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## NEWS LETTER

Greetings to one and all and welcome to the March edition of our Health and Safety news letter.

Another busy month for Compass with some new opportunities along the way.

We are currently running an IOSH Managing Safely 4 day management course on behalf of Global Renewables Leyland waste management facility.

In addition we have again been busy assisting with CHAS applications on behalf of Fylde Executive cars, and currently Terry's Carpet warehouse in Blackpool.

The CHAS accreditation enables suppliers and contractors to be pre qualified as competent on a data base used by most large national organisations such as the NHS, and most local Government Authorities. The vast majority of Contractors will have to be CHAS, accredited to work on most construction sites.

CDM Regulations Principal Designer support services remains a positive aspect of our work, with our involvement with 8 projects of various sizes and values, of specific interest is a new housing development being carried out by EGG Homes at Hever-sham, -Incaster- south lakes- check out the project for sustainable , high quality living by visiting –[www.egghomes.uk](http://www.egghomes.uk).

Please note that we have changed our firm of accountants and are delighted to be now associated with Rawcliffe & Co in Blackpool

Rawcliffe & Co and Compass HSC Ltd will be working closely together to provide a progressive support service to all clients old and new, with an added value emphasis.

[www.rawcliffe.co.uk](http://www.rawcliffe.co.uk)

### Changes to Provision and use of personal protective equipment regulations

*People are a company's greatest asset. Yet, the key European rules regulating the equipment used to protect workers have been left unchanged for more than 20 years. The new [PPE Regulation](#) is an opportunity for manufacturers, safety managers and end users to take worker safety to the next level.*

*The main provisions of the PPE regulations simply required that Manufacturers designed and manufactured PPE to European standards, and that Employers had to:-*

*Make a written assessment on the requirements for PPE*

*Provide PPE*

*Maintain PPE*

*Provide training on the use of any specialist PPE*

*Provide adequate storage of PPE*

*The new regulations increase the standards of design, manufacture for CE certification and classification of PPE.*

Manufacturers will be required to classify all PPE as:

Category 1 simple PPE, providing minimal/ low protection, Category 2 for control of moderate risks, and Category 3- for control of severe risks, of course it will be down to the Employer to decide which risk category to purchase.



### Stair safety ?

It is estimated that there is a fall on stairs every 90 seconds in the UK, and a further estimated 250,000 non-fatal accidents which are serious enough to merit a trip to A&E. Even worse, according to Government statistics there were 787 deaths in England and Wales in 2015 caused by a fall on steps or stairs – that's more than two people dying every day.

According to the HSE, the industries most affected by stairway falls are the service industries, followed by manufacturing and construction. A third of reported fall accidents in the food and drink industry also occur on stairs. This is often due to the stairs being contaminated with water or food product, or the use of inappropriate footwear.

### Display screen equipment

The research, carried out by YouGov on behalf of Specsavers Corporate Eyecare, surveyed over 1,000 employees. It found that 85% of employees spend at least an hour a day using DSE for work purposes, and 73% spent at least four hours a day working with DSE.

Almost half of employees (48%) spent at least 7 hours a day at a digital screen – nearly their entire working day.

Women are likely to spend more time looking at screens for work purposes than men. Over 80% of women spend at least four working hours a day on DSE, compared to 69% of men, and 53% of women spend seven or more working hours a day looking at DSE, compared to 46% of men.

40% of employees stated they receive eyecare benefits from their employer, such as free or subsidised eye tests or glasses. A significant 10% of employees did not know if they received eyecare benefits and nearly half stated they did not receive any eyecare from their employer.

The DSE regulations clearly state that for habitual users, a work station assessment, often called DSE assessment is carried out on each work station, and that Employers have a legal obligation to provide free eye sight testing and to also provide suitable corrective measures for each user.

Corrective measures is not specified, it could be glasses, or it could simply be a larger monitor

Have you carried out DSE assessment– contact us for a free form.

### Manual handling

It's an employer's responsibility to ensure the safety of their staff in the workplace. However, in order to ensure the safety of all, employees have an important role to play in adhering to guidelines and following safe working practices.

A major cause of injury in the workplace is [lifting and handling heavy items](#). One wrong move and you could injure your back, resulting in significant pain and absences from work.

While there are general guidelines for how much men and women should lift, different factors can influence the exact weight.

In general, men should lift no more than 25kg, while women should limit themselves to a maximum of 16kg. However, if they are lifting an item above shoulder height, the limit drops to 10kg for men and 7kg for women. When items need to be lifted above shoulder height while being kept away from the body, the limits drop further, to just 5kg for men and 3kg for women.



### Manual handling ( continued)

To prevent injury, you'll need to adopt best practice when lifting an object. Follow these steps:

- Make sure there is a clear pathway to where you want to move the item to.
- Stand directly in front of the item you're lifting, making sure your feet are shoulder width apart.
- Keep your back straight and bend your knees to squat to the floor.
- Using both hands, firmly grip the item.
- Keep the object close to your body and stand up by slowly straightening your legs. Try not to jerk or twist.
- Carry the item to its chosen location by taking small, careful steps. If the item is large, ask a colleague to guide you to prevent accidents.

To put the item down, keep your back straight and slowly bend your legs. Lower each side separately to avoid trapping your fingers.

Remember the manual handling regulations require that all Employers carry out a suitable and sufficient manual handling assessment.

On average people suffering some kind of muscular skeletal injury are off work for an average of 20 working days-Call for advice.

### Regulatory reform fire safety order

It is now 10 years since the introduction of the Regulatory Reform ( Fire safety Order), which made significant and much needed changes to Fire safety management in the UK. The act replaced the previous Health and Safety fire safety regulations.

The requirement to carry out a fire risk assessment for all workplaces is common to both sets of regulations, however where the Regulatory reform (fire safety) order differs is in the requirement for all Employers to appoint a **responsible person** for fire safety.

This person is ultimately charged with the responsibility for ensuring all fire safety provisions identified in risk assessments, procedures are both implemented, and maintained.

A number of fairly significant fires in residential premises over the last 12 months has identified a concern by the fire authorities, and insurers in relation to the identification of the " responsible person"

Please consider your own organisation, have you appointed a responsible person for fire safety ?

Have you carried out a fire safety risk assessment, is it up to date ?  
has any changes to the physical layout of the premises taken place, perhaps the introduction of chemicals, or work processes since the last assessment, if you are planning any changes in the future make sure you review your existing fire risk assessment and change it if necessary.



### **Court hears how a worker fell 9 m through a roof**

Two roofing companies have been fined after a worker fell nine metres through a skylight onto concrete flooring below. The man suffered life changing injuries and required surgery to install metal rods into his back.

ACG Roofing Limited had been subcontracted by JDB Industrial Roofing Limited to complete re-cladding work on the fragile roof. At the time of the fall, on 15 December 2015, no nets or guardrails were being used. The Mobile Elevating Working Platform which had been provided as an anchor point for the fall arrest equipment did not have enough capacity. When he fell the injured person did not have his harness attached to anything.

JDB, the principal contractors of the work, failed to have effective management systems in place to control the risk associated with working at height and on fragile roofing.

JDB Industrial Roofing Limited of Brooklands Court, Kettering, Northamptonshire pleaded guilty of breaching Section 13(1) of the [Construction \(Design and Management\) Regulations 2015](#), has been fined £112,000 and ordered to pay costs of £2216.68.

( Reg 13– duties under CDM Regs on the Principal Contractor in relation to a Construction phase health and safety plan)

*ACG Roofing Limited of High Street, Wellingborough, Northamptonshire have pleaded guilty of breaching Section 4(1) of the Work at Height Regulations 2005 and have been fined £35,000 and ordered to pay costs of £1721.78.*

*CDM comes into this scenario as the work being undertaken was deemed to be “construction”, the work was under the control of a Principal Contractor- ( JDB Industrial roofing), who had a responsibility to ensure that the work was being carried out safely—to which the failed.*

*As the actual physical work was being undertaken by ACG Roofing, they had legal obligations under the working at height regulations which they failed to comply with so far as the planning and organising of the work.*

*Again and again we see scenarios like these where the failure to properly risk assess, plan and then organise work such that it can be carried out safely is the root cause of the problem.*

