



success is no accident

Baby Got Back!

In the early stages:

Rest may not help. Your back is designed for movement so the sooner you start doing your ordinary activities the better. Use pain killers, heat or cold applied to the sore area may also help. A short course of manipulation can help relieve back pain for some, if done by a qualified professional osteopath, physiotherapist or chiropractor

Next steps:

- Steadily increase your level of activity.
- Do a little bit more each day if the pain has been restricting your movement.
- Do not stay in one position for too long.
- Get up and stretch regularly.
- Move about and take some walks, building up your activity as you get stronger.
- Stay at work if you can to keep active and recover from the pain.
- Don't do one thing for too long. Keep changing your activities so that you are changing position and moving around from time to time.



Inside

- Wordsearch
- Information Watch
- Hot Stuff or Cold Cod?
- Not as Healthy as Kelloggs
- Q & A



Title/Subject

Progress

Refer

Machinery Supply Regulations 2005

Deadline for manufacturers to ensure machines comply with amended essential health and safety requirements

Email:
graham@courtley.com

Call:
0777 354 4497

Control of Artificial Optical Radiation at Work Regulations 2010

Enacts EU Directive on protection of workers from risks from lasers and other artificial optical radiation sources

Email:
ed@courtley.com

Call:
0777 354 4495

Notification of Conventional Tower Cranes Regulations

Requires information about tower cranes assembled on site to be notified to the HSE after installation

Email:
graham@courtley.com

Call:
0777 354 4497

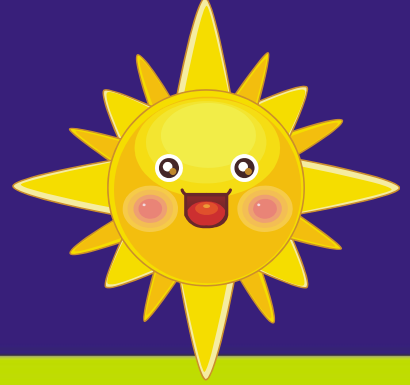
Health and Safety at Work Act 1974 (Application Outside Great Britain) (Variation) Order 2009

Amends the 2001 Order to extend the provisions of the Health and Safety at Work Act to the construction, operation and repair of wind farms and other energy structures.

Email:
tony@courtley.com

Call:
0777 354 4496

Hot Stuff or ...



Every person has different susceptibilities to the elements, some for instance wear cardigans when the sun is blazing and others can get away with wearing Shorts waist deep in snow.....Ok so that was a slight exaggeration but you catch my drift. Whilst you are in work your employer has a duty to ensure you are comfortable. The Workplace (Health, Safety and Welfare) Regulations 1992 lay down particular requirements for most aspects of the working environment

Regulation 7 of these Regulations deals specifically with the temperature in indoor workplaces and states that:

During working hours, the temperature in all workplaces inside buildings shall be reasonable.

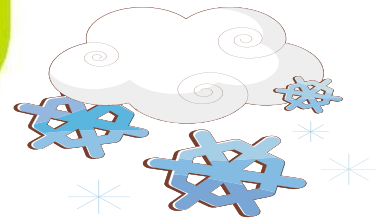
However, the application of the regulation depends on the nature of the workplace i.e. a bakery, a cold store, an office, a warehouse.

The associated ACOP goes on to explain:



'The temperature in workrooms should provide reasonable comfort without the need for special clothing. Where such a temperature is impractical because of hot or cold processes, all reasonable steps should be taken to achieve a temperature which is as close as possible to comfortable. 'Workroom' means a room where people normally work for more than short periods.

Cold Cod?



The temperature in workrooms should normally be at least 16 degrees Celsius unless much of the work involves severe physical effort in which case the temperature should be at least 13 degrees Celsius. These temperatures may not, however, ensure reasonable comfort, depending on other factors such as air movement and relative humidity.'

Where the temperature in a workroom would otherwise be uncomfortably high, for example because of hot processes or the design of the building, all reasonable steps should be taken to achieve a reasonably comfortable temperature, for example by:

- insulating hot plants or pipes;
- providing air-cooling plant;
- shading windows;
- sitting workstations away from places subject to radiant heat.

Where a reasonably comfortable temperature cannot be achieved throughout a workroom, local cooling should be provided. In extremely hot weather fans and increased ventilation may be used instead of local cooling.

Where, despite the provision of local cooling, workers are exposed to temperatures which do not give reasonable comfort, suitable protective clothing and rest facilities should be provided. Where practical there should be systems of work (for example, task rotation) to ensure that the length of time for which individual workers are exposed to uncomfortable temperatures is limited.



Not as Healthy

As most health and safety fiends are aware, asbestos was widely used in buildings and other structures before it's supply and use was banned in 1999.

As a result, thousands of tonnes of asbestos-containing materials (ACMs) are still present in buildings and structures build before 2000.

This means that workers, particularly trades people such as plumbers, carpenters, joiners, electricians and IT installers are still at substantial risk of being exposed to asbestos fibres, with potentially serious consequences for their long-term health.

The extent of the risk can be measured by the number of such workers dying as a result of exposure to asbestos fibres. The average weekly total is twenty trades-people, six electricians and three plumbers.

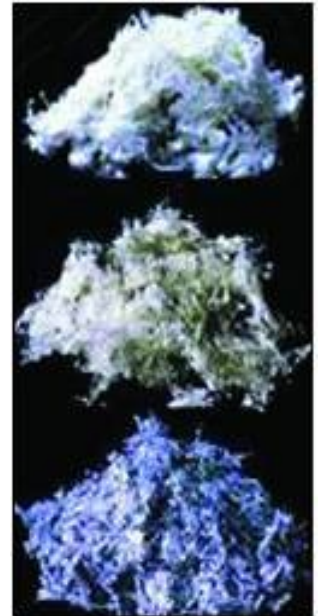
It is vital that similar workers who now run the risk of exposure are protected by duty-holders who must:

- Identify the location of all ACMs
- Assess the risks of exposure
- Take commensurate control action – for example, removal and/or encapsulation.

Surveys and Management

Regulation 4 of CAR 2006 requires the appointed duty-holder to:

- Take reasonable steps to find out if there are materials containing asbestos and, if so the amount, location and condition
- Arrange a survey
- Maintain a record of the location and condition of ACMs or materials presumed to contain asbestos (the survey report)
- Assess the risk of anyone being exposed to fibres of the identified material (risk assessment)
- Prepare a plan which sets out in detail how the risks from these materials are to be managed (the duty to manage)
- Take the necessary steps (control measures) to put the plan into action
- Periodically monitor and review the plan and the arrangements to act on it so that the plan remains relevant and up-to-date.



The purpose of an asbestos survey is to:

- Help manage asbestos in structures
- Provide accurate information on the location, amount and condition of ACMs
- Assess the level of damage or deterioration in AMs and whether remedial action is required
- Use the survey information to prepare a record of the location of any asbestos—commonly called an asbestos register—and an asbestos plan of the buildings/structures
- Help identify all the ACMs to be removed before refurbishment or demolition.

Survey Types

The HSE's recently published document *Asbestos: The Survey Guide (HSEG264)* identifies two, more general, categories of survey:

- Management surveys
- Refurbishment and demolition surveys

A management survey will be required during the occupation and use of the building to ensure continued management of the ACMs in situ.

A refurbishment or demolition survey will be necessary when the building—or part of it—is to be upgraded, refurbished or demolished.

Mini Diggers

Q I seem to remember that you can drive a wheeled mini-digger (up to 7.5 tonnes) on a car license, however, our plant hire company doesn't agree. Who is correct?

- Wilbur

A Hi Wilbur,

Any driver who has passed their driving test pre-1997 should automatically have the letters C1 on their driving license and will be able to drive any vehicle up to 7.5 tonnes. Anyone who has passed their driving test post-1997 will not have these letters on their driving license and will only be able to drive a vehicle up to 3.5 tonnes. To clarify, a pre-1997 driving license will allow you to legally drive a vehicle of up to 7.5 tonnes on public roads. The license assumes the operator has achieved the legal level of competence to use the driving controls of the vehicle safely on a public road. On most sites the Principal Contractor will expect to see some documented evidence of competency—which could be a Construction Plant Competence Scheme (CPCS) card or other record of training.

Voltage on Site

Q Is the use of 110-volt electrical supply on building and construction sites compulsory by legislation or is it just accepted practice? Would using 240-volts be against the law?

- Fanny

A Hi Fanny,

As a general rule, the lower the voltage used, the lower the risk of a serious electric shock. Where reasonably practicable, hand-held equipment should operate at 110-volts or less, with a centre tapped transformer or 50-volt SELV xv system. This will virtually eliminate the risk of fatal electric shock if a cable supplying such voltage is damaged. Lower voltages are however, necessary when conditions are wet or when working inside a confined, conductive space, e.g. A metal tank.

