



HEALTH & SAFETY BULLETIN

Issue 8

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Dear All,

Working at Height

The working at height regulations define "working at height" as work carried out at any height from which a fall could cause an injury.

This means that any work area that is raised (even by 500mm), must have edge protection to prevent a fall. The regulation states that this protection must stand a minimum of 950mm high with gaps no more than 470mm.

If there is no fall prevention installed, or the installed protection does not meet the above requirement, and it is necessary to work within that area, you must wear an appropriately anchored harness with a suitable length of lanyard (i.e. shorter than the distance from the anchor to the edge).

Housekeeping

We must tidy up every day. If we have unwrapped products and created a lot of debris on the site, this should be immediately disposed of correctly. If we also spend 20-30 minutes every day clearing up, it will help prevent unnecessary slips and trips, not just to our operatives, but also to the other workers on the site. Aside from this important H&S issue, it will save a much bigger task later on. We are responsible for disposing of our rubbish in the bins provided on the site.

Ladders

On the subject of working at heights, a quick note on ladders:

It is rare to find ladders on building sites these days. They have been largely replaced by haki stairs for reasons of safety and convenience.

Occasionally, the use of a ladder is unavoidable. When using a ladder, you must always have three points of personal contact with the ladder. This can either be two hands and a foot, or two feet and a hand.

What this means, of course, is that you must not carry anything up a ladder unless safely secured on a tool belt.

You should also check the ladder for splits and cracks and that it is set correctly. The rule is 1:4 – for every four metres high, the ladder should be one metre from the wall.

It must also be secured.

If anyone has a health & safety concern or something to contribute to our newsletter, please feel free to speak to Greg Ellis on 07956 235880.