

## See it, share it

The winner of this month is John England on the Siemens Project near Derby.

John photographed this syringe, marked up the area with spraypaint and escalated to project management for removal.



Remember every month we pick a winner from all observations received. This person receives a commendation from Laurence Mckidd, managing director, as well as a gift voucher.

Make sure you share observations

Text [07876 448 119](tel:07876448119)

Email [besafe@vgcgroup.co.uk](mailto:besafe@vgcgroup.co.uk)

## Wellbeing calendar

Our themes for February are:

1. Fatigue
2. Hands and feet

Please read the posters displayed at VGC offices

## Fatigue

Fatigue increases the risk of injuries or other accidents, whatever the reasons for the fatigue.

Immediate signs of fatigue include:

- tiredness or sleepiness
- memory lapses
- difficulty concentrating
- slower reaction times

At work:

- vary work tasks so you stay alert
- take regular breaks

tell your supervisor or manager if you're feeling fatigued.

## VGC supports Kier Projects as part of Time to Talk day

VGC supported Kier M20 and M23 smart motorway projects by hosting sessions featuring two ex-professional rugby players, Danny Sculthorpe and Phil Vievers. Both Danny and Phil are part of VGC's charity for 2019, State of Mind Sport.

Almost 400 site operatives and office staff attended one of the sessions held on



Time to Talk day to hear

Danny and Phil discuss mental wellbeing and their own stories behind their issues. "It is important we raise awareness as well as signpost where support can be found".



In the UK construction industry, more people commit suicide than die as a result of an accident at work.

## Excavations

Excavations present a major risk to site workers and members of the public.

Please watch Richard's video on staying safe at

[www.vgcgroup.co.uk/excavate](http://www.vgcgroup.co.uk/excavate)

Don't start work until you know everyone will stay safe.



## Finger injuries

### 1. Incident (Non VGC)

A non VGC operative was standing facing the rear of a band saw and another operative, deemed competent to use the band saw and the correct tool for this task, started an initial cut into a length of rail ready for installation. When the band saw was started by the operative, the IP observed that the plastic protective sheath was still on the saw blade and placed his hand under the rear of the band saw and towards the rail to remove the protective sheath, at this point his fingers came into contact with the running saw blade.

As a result, the operative required an operation to repair the damage.

### 2. Incident (Non VGC)

A non VGC operative was carrying a robel clamp through a re-rail site, and lost his footing causing him to fall forward. He let go of the robel clamp, and put his hand out to try to break his fall but unfortunately the robel clamp then landed on his hand causing the injury.

As a result, the operative sustained two broken fingers.

### 3. Incident

IP was removing pins and stripping down beams on formwork. After knocking out the top pin, the operative knelt down to knock out the bottom pin when the upright moved catching a finger on the IP's right hand. The shuttering joiner working with him assisted to move the beam so the IP could release his hand and they continued working. When the IP removed his glove after completing the task, he could see that the injury required attention and attended the on site clinic. He was sent to hospital for stitches.

As a result, the operative required time off work and this has been classed as a lost time injury.

## 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](http://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.

## VGC injury frequency rate

During 2018, VGC's injury frequency rate was at its lowest for many years, although we kept growing.

We had half the number of injuries in 2018 as 2017 (both non lost time and lost time injuries). Most injured body parts are hands and feet.

All of these injuries are avoidable. In many cases, it was operatives suddenly reacting to something that caused them to place either their hand or foot in harm's way.

Never place your hand or foot where they could be injured, however unlikely you think that maybe.

