



# WATCH OUT FOR WINTER!

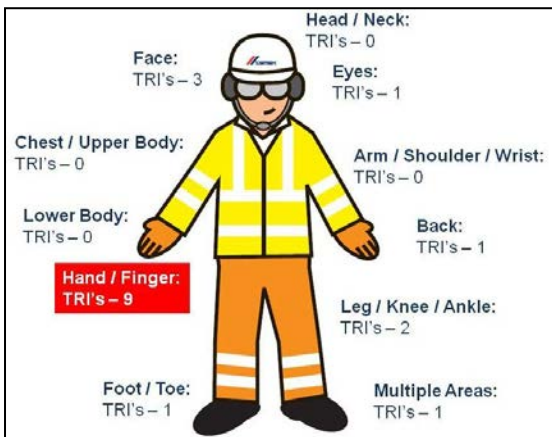
Looking at our headline health and safety statistics you could think we are doing well, with 2 lost time injuries so far this year compared with 8 at this stage in 2014. This is however only half the story...in terms of accidents where colleagues have suffered serious injuries, requiring treatment over and above simple first aid, it is a significant concern that we have only improved slightly compared to last year, with Total Recordable Injuries (TRI's) down from 20 to 18.

When reviewing these accidents, in which colleagues have suffered considerable pain and discomfort, it is apparent that **nearly half have involved wounds to hands / fingers**. Injuries have included amputation of part of a little finger and several examples of broken fingers / thumbs and cuts requiring stitches.



Employee badly cuts hand after tripping and falling

Our hands and fingers are essential if we are to enjoy our lives to the full and we should take care of them, following the **ERIC-P** hierarchy to reduce the risks when carrying out manual work:



- **E** – Can the task be **Eliminated**? Is there an alternative safer way of working...for example ordering materials cut to length?
- **R** – Can the risk be **Reduced**, by for example using safety knives with retractable blades?
- **I** – Can the hazard be **Isolated** from the operator, ensuring hand tools are in good condition, fitted with necessary guards and protective devices for example?
- **C** – Are the right **Controls** in place, with only authorised people carrying out tasks in accordance with effective safe systems?
- **P** – Is the correct **Personal Protective Equipment** being worn, including anti-cut gloves wherever there is a risk of a laceration to the hand?

In addition to hand injuries, an issue that has resulted in a significant number of accidents in the past is slips, trips and falls. After an unseasonably warm start to the autumn, forecasters are predicting a change in the weather throughout October, with wetter and windier conditions than of late and temperatures below average for the time of year. Now is the time to be thinking about what precautions we need to take to reduce the risk of slips, trips and falls when out and about on foot and also when driving this winter:

- **Is your site ready for winter?** Do you have stocks of grit-salt, de-icer and PPE? Is lighting adequate and are arrangements in place for frost protection and clearing / gritting areas?
- **Is your vehicle ready for winter?** Have you checked the fluid levels, including de-icer? Do you have an emergency kit and are your tyres, brakes, lights and mirrors all in good order?
- **Are you ready for winter?** Make sure you wear warm / reflective clothing (hi-vis on sites) and appropriate footwear. Use dedicated walkways and always Get a Grip on steps and stairways.

**Keep safe this winter...follow the Safety Essentials and ensure you look after yourself and each other!**



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FOLLOW THE **ERIC-P** HIERARCHY OF RISK CONTROL AND **KEEP YOURSELF AND YOUR COLLEAGUES SAFE THIS WINTER**