

## 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.vgcgroup.co.uk/form](http://www.vgcgroup.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.**