

## Health and Safety Newsletter Issue 4: August 2018

### Welcome:

Edition 4 of our monthly newsletter is concentrating on risks from working at height. You can see below that there have been numerous falls from height that resulted in serious injury or death and follow on prosecutions.

### Topic of the Month

#### Working at Height and the Consequences

Falls from height are the biggest causes of workplace fatalities and major injuries. Common causes are falls from ladders and through fragile roofs. The purpose of WAHR is to prevent death and injury from a fall from height. Work at height means work in any place where, if there were no precautions in place, a person could fall a distance liable to cause personal injury. For example, you are working at height if you: are working on a ladder or a flat roof; could fall through a fragile surface; or you could fall into an opening in a floor or a hole in the ground.



### The Law

The purpose of The Work at Height Regulations 2005 is to prevent death and injury caused by a fall from height. If you are an employer or you control work at height (for example facilities managers or building owners who may contract others to work at height) the Regulations apply to you.

Employers and those in control of any work at height activity must make sure work is properly planned, supervised and carried out by competent people. This includes using the right type of equipment for working at height. Low-risk, relatively straightforward tasks will require less effort when it comes to planning



#### **Employers and those in control must first assess the risks.**

Employees have general legal duties to take reasonable care of themselves and others who may be affected by their actions, and to co-operate with their employer to enable their health and safety duties and requirements to be complied with.

Examples of collective measures include: Safety nets and soft-landing systems.

Examples of personal protection measures include: Fall arrest systems, anchorage points and physical barriers.

**Remember when utilising ladders** that they must be fit for purpose and used for a minimal amount of time <30 minutes and they must be inspected on a regular basis and if required be entered onto a ladder tag system.

The HSE have produced guidance to help you comply with the law (follow the link below)

#### Useful Links:

1. [Work at height - The law](#)
2. [Working at height: A brief guide](#)

### Member Contributions

#### TMC Assist

#### **Keeping our workforce safe .....**

#### **Good health and safety is essential and provides numerous benefits.**

For any business, health and safety should be a top priority, even if our work isn't considered to be highly regulated or high risk. The company is at risk if we don't take the right health and safety precautions and failing to do so may have serious implications. The benefits of H&S are clear for all to see: It:

**Protecting our Employees: *Our most valuable asset, is our employees*** and they should always feel safe in the workplace, so it's important that we ensure that the correct health and safety provisions are in place which will help to mitigate risk and provide a safe and healthy workforce. Protecting our employees also reduces the number and the severity of injuries and illness caused by accidents at work. The most common of which include back pain from lifting, injuries from trips or slips, falling from heights and also upper limb disorders as a result of computer use.

**Increasing our Productivity:** Good health and safety has increased the overall productivity of our business and with the right measures in place, our employees are able to do their job more efficiently and remain safe while doing so.

**Maintaining our excellent reputation:** We needed to ensure that we have a good reputation as It is clear that a company with a poor history of health and safety or a workplace plagued with accidents isn't going to have an excellent reputation in their industry, with customers or employees.

**Managing Sick Leave/Time Off:** Injuries or illness caused by poor health and safety will lead to an increase in employee time off and sick leave. Our safety regime helped to mitigate this issue by adopting good health and safety practices. By doing everything we could we keep our staff as safe as possible and reduce the amount of sick leave and time off.

#### **Prevention of Litigation and Compensation:**

**We are confident that by** maintaining a high standard of health and safety we reduce the possibility of prosecution. This is not the reason we do it but an end result of a great safety regime

Graham Doughty Managing Director – TMC Assist

### EC Safety Solutions Updates

**We carried out the following training for various clients in July 2018 and have similar courses with vacancies for the next 3 months**

- 8 x IOSH Working Safely for the CSCS card
- 4 x First Aid at Work, including a free one for a local charity
- 6 x Working at Height
- 6 x Manual Handling
- 25 x eLearning courses various

If you want to book a course, follow the link to our home page and select your training: <http://www.ecsafetysolutions.com>

**(Remember we also offer e-learning and client discounts)**

#### In the News

1. [Company fined after worker fell down a lift shaft](#)
2. [Company fined after worker suffers spinal injuries](#)
3. [Maidstone company fined following death of worker](#)