HEALTH & SAFETY BULLETIN

Issue 4

4/6/13

Dear All,

You'll remember we addressed the issue of the alterations of scaffolding and handrails in an earlier edition. We are reminded this month of a case some years ago, where a former employee ignored signs and climbed over a safety rail to access some works and consequently fell, injuring himself quite badly. Please do not under any circumstances climb over (or crawl under!) safety rails without express permission from your supervisor or safety officer. This must <u>never</u> be performed without a safety harness and lanyard/fall arrest being connected to a suitable anchor point. Anyone found breeching this rule will be red-carded from the site, which will have serious consequences for you, us and our clients!
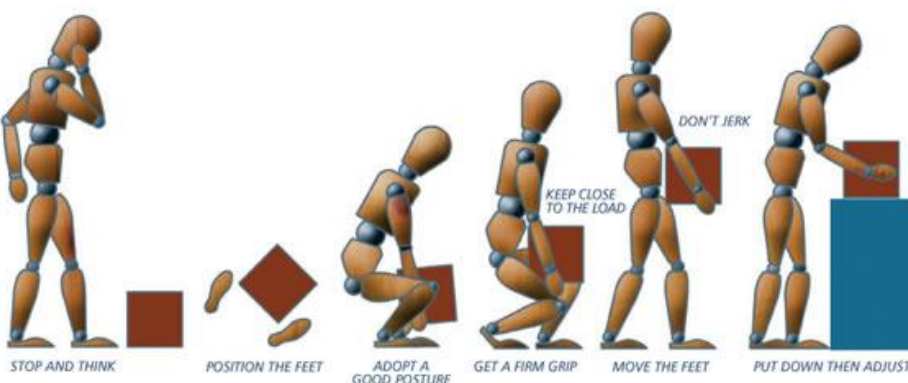
Safe stacking of Materials

When you are loading out a roof or scaffold you must ensure that the stacks are not taller than the handrail and importantly, if the materials are lightweight, such as insulation you must always anchor or place ballast to make sure the stacks are weighted down adequately. The same applies to any ply or insulation laid on the roof. Heavier materials such as slabs or pallets of materials must be spread around so that there is not too much weight in one area because this could cause the substrate to deflect or even to collapse.

Manual handling

When lifting anything heavy such as a paving slab always lift with the knees not your back and clasp it to your midriff. If you think the object is too heavy get another person to help you. If you have any doubt, speak to your supervisor who may suggest a mechanical lift.

STOP AND THINK   POSITION THE FEET   ADOPT A GOOD POSTURE   GET A FIRM GRIP   MOVE THE FEET   PUT DOWN THEN ADJUST

DON'T JERK

KEEP CLOSE TO THE LOAD

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.