

## Hand injuries

There has been a significant increase in hand and finger injuries on our sites recently.

An operative cut his fingers on an angle grinder when it bounced off a nail he was grinding down.

Another operative hit his hand with a claw hammer while he was holding a nail bar to remove ply sheets.

These injuries can severely impact your ability to work and even be life changing. Remember:

- Always ensure the tools you using are suitable. If something is damaged, stop and report it.
- Only handle materials when there is not a mechanical means to do so.
- Make sure you are trained for the task you are doing.
- Check your PPE. Not all gloves offer same protection. Check with your supervisor to make sure you are wearing the correct protection.
- Keep your hands clear of pinch-points and always follow the manufacturers and training instructions.



## See it, share it

Thank you and congratulations to Jason Yadao for winning the monthly 'See it, share it' prize draw.

Jason identified an external operative, with no PPE, walking in the path of a dumper that narrowly missed him.

Pedestrian paths were put in place.

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



- Text 07876 448 119
- Email [BeSafe@vgcgroup.co.uk](mailto:BeSafe@vgcgroup.co.uk)

## Look after yourself during hot weather

### Stay out of the heat

- Walk in the shade where possible.
- Cover up as much as you can - turn up your collar to protect your neck.
- Apply sunscreen thoroughly to exposed skin.

### Cool yourself down

- Have plenty of cold drinks: avoid drinks that contain caffeine, which can dehydrate you.
- Eat salad and fruit, which are cooling and have a high water content.

### Look out for others

- Keep an eye on isolated or vulnerable people.

If you have any questions regarding heat stroke please contact your VGC contract supervisor or HSQE department - 01895 671 800.



## Protecting our environment

It is essential that we do not cause adverse impact in the environments we work.

During excavations/vegetation clearance you could encounter protected species or invasive weeds. These require special assessments/licenses before works can proceed.

The penalties can be costly fines and even imprisonment.

Protected species you may encounter include:

- Bats
- Bees
- Newts
- Snakes



Invasive / injurious weeds:

- Knotweed
- Hogweed
- Himalayan balsam



Make sure that the work you are doing is

## Spills

Have you thought about how to avoid spills from COSHH items and fuels?

- Make sure equipment has drip trays / plant nappies, and where appropriate is stored out of direct sunlight.
- Only refuel in approved areas with nozzles or funnels.
- **If your spill kit isn't fully stocked, stop and report it.**

If a spill occurs

- Contain it
- Report it
- Make sure the kits are restocked.

## Save energy - turn it off

Taking simple steps will help reduce our impact on the environment - and also save you money at home:

- Turn off plant and equipment when you're not using it.
- Turn lights off when you leave the room – and if it's sunny, check if you really need to turn them on at all.

## Looking forward to a late summer getaway?

To book annual leave please fill in the leave request form at [www.vgcbgroup.co.uk/form](http://www.vgcbgroup.co.uk/form)

- Ask your contract supervisor / recruitment consultant to sign the form, and forward it to payroll. **Give at least two weeks' notice.**
- **Please don't pay for your holiday until your request for leave has been approved.**
- Remember to save enough leave to cover the construction industry shutdown period.

**If you're lucky enough to have lots of leave left, great! But remember: you can't carry it over until next year. Use it or lose it!**

## Buried services

A recent incident involved a power cable sparking when it was exposed during investigation works.

- Always check your service drawing before work and make sure you are briefed and issued with a permit to work which is in date and has all the details of the services.
- **Check the CAT to make sure it's in date. Be trained in how to use it. Ensure that CAT meets project minimum requirements. If in doubt, stop and ask.**