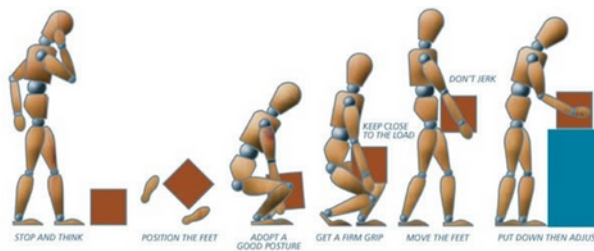
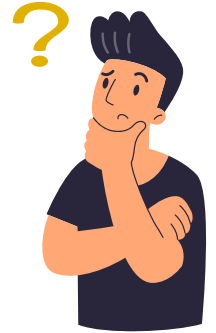


Welcome to another edition of 'Astute Safety Thinking' In this month's edition:

- Manual Handling
- Why Astute Safety Consulting?
- Online learning
- Working in hot environments
- LPG forklift truck Fire Risk
- Bradford man spared jail after father fell through roof
- Company fined £200,000 after worker fractures arm
- Wimbledon Fortnight and World Chocolate Day



Manual Handling

When a person physically moves a load without the assistance of equipment (e.g. a sack barrow or forklift truck etc.) then this is referred to as manual handling. Manual handling includes moving a load by:

- Pushing
- Pulling
- Putting down
- Carrying
- Throwing
- Intentionally dropping.

Poor manual handling techniques can result in personal injury.

How to avoid manual handling?

- If safe to do so, perform the task without moving the load
- use machinery
- use mechanical lifting and handling aids.

In practice, most jobs involve some manual handling duties. You can lower the risks to health by reducing the weight of loads and making loads less bulky.

REMEMBER "TILE" Task, Individual, Load and Environment

Good manual handling techniques

The following techniques will help you move a load safely:

- Think before lifting – weight of the load, where it's to go, is help available?
- Adopt a stable position
- Get a good hold
- Start in a good posture
- Feet should be apart with one leg slightly forward to maintain balance
- Don't flex the back any further whilst lifting
- Keep the load close to the waist
- Avoid twisting the back or leaning sideways
- Keep the head up whilst lifting
- Move smoothly
- Don't lift or handle more that can easily be managed
- Put down, then adjust.

Environmental factors

- Ensure the work environment is kept clear
- Maintain good lighting and ventilation
- Avoid distractions.

Remember: if you are pregnant or have recently given birth; have a disability; or have medical problems, then this could make manual handling difficult. Speak to your supervisor or safety representative if you have any concerns.

Why Astute Safety Consulting?

Moral

Are you doing enough to protect your team?

If one of your staff were injured tomorrow, could you face people, knowing you could have done more to protect them?

How would you feel if your company or even you were personally prosecuted for an accident, which could have been easily prevented? It is quite an uncomfortable feeling if you think, hand on heart, that you could do more.

We will work with you to protect your business, reducing the likelihood of a preventable accident. Please visit us here - <https://astutesafetyconsulting.com> to PROTECT YOUR BUSINESS.

Online learning

We've teamed up with Video Tile Learning to offer you the latest online learning resources, designed to improve you and your team's safety awareness and knowledge. You choose the subjects and learn at your own pace.

BROWSE OUR TRAINING MODULES



Manual Handling

This course outlines exactly what constitutes manual handling and covers the regulations and legislation that apply to manual handling tasks. It then goes on to cover safe handling techniques and how to develop good habits in relation to manual handling. It finishes off by introducing some practical solutions and the use of mechanical aids.

Important note: Please note that this is an awareness course only, if your duties include manual handling, you will also need further practical training, you can get in touch with us to arrange this.

Approved by IIRSM & CPD
CPD Units: 3
75 mins



Working at Height

Health & Safety is a significant concern. Everyone has an essential role to play in reducing deaths and accidents at work. Failure to meet the requirements of Health and Safety regulations carries serious consequences so understanding these requirements is vital.

This course is aimed at those starting out in the construction industry and provides an introduction to some of the key aspects of health and safety on and around construction sites. It can be taken along with the accredited exam to provide you with a recognised qualification that can form part of your CSCS card application.

Approved by CPD, Gatehouse Awards & IIRSM
CPD Units: 3
105 mins

WORKING IN HOT ENVIRONMENTS

As we are in the summer months, it is a suitable time to talk about working in Hot environments.

When working in a high temperature environment, there is a risk of heat stress, which is a term used to describe a range of ill health symptoms, from fatigue, through to potentially fatal heat stroke. When working in the sun, there are added risks of sunburn and in the longer term, skin cancer.

Employers are responsible for protecting their employees from harm, as far as is reasonably practicable.

They must also assess the risks of work activities and implement measures to control the risks.

Current situation

- For those working outdoors, there is the added risk of sun exposure. Exposure to ultraviolet radiation (UV) from the sun can cause skin damage including sunburn, blistering and, in the long term, skin cancer.
- There are around 16,200 new melanoma skin cancer cases in the UK every year, that's 44 every day (2015-2017).
- 1 in 36 UK males and 1 in 47 UK females will be diagnosed with melanoma skin cancer in their lifetime.
- 86% of melanoma skin cancer cases in the UK are preventable.
- Melanoma skin cancer is the 5th most common cancer in the UK, accounting for 4% of all new cancer cases (2017).

Heat related illness

- Fatigue – reduced concentration = risk of accidents/errors
- muscle cramps
- severe thirst – a late symptom of heat stress
- heat rash
- heat exhaustion – headaches, dizziness, nausea and fainting
- heat stroke – potentially fatal:
 - body temperature over 40°C
 - rapid pulse
 - confusion
 - loss of consciousness
 - convulsions.



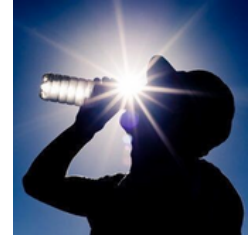
Risk assessments should identify:

- who is at risk? – identify employees who are more susceptible to heat stress, for example due to illness/condition or medication
- which activities create a risk of heat stress, taking into account:
 - environmental temperature
 - work rate and duration
 - humidity
 - clothing usually worn
 - any PPE or respiratory protective equipment being worn
- the risk control measures needed to reduce the risk to an acceptable level – can you eliminate, reduce, isolate, or control the hazards identified?

WORKING IN HOT ENVIRONMENTS

Controlling exposure to excess heat

- Control the temperature, e.g., air conditioning, fans, shelter
- reduce the amount of time each worker is exposed to the risk
- frequent rest breaks in a cool environment
- work at a cooler time of day
- prevent dehydration
- provide the right personal protective equipment, e.g., breathable fabric, sun protecting fabric, sun hats, sunscreen, sunglasses etc
- relax uniform requirements/dress codes
- ensure staff understand the risks and the symptoms
- be prepared for first aid emergencies – first aiders understand symptoms and treatments
- provide mechanical aids to reduce the work rate.



Employee awareness

- Look out for signs and symptoms in yourself and colleagues
- take sensible precautions, e.g., take rest breaks in shade/cooler environment, use sunscreen, or cover up
- drink water little and often
- stop work if you feel dizzy, exhausted, or confused and speak to a first aider
- if regularly working in the sun, check your skin for signs of cancer such as discolouration and moles which grow or bleed.

LPG forklift truck Fire Risk

HSE is aware of a number of fires on, and around, liquefied petroleum gas (LPG) powered forklift trucks and other similar vehicles that have occurred during starting.

Outline of the problem

Build-up of deposits in fuel systems, in particular, the vaporiser units of LPG powered vehicles has led to a number of fires.

Trucks not starting due to sticking valves

Deposits in vaporiser units, flow regulators and shut off valves cause the truck to fail to start, particularly from cold. Build-up of deposits can lead to sticking valves and the mixture supplied to the engine being too rich to be ignited.

Repeated starting attempts can release unburned LPG

Repeated starting attempts can result in the release of unburned LPG, which in extreme cases can be ignited, setting fire to the vehicle and surrounding materials.

You can read the full bulletin here - <https://www.hse.gov.uk/safetybulletins/forklift-fires.htm>





Bradford man spared jail after father fell through roof

A Bradford man has been given a suspended prison sentence after an employee sustained life-threatening injuries when he fell 30-feet through a fragile roof.

Fazal Subkhan, 57, was given the nine-month sentence (suspended for two years) after pleading guilty to health and safety breaches. It related to an incident on 25 March 2020 when Uzaifa Khan, 34, suffered a number of significant injuries including a broken hip and pelvis.

An investigation by the Health and Safety Executive (HSE) found that Mr Subkhan had made previous repairs to the roof at the site but returned to undertake further work. No risk assessment was undertaken for working on the fragile roof. Safe access to the roof, and the risk of falling through or from the roof were not considered and no controls of any sort were put in place.

For the full article read [here](#)



Devon dad has every finger amputated after hands crushed in machine

A dad from Devon was left with horrific injuries to his hands after an incident at his work.

He had to have all eight fingers amputated after his hands were crushed by a metal rolling machine.

An investigation by the Health & Safety Executive (HSE) found the company had failed to adequately assess the risks and implement the necessary controls when the roller equipment was installed. They subsequently missed a further opportunity to reassess the risks following a significant change in the way in which the machine was operated.

Read the full article [here](#).

Company fined £200,000 after worker fractures arm

The 22-year-old, from Newcastle, had only recently started working as a manufacturing operative for the company when the incident occurred on 12 November 2021.

The man was working at the rear of the lathe when the rubber material he had just applied fell from the steel mandrel. He instinctively reached to grab the material, and at the same time the lathe started, pulling him into the machine. This resulted in his left arm being broken in two places.



Wimbledon Fortnight - Any one for Tennis?



from the 3rd July to 16th July 2023 the annual Wimbledon Tennis Championship, held in the UK, will be in full swing.

This prestigious event attracts the world's top-ranking tennis players in a display of exceptional talent and skill. Enjoy the games!

World Chocolate day 7th July



World chocolate day is an annual celebration of all things chocolate!

FUN FACT: Did you know? Countries with a higher consumption of chocolate per capita produce more Nobel Prize winners.

What an excuse to eat more chocolate!!