

# Sun Safety

Although most of us love being outdoors in the summer-time, working in the heat and sun can be dangerous. People whose line of work takes them outdoors in the hot summer months face unique health hazards.

The combination of heat, humidity, and physical labour can lead to fatalities. The two most serious forms of heat-related illnesses are heat exhaustion (primarily from dehydration) and heat stroke, which can be fatal. Signs of heat exhaustion or heat stroke need immediate attention.

Recognising those warning signs and taking quick action can make a difference in preventing a fatality. In an effort to promote worker safety during the hot summer months we have included some tips on avoiding heat-related illnesses, and injuries this summer.



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# Wordsearch & Quiz!

R J U M H R O S R U C E R P C  
E G N G P Z W K K S W A N S G  
D F D Y C Q O X W R T M H E K  
O S E B C T E U Y L W G S N R  
M Y R M W J K Y T R P I G R H  
H T E O Z H U D H L L L W N B  
F I S T T W L N N A I L K F R  
D L T K K C F Z N R L E M Q L  
V I I K L N I O D Y C M R T N  
V B M K M J I D L M X Z X S K  
T A A N M T B Z E Z P X M W K  
F B T N A Q J M B R B V V L L  
F O E R T R H M C I P Q V M T  
G R K D H K R H A N R H C Q R  
T P J P C M X S M M B R R M D

## Hidden Words

Swans  
Rationalise  
Fluke  
Precursor  
Outliers  
Mode  
Underestimate  
Bias  
Predictors

## Question Time!

1. What are the principles of heat transmission?
2. What are the chemical and biological routes of entry into the body?
3. About how many people die each year due to asbestos related diseases?
4. What does TILE stand for when assessing risks for manual handling?
5. Which is the first element of a health and safety management system?

## Answers

1. Convection, conduction, radiation and direct burning
2. Ingestion, injection, inhalation and absorption
3. 3,000
4. Task, Individual, Load, Equipment
5. A Policy

Title/Subject	Progress	Refer
Pipelines safety regulations 1996 amendments	The Pipelines Safety Regulations (PSR) 1996 provide for the management of pipeline safety and apply to all pipelines in Great Britain and to all pipelines in territorial waters and the UK Continental Shelf. Full amendments of these regulations can be found on the HSE website.	ed@courtley.com
The Docks (Amendment) Regulation 2011	To remove the requirement of a certificate confirming the safety of a vessel to transport a person at work to or from any working place in dock premises.	dean@courtley.com
Legislative Reform (Contained Use of Animal Pathogens) Order 2010 (LRO)	The legal reform order will extend the general purposes in HSWA to protecting against risks to animal health arising from work with animal pathogens.	graham@courtley.com

# News



## RIDDOR ONLINE

From 12 September 2012, all reportable work related injuries and incidents reported under RIDDOR (The Reporting of Injuries, Diseases and Dangerous Occurrence Regulations 1995) will move to an online system.

It is reported that more than half of reportable injuries are already notified to HSE through the website, and this proportion has been increasing steadily over recent years. However, it is recognised that people reporting a traumatic event often prefer personal interaction, and so telephone notification of major and fatal injuries will still be possible via telephone following the introduction of this change.

In keeping with this drive to improve efficiency and deliver value to taxpayers, the HSE has also announced the closure of its general telephone advice line effective 30 September 2011. Thereafter, the corresponding website will become the HSE's sole source of information and guidance.

## ROOFING ACCIDENT

A Halifax man's life was shattered after he plunged from the roof of a two-storey house because the firm he worked for paid scant attention to safe systems of working at height, a court was told today.

The worker, now 33, who does not wish to be identified, broke his back in the seven-metre fall from the roof of a house in Cookridge, Leeds, on 19 February 2010. He was in hospital 15 days and suffered serious back injuries that will affect him the rest of his working life.

His employers at the time, Fluetech Ltd, pleaded guilty today at Leeds Magistrates' Court to three health and safety offences in a prosecution brought by the Health and Safety Executive (HSE). The company, of Drakes Industrial Estate, Shay Lane, Halifax, was fined a total of £13,500 and ordered to pay costs of £3,873.

## NO MORE ALL-NIGHTERS

The social innovation think tank, The Young Foundation, is urging the Government to limit the length of night shifts to a maximum of eight hours, following a study warning that an increased number of night workers are facing greater health risks.

At present, approximately 1.3 million people work at night. With the growth in the 24 hour economy, where shops, services and leisure activities stay open late into the evening and sometimes through the night, this number is only likely to grow.

The study suggests that working at night exposes staff to greater risks of illness, pregnancy problems and poor mental health, which in turn disrupts social and family life. Night workers are reported to be three times more likely to have an industrial accident, and twice as likely to have a car accident on the way home from work.

The Foundation's research found that many people work night shifts of 12 hours or more, and that most night workers are unaware of the associated health risks. Accordingly, it has called for legislation to be introduced that limits night shifts to eight hours, together with clear guidelines on overtime.



# Hints & Tips

## **FIT TO WORK?**

1. Speak to the employee to gauge views about their feelings about returning to work. Record your feelings.
2. Unless the outcome seems very straightforward, seek occupational health advice.
3. Review your risk assessments. Check that any assumptions you made about employee fitness are still applicable and identify any adjustments which need to be made to the job or workplace.

## **WORKING OUTSIDE IN SUMMER**

**Clothing and Sunscreen** - Wear light, loose-fitting clothing. To avoid harmful UV rays, stick to long pants (no shorts) and long-sleeved shirts, and apply plenty of sunscreen.

**Breaks for Water and Shade** - Employers should ensure that plenty of drinking water is available and workers have regular breaks to drink it. Drink small amounts frequently, rather than a lot all at once. If your work is particularly strenuous and takes place in direct sunlight, you should also be given regular breaks in a shady area.

**Heat Stroke and Heat Exhaustion: What to Watch Out For** - The combination of high temperature, high humidity, and physical exertion that comes with some outdoor jobs raises the risk that workers will suffer heat stroke or heat exhaustion. Some warning signs are headaches, light-headedness, confusion, irrational behaviour, loss of consciousness, abnormally high body temperature and hot, dry skin.

# Notice Board



## FREE DOESN'T MEAN CHEAP

We have noticed an increase in 'no shows' on our free courses. This means that places are taken up unnecessarily, which has an adverse impact on the course delivery and effectiveness. Play fair - only book places you will fill.

**Site Managers  
Safety Training  
Scheme Refresher**  
29 & 30 June  
24 & 25 October

**PASMA  
Mobile Tower  
Training**  
6 July  
5 August

**Site Supervisors Safety  
Training Scheme  
(SSSTS)**  
21 & 22 July

**Health &  
Safety  
Awareness**  
9 August 2011

Check out our new  
training calendar on  
the website:  
[www.courtley.com](http://www.courtley.com)

**Site Managers  
Safety Training  
Scheme (SMSTS)**  
17 June–15 July  
28 July–25 Aug

## Manual Handling

**Q** Is there a maximum weight limit that a person is allowed to lift during work?

- Tyler

**A** Hi Tyler,  
The Manual Handling Operations Regulations 1992 (as amended) set no specific requirements such as weight limits. The regulations give the following guidance:

1. Avoid hazardous manual handling operations so far as is reasonably practicable, for example by redesigning the task to avoid moving the load or by automating or mechanising the process.

2. Make a suitable and sufficient assessment of any hazardous manual handling operations that cannot be avoided.

3. Reduce the risk of injury from those operations so far as is reasonably practicable. Where possible, you should provide mechanical assistance, for example a sack trolley or hoist. Where this is not reasonably practicable, look at ways of changing the task, the load and working environment.

## Fit to Work?

**Q** One of the employees has brought in a fit note that states they are ok to carry out their job with a few restrictions, but my better judgement says otherwise.

- Clarence

**A** Hi Clarence,  
Generically, it will be the employer who has the final say. The GP's decision will be based mainly on a verbal description of the workplace and activities as given by the employee. Because of this limitation, the GP's recommendations are not binding.

