

Safety and Assurance Bulletin



INSIST ON SAFETY

June 2020



Covid Continues

Covid-19 will undoubtedly be the story of 2020. It is set to dominate our lives this year.

■ At the start of the year the virus seemed very far away and unlikely to trouble us here in Great Britain. SARS and MERS had been two previous viruses that didn't make an impact on these shores, and many of us thought Covid-19 would be the same. However, it has fast become a worldwide pandemic and has affected all of our lives to some extent.

As we write this the initial peak has been controlled and cases are diminishing. This has meant that the restrictions on our daily lives are being eased gently. The three week review period for easing of restrictions allows time for signs of any negative impact on infection rates to be seen. All three countries now have plans in place to ease restrictions in phases.

While there are subtle differences in the plans and the various easements will come at different times, the consistent message of working from home where possible will remain for some time, and where work cannot be done from home, social distancing and hygiene requirements will remain in place for the foreseeable future.

In order to highlight these necessities, we have adapted our Insist on Safety logo to support and remind people of the need for Safe Distancing. We will be using this in various ways in the coming weeks.

Tilhill has been part of a group helping to prepare a new FISA Guide on working safely during Covid-19. This is due for publishing imminently and has drawn upon the guidance from many companies in the sector and with contractor input to ensure there are workable examples of the precautions that need to be taken.

We are already seeing increased footfall in forests and parks, so all sites must keep their risk assessment regarding public

**INSIST
ON SAFE
DISTANCING**

activity under review and ensure that the controls in place remain effective to protect the public from our activities.

Sanity with Sanitisers

Bottles of hand sanitisers must be stored in accordance with manufacturer's instructions. They require storage away from heat due to the alcohol content. Consider how warm it may get if left in your vehicle during the day.

There are two issues being seen:

- Hot temperatures can cause the alcohol content to evaporate reducing how well the sanitiser works.
- Hot sanitiser bottles have squirted liquid sanitiser when the bottle top has been opened.

There was also a case where a person suffered burns to their hand when static electricity set light to the sanitiser on their hand when they touched something while their hands were still wet with sanitiser.

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The Sun and your Skin

In a normal twist of the British weather, the day that Lockdown started the incessant rain of this past winter stopped and the sun came out.

■ I feel I am risking the summer by writing this article but in the summer weather we must be more vigilant of time spent in the sun, whether at work or home.

Skin cancer cases are on the increase in the UK – and they are rising faster than in the rest of Europe. Every year in Great Britain, on average:

- Occupational skin cancer kills 60 people.
- There are at least 1,500 new cases of non-melanoma skin cancer and 240 new cases of malignant melanoma linked to solar radiation exposure through work.

Ultraviolet radiation is a risk that particularly affects outdoor workers, who receive 5-10 times the yearly sun exposure of indoor workers. Weather forecasts often include a UV Index in the summer months.

Worldwide, non-melanoma skin cancer is the most frequently diagnosed cancer, with an estimated 2-3 million cases registered every year. Protect yourself and your employees

from harmful ultraviolet radiation from the sun when outdoors, whether at work or play. Follow these steps:

1. **Cover Up** – Wear long, loose clothing to keep the sun off your skin. Loose clothing must not be worn where it could present a risk of entanglement in machinery.
2. **Protect Your Head** – Don't forget your head, face, ears and neck. If you wear a hard hat, consider a Legionnaire-style flap.
3. **Seek Shade** – Come out of the sun if possible during the most powerful ultraviolet periods (10am–3pm), and remember to stay in the shade during breaks.
4. **Use Sun Screen** – Use SPF 30 or higher on any exposed skin – apply it half an hour before going outside, put plenty on and reapply it frequently.
5. **Be Skin Safe** – Report mole changes (size, shape, colour, itching or bleeding) or any other concerns about your skin to your doctor as soon as possible – don't put it off, early treatment is important.

Remember:

- Drink sufficient fluids on hot days to stay well hydrated. Becoming even mildly dehydrated can affect concentration, decision making and coordination.

STAY SAFE IN THE SUN

Protect your skin from harmful ultraviolet radiation from the sun when you're working. Follow five simple steps to make sure you enjoy the weather, without putting your health at risk.



1 COVER UP

Wear long, loose clothing to keep the sun off your skin.



2 PROTECT YOUR HEAD

Don't forget your head, face, ears and neck – wear a hat, preferably with a wide brim, and sunglasses with UV protection. If you wear a hard hat, use one fitted with a Legionnaire-style flap. If you wear safety goggles, make sure they have a UV filter.



3 SEEK SHADE

Come out of the sun whenever possible during the most powerful ultraviolet periods (10am–3pm), and remember to stay in the shade during breaks.



4 USE SUNSCREEN

Use SPF 30 or higher on any exposed skin – apply it half an hour before going outside, put plenty on and reapply it frequently.



5 BE SKIN SAFE

Report mole changes (size, shape, colour, itching or bleeding) or any other concerns about your skin to your doctor as soon as possible – don't put it off, early treatment is important. Have a look at our simple skin check guide on the other page.



THE UV INDEX

The strength of the sun's rays isn't connected to the temperature – check the UV index. You'll find the index on many weather forecast apps and websites.

FIVE WORKERS A DAY GET SKIN CANCER*



LOW
(1,2)

You can safely stay outside



MODERATE
(3,4,5)

Take care during midday hours and don't spend too much time in the sun unprotected



HIGH
(6,7)

Seek shade during midday hours, cover up and wear sunscreen



VERY HIGH
(8,9,10)

Spend time in the shade between 10am and 3pm. Covering up and sunscreen essential



EXTREME
(11+)

Avoid being outside in midday hours. Covering up and sunscreen essential

Be Proactive, not Reactive

Maintenance of Machinery

Due to the ongoing Covid-19 pandemic, over the last 8 weeks many of our sites have either reduced production or stopped completely. In some instances, this will mean that machinery will have been inactive for the entire 8 weeks.

All machines must be maintained properly so they remain fit for purpose and records should be kept of this maintenance. In 2015 we developed a range of maintenance log books for the commonly used machines for contractors to use if they didn't have their own system of record keeping. These are still available from your FWM in either hard copy or electronic format. The maintenance records must be maintained.

Where a machine has been standing inactive for long periods then a full maintenance check should be completed prior to work commencing. A good starting point is a visual inspection for any obvious external deterioration and also to ensure all equipment parts such as guarding are in good condition. The vehicle/plant/equipment should also be closely inspected for evidence of vandalism such as fuel theft, tampering etc.

As machinery may have been standing for some time, check partially enclosed areas for wildlife activity i.e. bird nesting, this could be under wheel arches etc. If you do discover an active bird's nest then you must inform the FWM immediately as you may be breaking the law if you remove it. (Also applies to log stacks).

A recent example of a bird taking advantage of an unused machine was highlighted recently on a Severn Trent Water construction site. A Pied Wagtail nested in part of a crane causing the crane to be taken out of action and a replacement brought to site.

By carrying out maintenance on a proactive, rather than a reactive, basis, you can decrease equipment downtime, reduce the number of major repairs and increase your equipment's life cycle.



Remember:

PUWER requires:

- Machinery to be suitable for the task it is undertaking.
- Machinery to be maintained in a safe working condition.
- Machinery to be regularly inspected to check for defects.
- Operators to be trained and competent.
- Dangerous parts to be suitably guarded (e.g. PTO on a tractor).
- Have suitable control systems, including emergency stops, that are clearly labelled.
- Mobile work equipment have Operator Protection systems (OPS, FOPs and ROPs) suitable for the risks.

Drivers Beware

Reports from insurance companies have indicated a rise in claims from vehicles hitting wildlife.

■ With less traffic on the roads it seems wild animals may be venturing onto them more. Always drive according to the law and conditions, be aware of wildlife hotspots, e.g. driving through wooded areas, or areas with known deer populations.



Work at Height on Forest Haulage

The Work at Height Regulations have been in place since 2005 and have been a challenge for the haulage industry to meet across many sectors.

■ Some sectors have been able to install edge protection on trailers and fixed workplaces have been provided with fall arrest or platforms, but in the forest, a good solution has yet to be found. The FISA Forest Haulage Working Group have been working on practicable solutions to this problem.

The FISA Forest Haulage Working group has been specifically reviewing Work at Height in relation to flat HGV trailers, in particular, where drivers have to erect/disassemble bolster pins in the forest.

A video of solutions developed by WG members can be seen at:

<https://youtu.be/9IoDXlirY8w>

Development of a simple set up of a correctly tensioned centre strap, whereby the operator can clip in using a harness is supported by HSE.

Recommendations include:

- Any system should be reviewed against COP BS8437.
- The centre strap meets BS EN 795 and is printed as a 'Fall arrest only' strap.
- Consider use of tension indicators on the ratchet system.
- Operator work positioning belts and lanyards designed to prevent a driver reaching the edge of a trailer should meet with EN 358.

SAFETY BULLETIN FOREST PRODUCT HAULAGE

WORK AT HEIGHT 2005 (UPDATE MAY 2020)



Further to the bulletin issued in Oct 19

Core guidance and background resources on this topic remain as :

<http://www.hse.gov.uk/fallsfromvehicles/index.htm> <http://www.hse.gov.uk/pubns/indg401.pdf>

Receivers of timber should ensure their Risk Assessments / work procedures are compliant. Most commonly this will be through the provision of gantries and platforms in timber yards to allow access for safe sweeping off.

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Advice and help on these systems can be found at:

<http://jdescotland.com>

www.freightsecuring.com

www.arinsdale.com

June 2020 – Safety & Assurance Bulletin briefing

I have been personally briefed in the contents of this Safety & Assurance Bulletin.

Please add any questions relating to this briefing or any other health, safety and environmental matters you wish to raise:

Please add any suggestions on health, safety and environmental matters:

I have been briefed by: _____ My Tilhill Office is: _____

I understand that I am encouraged to submit comment and contribution from this bulletin.

Signed: _____ Name: _____ Date: _____

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ORIGINAL sheet to be held at the Tilhill Office.

Send a **COPY** to: Head of Safety, Tilhill, Unit 1, Birchden Farm, Broadwater Forest Lane, Groombridge, Kent TN3 9NR. Fax: 01892 860441. Email: ios@tilhill.com

Contractors: If you would like your own copy of this Safety & Assurance Bulletin please contact your local office and ask to be included on the mailing list.