

# Health and Safety Newsletter Issue 5: October 2018

## Welcome:

Edition 5 of our monthly newsletter is concentrating on risks from working with Silica Dust and other Respiratory Issues. The HSE will be focusing on these issues in the coming months and we strongly urge all site managers to review their current documentation.



## Topic of the Month:

### Working in dusty working environments

HSE inspectors will be visiting construction sites across Great Britain to see if businesses have measures in place to protect their workers' lungs from the likes of asbestos, silica and wood dust. They have stated that they will specifically be looking for evidence of construction workers knowing the risk, planning their work and using the right control measures

#### People Ask:

- **Is breathing in a lot of dust bad for you?**

The type and size of a dust particle determines how toxic the dust is. The possible harm the dust may cause to your health is mostly determined by the amount of dust present in the air and how long you have been exposed to it. Dust particles small enough to be inhaled may cause irritation of the eyes

- **Can you get cancer from dust?**

Some dusts are well known for their ability to produce serious lung diseases of this type, e.g. respirable crystalline silica (RCS) can cause silicosis and possible lung cancer. Chronic effects of dust in the lungs are usually permanent and may be disabling, so prevention of the onset of disease should be given the highest priority

- **Can dust kill you?**

While some of lung disease like advanced silicosis can come on quite quickly, most take a long time. Often this is over years. They happen because during this time regularly breathing even small amounts of dust adds up and damages the lungs and airways. Unfortunately, by the time you notice the symptoms the damage is often done and it is more difficult to treat.

- **Is breathing in dust dangerous?**

Yes: Plan to prevent or control it



## The Law and Best Practice

The HSE offers advice and guidance on working with dust and the link is below and can also be found on the HSE Website

1. [Dust in the Workplace General Principles of Protection](#)
2. [Dust in the Workplace FAQ's HSE Website](#)
3. [Determining the Risk from Dust](#)

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

In General, the employer needs to look at removing or reducing the amount of dust created and assessing the risk to the employees and anyone else affected by the creation of dust. Good planning prior to any works would remove major issues and reduce the possibility of illness (possibly leading to prosecution and thereby compensation)

We are able to provide you with the assistance required to produce suitable and sufficient COSHH and RAMS

## Member Contributions

### Nicola Preston: Clearwater Cleaning Services Kent Ltd

We take the delivery of health and safety of our employees and 3<sup>rd</sup> parties seriously and as such we employed EC Safety Solutions to review and update our policies and procedures. We also reviewed and implemented all of the company and Task Specific RAMS. The importance of this cannot be overstressed. We work for numerous clients which include local councils and we are being asked more and more often to provide our updated specific RAMS to the client. Due to good preparation and planning we are always able to provide up to date task specific RAMS or at least an explanation of our processes prior to the task being undertaken. This has proven to be of enormous benefit when dealing with new or prospective clients along with being a matter of best practice for all of our staff. Our intention is zero accidents and we have achieved this and it is our aim to continue the trend. This can be achieved by gaining the trust of the teams and getting them to complete the incident or near miss report forms. To summarise. H&S for our staff is very important to me, I believe that planning and preparation is essential and that RAMS must be in place for all tasks. It saves money, It makes money and it protects my staff

N Preston: Director

## EC Safety Solutions Updates

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

- 13 x IOSH Working Safely for the CSCS card
- 7 x First Aid at Work, including a free one for a local charity
- 6 x Working at Height
- 4 x Manual Handling
- 4 x COSHH Awareness
- 23 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. [Construction company and director sentenced for health and safety failings](#)
2. [Construction company fined after undertaking unlicensed asbestos work](#)
3. [Charity fined after injuries to member of the public](#)

We would like to welcome the new clients and look forward to helping them provide a safe place of work:

1. Quartic Engineering based in Strood
2. Strood Community Project
3. E&M Lifts
4. Crossley & Co Chartered Accountants

## EC Safety Helping in the community

1. We are proud to be supporting by a locally based community project. The Community project helps local young and homeless people and are intent on fighting poverty, unemployment and disadvantages in Strood. We have become their retained safety management free of charge and have delivered training to them as well. We hope to see this charity grow and will continue to support them wherever we can
2. We are currently assisting a local man to regain confidence in the working environment after recovering from illness. by offering him workplace experience and training. To date he has completed 3 eLearning courses, an IOSH working safely course the Emergency first aid at work course and has been carrying out office administration duties. His aim is to complete the NVQ Level 2 in business Administration within 3 months and seek gainful employment

**DON'T FORGET WE ARE "YOUR" SAFETY ADVISORS AND HERE FOR YOU AT ALL TIMES**

[www.ecsafetysolutions.com](http://www.ecsafetysolutions.com)

Please Note we obtain the information from the HSE Website and Updates