



**THINK SAFE
STAY SAFE**



Tilhill

BSWGROUP member of binderholz

SAFETY AND ASSURANCE BULLETIN

INSIST ON SAFETY

SEPTEMBER 2023

A Cautionary Tail

Most forestry workers are well aware of the potential risk of contracting Lyme Disease from a tick bite when working outdoors, but are you aware of Leptospirosis, another disease that can also be picked up on site?

Leptospirosis, also known as Weil's Disease, is an infection carried by some animals and passed on through their urine. It is widely associated with rats, but cattle and even dogs can carry the bacteria.

The presence of watercourses on sites are considered a risk indicator. That risk increases around more established rivers where rodent infestation is more likely. Other indicators include fields recently populated by cattle.

When working in these environments consider the risk of handling items temporarily stored there, e.g., tree shelters. A Tilhill contractor is thought to have become infected with a serious case of Weil's disease this way.

Stores are a common place where we might encounter rats, or at least handle goods and equipment that carriers of the disease may have been in contact with. Consider the risk of rodent activity in the store, especially if you store food sources such as seed, and use rodent-proof containers for the storage. Should you have an issue, consult a pest controller to help manage the rodents.

INSIST ON SAFETY



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Instructions to people that may come into contact with surfaces, vegetation & water, contaminated with ANIMAL URINE while at work.

If you have to go to your GP or hospital with symptoms described on this card, you must tell those attending to you that you may have been exposed to contaminated water, because of the type of work you do.

SHOW THEM THIS CARD



Good hand hygiene is important when working in stores or outdoors. It is vital to keep cuts covered, consider if waterproof gloves are required to lower the risk. Take your rest breaks away from the work area and wash your hands before eating, drinking or smoking.

The symptoms of Leptospirosis/Weil's Disease include:

- high temperature, or you feel hot and shivery
- a headache
- feeling sick (nausea), you're being sick, or you have diarrhoea
- aching muscles and joints
- red eyes
- loss of appetite.

continued

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A Cautionary Tail – continued

If you feel unwell and suspect Leptospirosis, seek medical advice immediately

More serious symptoms require urgent medical treatment and include:

- yellow skin and eyes (jaundice)
- a rash
- being unable to pass urine
- swollen ankles, feet or hands
- chest pain
- shortness of breath
- coughing up blood.

If you feel unwell and suspect Leptospirosis, seek medical advice immediately and tell the medical staff you work outdoors and are concerned about Leptospirosis.

Tilhill has produced an updated 'keep safe' card detailing the symptoms of Leptospirosis. Please keep your card to hand. The cards will be distributed by our managers.



Autumn Rain



Three years ago, Tilhill launched its industry-leading Diffuse Pollution Online Training for all operators of large plant working on our sites.

Since the launch, hundreds of people across the industry have taken the training. We have seen the benefit of this with greater awareness of the issue when discussing with operators. Better awareness reduces the risk of diffuse pollution incidents on Tilhill sites, as well as all the other sites those individuals work on.

After a wet summer, and as we are now approaching the Autumn, it seems right to once again promote the training and remind everyone that it is still available. You may have had new operators join you since last year that haven't completed the training, or perhaps as a team you are new to working on Tilhill sites. In all cases the training is a requirement for all operators of large plant on our sites.

To request access to the Training: Scan the QR Code to register for access. You can also request access by emailing: ios@tilhill.com.

Within the limits!

In the UK, speed limits relating to goods vehicles differ from those applying to passenger cars. However, as ever, there are some exceptions, and the exemptions are not straight forward.

UK pickup speed limits

Many pickups – especially popular double-cab pickups with four proper doors and five seats – count as dual-purpose vehicles and can be driven as quickly as a car. **But** you must check the unladen weight.

Vehicle weights have increased as specifications improve, therefore many pickups are now greater than 2,040kg, which stops them being dual-purpose and restricts them to the same speed restrictions as vans.

For example:

- The **Toyota Hilux Double Cab 2.4 Diesel** has an **unladen** weight starting at **2,105kg**, and so **Goods Vehicle speed limits apply**.
- The **Isuzu D-Max Double Cab** has an **unladen** weight of **2000kg**, rising to **2030kg** for the **automatic**, so just **under the limit for dual purpose vehicles**.

It is important to check the stated unladen weight for your particular vehicle to ensure you are compliant with the law.

Important note: Single-cab pickup trucks (those with only two doors and no second

row of seats) *without* four-wheel drive are not considered dual-purpose and can only drive at the same speed as vans.

What are the speed limits for vans with side windows?

UK speed limit laws are not very clear when it comes to vans that are designed to carry passengers as well as goods.

Kombi (or combi) vans, double-cab vans and crew vans feature a second row of seats behind the driver. They can qualify for dual-purpose status in the same way as pickups – but only if they meet all the necessary requirements.

As such, they must have side windows and rear windows (not all crew vans come with them as standard), they must have the correct ratio of passenger space to load area, and they must have an unladen weight lower than 2,040kg (2.04 tonnes).

You can also look for 'window van' on the V5C logbook – but this will only make a difference if the van meets all the other requirements.

UK Speed limits (source GOV.UK)

The limits below are subject to further local restrictions, according to the posted speed limit signs – so you may find dual carriageways with 40mph limits, 20mph zones in towns, and so on.



You must check the unladen weight.

Type of vehicle	Built up areas mph (km/h)	Single carriageways mph (km/h)	Dual carriageways mph (km/h)	Motorways mph (km/h)
Cars, motorcycles, car-derived vans and dual-purpose vehicles	30 (48)	60 (96)	70 (112)	70 (112)
Cars, motorcycles, car-derived vans and dual-purpose vehicles when towing caravans or trailers	30 (48)	50 (80)	60 (96)	60 (96)
Goods vehicles (not more than 7.5 tonnes maximum laden weight)	30 (48)	50 (80)	60 (96)	70 (112) 60 (96) if articulated or towing a trailer

Sign Language

Planning is important as you are likely to have to contact the Local Authority to close or restrict carriageway usage.

When setting up work sites they will all, in some way, have a relationship with a road, either at the entrance to the property or working alongside the road.

If you wish to position warning signage on the road edge e.g., 'Lorries Turning', check with your local authority/third party highways management contractor, e.g. BEAR Scotland, whether there are any requirements you need to follow before erecting warning signs.

When working alongside a road, suitable measures need to be put in place to keep the road users safe from operations. It is important to consult and engage a suitable traffic management company.

When considering the traffic management arrangements proposed a key question to ask yourself is *"Will someone travelling along the road or footway from any direction understand exactly what is happening and what is expected of them?"* Engage a traffic management company with appropriately qualified operators to set out the appropriate signing and guarding.

Planning is important as you are likely to have to contact the Local Authority to close or restrict carriageway usage. A traffic management plan may be required to be submitted together with completion of Network Access Form to gain the necessary permission/permit.



World Suicide Prevention Day 2023, 10th September

Suicide can affect every one of us. Each and every suicide is devastating and has a profound impact on those around them. However, by raising awareness, reducing the stigma around suicide and encouraging well informed actions, we can reduce instances of suicide around the world.

'Creating Hope Through Action' is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us; that our actions, no matter how big or small, may provide hope to those who are struggling. Preventing suicide is often possible and you are a key player in its prevention. Through action, you can make a difference to someone in their darkest moments – as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbour. We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide.

Suicidal thoughts are complex. No single approach works for everyone. What we do know is that there are certain factors and life events that may make someone more vulnerable to suicide and mental health conditions such as anxiety and depression can also be a contributing factor. People who are suicidal may feel trapped or like a burden to their friends, family and those around them and thus feel like they are alone and have no other options. The COVID-19 Pandemic has contributed to increased feelings of isolation and vulnerability. By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them.

How do we create hope through action?

Reach In

You can help give someone hope by showing that you care. All of us can play a role, no matter how small. We may never know what we do that makes a difference. We all can reach in and ask somebody. You do not need to tell them what to do or have solutions, but simply making the time and space to listen to someone about their experiences of distress or suicidal thoughts can help. Small talk can save lives and create a sense of connection and hope in somebody who may be struggling.

Encourage Understanding

Stigma is a major barrier to help seeking. Changing the narrative around suicide through the promotion of hope can create a more compassionate society where those in need feel more comfortable in coming forward to seek help. We can all do something to live in a world where suicide is recognised and we can all do something to help prevent it.

By encouraging understanding and reaching in, we want to give people the confidence to take action. To prevent suicide requires us to become a beacon of light to those in pain.

Take Time To Reach Out



WORLD SUICIDE PREVENTION DAY
TAKE TIME TO REACH OUT

Taking time to reach out to someone in your community – A family member, friend, colleague or even a stranger – Could change the course of another's life.

You can help give someone hope by showing that you care. All of us can play a role, no matter how small. We may never know what we do that makes a difference. We all can reach in and ask somebody. You do not need to tell them what to do or have solutions, but simply making the time and space to listen to someone about their experiences of distress or suicidal thoughts can help. Small talk can save lives and create a sense of connection and hope in somebody who may be struggling.

Look out for those who are not coping

Warning signs of suicide include: hopelessness, rage, uncontrolled anger, seeking revenge, acting reckless or engaging in risky activities – seemingly without thinking, feeling trapped like there's no way out, increased alcohol or drug use, withdrawing from friends, family & society, anxiety, agitation, unable to sleep or sleeping all the time and dramatic mood changes.

You don't need to have all the answers

People are often reluctant to intervene, for many reasons, including a fear of not knowing what to say. It is important to remember, there is no specific formula. Individuals in distress are often not looking for specific advice. Empathy, compassion, genuine concern, knowledge of resources and a desire to help are key to preventing a tragedy.

Individuals who have survived a suicide attempt have much to teach us about how the words and actions of others can be important, and those who have come through an episode of severe suicidal thinking often say that they were not looking for specific advice, but that compassion and empathy from others helped to turn things around for them and point them towards recovery.

Don't be afraid to ask someone if they are suicidal

Another factor that prevents individuals from intervening is the worry of making the situation worse. This hesitance is understandable as suicide is a difficult issue to address, accompanied by a myth that suggests talking about it may instigate vulnerable individuals to contemplate the idea or trigger the act. Evidence suggests that this is not the case. The offer of support and a listening ear are more likely to reduce distress, as opposed to exacerbating it.

The listening ear of someone with compassion, empathy and a lack of judgement can help restore hope. We can check in with them, ask them how they are doing and encourage them to tell their story. This small gesture goes a long way.

Take time to notice what is going on with you, your family, your friends and your colleagues. By stepping closer and reaching in we can be aware of those around us who need help.

Take time to reach out and start a conversation if you notice something is different. By stepping closer and reaching in we can encourage those with suicidal thoughts to reach out.

Take time to find out what help is available for both you and others. By stepping closer and reaching in we can support those in need by sitting in their pain.

Every action can connect someone to life and the help they want.
To prevent suicide requires us to **become a beacon of light** to those in pain.

Our actions, no matter how big or small, may provide hope to those who are struggling.

In the News Elsewhere

Farm fined after man electrocuted.

A farm has been fined £60,000 following the death of a man who was electrocuted by an overhead power line.

The driver was delivering stone that was going to be used to repair farm tracks when the hydraulic arm of the tipper lorry came into contact with an 11kV overhead power line. He was electrocuted after exiting the lorry.

The Health and Safety Executive (HSE) the farm failed to carry out an assessment of how the work could be completed safely and did not consider the dangers involved with working near an overhead power line.

Overhead power lines typically carry electricity at voltages similar to the 11 kV in this case but can go up to 400 kV. The HSE has said they are 'concerned' about the nationwide trend of farm machinery getting bigger, increasing the risk of contact with power lines.

The Farm was found guilty of breaching Regulations 3(1) and 4(3) of the Electricity at Work Regulations 1989. The company was fined £60,000 and ordered to pay costs of £11,715.

HSE Inspector said: "This was a tragic and wholly avoidable incident – another sad reminder of the dangers of overhead powerlines. The death could easily have been prevented if the farm had acted to manage the risks involved and put in place a safe system of work."



Always
**INSIST ON
SAFETY**

September 2023 – 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, sustainability, and/or 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: _____
Signed: _____	Name: _____	Date: _____
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Signed: _____	Name: _____	Date: _____

ORIGINAL sheet to be held at the Tilhill Office.

Send a **COPY** to: Head of Safety, Tilhill, The Gatehouse, Ruck Lane, Horsmonden, Tonbridge, Kent, TN12 8EA. 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.