

# Newsletter February 2017



The Association has a web site: - [www.hgsafety.co.uk](http://www.hgsafety.co.uk)

HSE Web Link <http://www.hse.gov.uk/>

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## Topics

- **Stubble/Face fitting**
- **Manual Handling Guide**
- **Chop Saws**
- **Common Issues**

Face fitting dust masks are only effective as the surface they are in contact with. Recent research on stubble growth from the HSE.

## **New Manual Handling Safety Guide**

Good practice that needs to be implemented/planned when using chop saws. We recommend tool box talks are conducted on this subject.

# The effect of wearer stubble on the protection given by Filtering Facepieces Class 3 (FFP3) and Half Masks

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HSE Inspectors routinely come across workers with various degrees of stubble growth using respiratory protective masks, despite guidance to the contrary. This research studied the effect of 0-7 days stubble growth on the protection given by FFP3 filtering facepieces and half masks.

Fifteen male volunteers took part, each testing four masks. For most, three different design FFP3 and one half mask were tested, selected from seven models of FFP3 and 2 half masks. Fit tests were carried out immediately after shaving and repeated six times during the following week, without further shaving.

Results showed that the effect on protection was quite specific to the mask/wearer combination. Protection could be significantly reduced where stubble was present, beginning within 24 hours from shaving, and generally worsening as facial hair grew. Statistical analysis predicted this could reach an unacceptable level for all of the masks tested.

While some individual wearers did grow some stubble without significantly reducing protection with some masks, this was unpredictable and it would not be practical to conduct the necessary testing to confirm this for every individual wearer.

The current guidance advising being clean-shaven in the area of the mask seal is justified.

## Manual Handling

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Manual handling equates to approximately 50% of all work related injuries.

In order to help assist in choosing the safest method for the handling of materials on site we have produced the Manual Handling Safety Guide.

Manual Handling Safety Guide will be in all H & G's Site Safety Packs issued from April 2017.

# Manual Handling Safety Guide

	Material	Typical Weight	Recommended Handling		Manual Handling Controls
			Distribution around site	Fixing	
Groundworker	Reinforcement mesh 2.4 x 4.8mt	To 126kg	Mechanical	Mechanical	Minimum 2 person per 50kg
	Floor beams 175/225mm x 6mt	33kg/m	Mechanical	Mechanical	Only mechanical lifting and placing
	Blocks 100mm thick	18.5kg each	Mechanical	Manual	Use correct lifting technique
	Edge kerb 150 x 50	15kg each	Mechanical	Manual	Use correct lifting technique
	Kerbs 250 x 125	67kg each	Mechanical	Mechanical	Only mechanical lifting technique
	Kerbs 150 x 125	38kg each	Mechanical	Mechanical	2 person operation for < 10 kerbs
	Slabs 450 x 450 x 38	17kg each	Mechanical	Manual	Use correct lifting technique
	Slabs 450 x 450 x 50	24kg each	Mechanical	Mec/Manual	2 person operation for < 10 kerbs
Bricklayer	Slabs 600 x 600 x 50	43kg each	Mechanical	Mec/Manual	2 person operation for < 10 kerbs
	Slabs 900 x 600 x 50	65kg each	Mechanical	Mechanical	Only mechanical lifting technique
	Dense Blocks 100mm solid	18.5kg each	Mechanical	Manual	Use correct lifting technique
	Dense Blocks 140mm solid	26kg each	Mechanical	Manual	Use correct lifting technique
	Dense Blocks 100mm hollow	14.5kg each	Mechanical	Manual	Use correct lifting technique
	Aircrete Block 100mm 3.6N	6.3kg each	Mechanical	Manual	Use correct lifting technique
	Aircrete Block 300mm 3.6N	18.4kg each	Mechanical	Mechanical	Use correct lifting technique
	Stone cills/surrounds	50kg/m	Mechanical	Mec/Manual	Minimum 2 person lift
Roofer	Lintel – L1/HD 1200mm	13kg	Mechanical	Manual	Minimum 2 person lift
	Lintel – L1/HD 2100mm	28kg	Mechanical	Manual	Minimum 2 person lift
	Lintel – L1/HD 2700mm	48kg	Mechanical	Manual	Minimum 2 person lift
Carpenter	Type 1F felt	22.5kg/roll	Mechanical	Manual	Use correct lifting technique
	38 x 25 batten	25-40kg per 10	Mechanical	Manual	Break up bundle before handling
	Roof tiles	4.6-5.8kg each	Mechanical	Manual	Use correct lifting technique
Carpenter	Roof trusses	Various	Mechanical	Mechanical	Only mechanical lifting and placing
	1200 x 1200 window	30kg	Mechanical	Manual	Minimum 2 person
	1770 x 1500 window	70kg	Mechanical	Manual	Minimum 2 person
	Single sidelight door unit	88kg	Mechanical	Manual	Minimum 2 person
	Double sidelight door unit	109kg	Mechanical	Manual	Minimum 2 person
	External door	60kg	Mechanical	Manual	Minimum 2 person
	Internal door 762mm	12-40kg	Mechanical	Manual	Minimum 2 person
	Fire door 762mm	36kg	Mechanical	Manual	Minimum 2 person
	Garage door	64kg	Mechanical	Manual	Minimum 2 person
	Stairs – straight	90kg	Mechanical	Manual	Minimum 2 person
	Stairs – with kitewinders	160kg	Mechanical	Manual	Minimum 2 person
	Joists	45kg	Mechanical	Manual	Minimum 2 person
	Flooring 18-22mm	17-21kg	Mechanical	Manual	Minimum 2 person
	GRP Canopies 1.2 x 1.5mt	30kg	Mechanical	Manual	Minimum 2 person
	GRP Canopies 1.8 x 2.2mt	50kg	Mechanical	Manual	Minimum 2 person
Finishing Trades	Plasterboard 12.5mm thick	25kg	Mechanical	Manual	Use correct lifting technique
	Plasterboard 15.0mm thick	29kg	Mechanical	Manual	Use correct lifting technique
	Board finish	25kg	Mechanical	Manual	Use correct lifting technique
	Ceramic tiles (box)	18.5kg	Mechanical	Manual	Use correct lifting technique
	Tile adhesive (bag)	22.7kg	Mechanical	Manual	Use correct lifting technique
Plumbing & Heating	Toilet pan	23kg	Mechanical	Manual	Use correct lifting technique
	Basin	15kg	Mechanical	Manual	Use correct lifting technique
	Bath	21-60kg	Mechanical	Manual	Minimum 2 person
	300mm lead roll	37kg	Mechanical	Manual	Cut to length
	Boiler – floor mounted	75-96kg	Mechanical	Manual	Minimum 2 person
	Boiler – wall mounted	23-40kg	Mechanical	Manual	Minimum 2 person
	Radiator 1000 x 450	26kg	Mechanical	Manual	Use correct lifting technique
Kitchen Fixers	Radiator 1000 x 600	35kg	Mechanical	Manual	Minimum 2 person
	Kitchen base unit 500	28kg	Manual	Manual	Minimum 2 person
	Kitchen base unit 1000	36kg	Manual	Manual	Minimum 2 person
	Kitchen wall unit 1000	28kg	Manual	Manual	Minimum 2 person
	Full height housing	60kg	Manual	Manual	Minimum 2 person
Kitchen Fixers	Worktop 3m x 600 x 38	44kg	Manual	Manual	Minimum 2 person

- Use mechanical lifting as much as possible. Where manual handling ensure controls followed
- Refer to manual handling controls/additional care and attention is required
- Manual handling but **NEVER** lift more than you feel comfortable with

**Take care handling materials ...**

it takes a moment to hurt your back but the pain lasts a lifetime

# Chop Saws & Rotary Power Tools

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There has been an increase in the number of incidents across the industry where operatives have received cuts to their hands/fingers from woodworking equipment, rotary power tools such as chop/mitre saws, circular saws and grinders; some of which have resulted in quite serious injuries. Investigations have identified that these incidents have occurred as a result of poor set-up, lack of spatial awareness and not adhering to the manufacturer's guidance and the risk assessment for the equipment.

Of the two most recent incidents the first involved a joiner using an 110v electric circular rip saw to cut a small length of timber. The operative was cutting the timber on the floor (no work bench or clamps to secure the material whilst it was being cut); he then held the timber in one hand placing his fingers underneath. As the operative cut through the timber the blade of the rip saw came into contact with his hand resulting in severe lacerations to his fingers requiring micro surgery.

In the second incident, a joiner was cutting wedges out of a short length of skirting board using a bench mounted mitre saw. The skirting board was not secured in place and as the joiner was cutting the timber the blade began to slow down and jam; the joiner applied more pressure and the material being cut jumped forward, allowing his hand to come into contact with the blade causing deep laceration.



When using such equipment the back to basics checklist should be used to ensure:

## **RIGHT PERSON ✓**

- Has the operative received suitable training to use the equipment?

## **RIGHT EQUIPMENT ✓**

- Is the type of cutting equipment the correct tool for the task?
- Are cutting blades correct for the material being cut?
- Are safety devices working correctly i.e. fixed/retractable guards?
- Is the equipment in a good state of repair and regularly inspected?

## **RIGHT PLANNING ✓**

- Never hold materials being cut – use appropriate work benches and clamps.
- Never set clamps such that materials can be fed through – materials must be locked in place.
- Avoid loose fitting clothing and personal attire that could snag on the blade.
- Never force materials against the cutting blade/disc – if it jams stop, follow manufacturers guidance.
- Ensure that circular saws are not placed on the ground and left to 'run on' (following use) without the guard being fully reengaged.
- Never operate power equipment of any kind if you are tired or if you are under the influence of alcohol, drugs, medication or any substance that could affect your ability or judgment.

## **RIGHT WORKPLACE ✓**

- Are suitable work benches and material clamps available?
- Is the workplace clean and tidy?



# Common issues identified on Sites

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## **Nick Jones Safety Advisor**

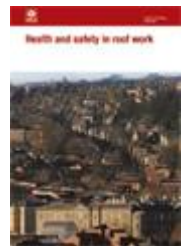
In the last five years there have been 12 fatalities associated with roof work.

There have been a number of occasions within the previous couple of months on H & G member sites where a potentially serious incident could have occurred from failing to provide the correct precautions. One example involved inadequate edge protection to the leading edge of an industrial building which could have resulted in a fall.

When planning roof work on your sites The Work at Height Regulations 2005 apply and you should ensure that if work at height cannot be avoided then suitable precautions to prevent falls should be taken such as providing working platforms and guardrails. If you cannot prevent falls then you should mitigate consequences of a fall should one occur e.g. by providing collective protection such as safety nets, or airbags. Only as a last resort should personal protection such as a harness and lanyard be used.

You can get further guidance on planning roof work from HSG33 – Health & Safety in Roof Work.

<http://www.hse.gov.uk/pubns/books/hsg33.htm>



## **Adrian Hatton Safety Advisor**

Over the course of the last few weeks I have noticed an increase in asbestos and asbestos issues on sites.

This often occurs due to a lack of information or Knowledge, misleading information being given or in some cases client/contractor ignorance.

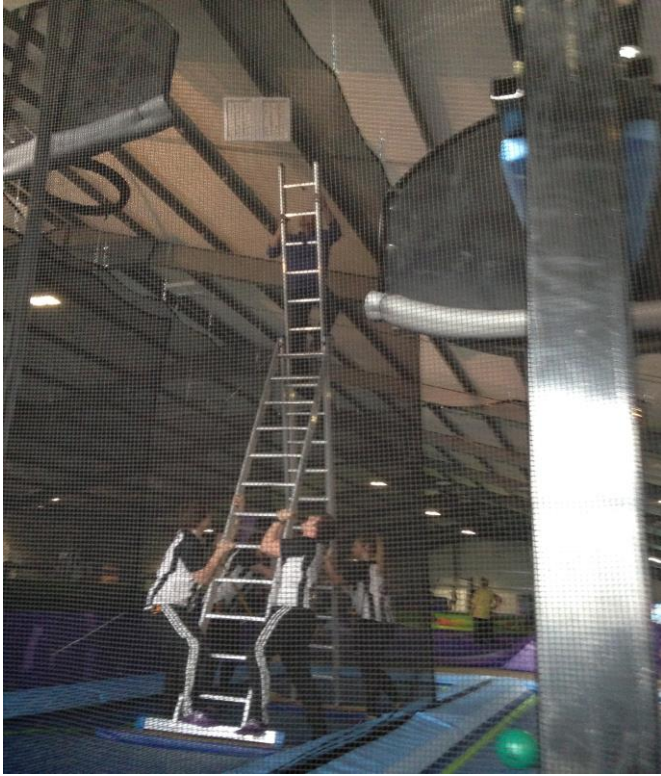
I would like to remind our members that All premises built prior to November 1999 require an up to date asbestos survey prior to work commencing on site. The results of the survey and nature of the site/project then depend on the action required e.g. manage the asbestos or remove the asbestos.

Where asbestos removal is to be carried out on site please ensure all the removal contractors relevant paperwork is in place and a site specific method statement stating how the works shall be carried out is on site prior to works commencing.

Please ensure an airtest certificate (certificate of re- occupation) is issued and present where required and the relevant waste consignment notes are in place.

# Rogues Gallery

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**Anyone for the high jump?**

**Not just the construction industry that encounters work at height issues**



**Drop in centre !!!**



**Muddy Hell !!!**



**There's nothing like good access**