise payment in lieu of untaken holidays
- You cannot carry annual leave over into the next year: you will lose it.

Slips, trip and falls – working conditions

Recently an operative fractured their elbow after tripping on a Highways England project. The site had recently been inspected and was considered a safe place to work.

Remember:

- Check your work area and equipment before you start work.
- If conditions change, make sure they are rechecked before you carry on.
- Keep your site clean and tidy: make sure all materials are stored correctly

Be Safe rule 3 – report anything unsafe.

✓ If you feel it is unsafe, even if you have been told it is safe, stop.

Do not carry on: you are responsible for your own safety, so stop until you are sure everything is resolved.