



January 2008

Guernsey HSE website – lots of useful, free information and resources – make the most of it – if you are in the motor trade, for example, go to the video library for Motor Trade – a) HEALTH & SAFETY IN MOTOR VEHICLE REPAIR b) REDUCED RISK AT WORK c) TYRED AND EXHAUSTED
www.hse.gov.uk/guernsey/gg/Video.html#Motor

Work at height – the incorrect use of ladders is a continuing source of serious accidents in the workplace and the HSE has issued guidance on their safe use/alternatives which should be considered - see www.hse.gov.uk/falls/ladders.htm.

REACH - Sign up for the REACH (Registration, evaluation, authorisation & restriction of chemicals) e-bulletin to receive the latest news and information on REACH at www.hse.gov.uk/reach/ebulletin/index.htm

IOSH Toolkit – is a free resource – and contains information, guidance, factsheets, case studies, training materials, presentations and more to help you address occupational health issues. Go to www.ohtoolkit.co.uk for more information.

Farm self-assessment software - HSE has developed this free interactive software to help farmers carry out a comprehensive health and safety assessment of their farms and to raise the levels of health and safety awareness in the industry. It is aimed at all farmers (regardless of whether you employ anyone) and farm managers who are responsible for health and safety - www.hse.gov.uk/agriculture/assessment/index.htm

Slips, trips & falls – shattered lives initiative – 65 people were seriously injured in Guernsey workplaces in 2006 from slips, trips & falls and this HSE campaign is aimed at those most at risk including construction workers, electricians, gas fitters other tradespeople, and site managers, kitchen managers and chefs, food retail staff, area and store managers, food operatives and their shift managers – see www.hse.gov.uk/shatteredlives/index.htm

Employing workers from overseas - essential guidance for employers, employment agencies and businesses, gangmasters etc. on their health, safety and welfare responsibilities for temporary (including migrant) workers is available in the HSE website – new Latvian and Polish versions have just been issued – see www.hsenews.com/2008/01/11/employing-workers-from-overseas-latvian-version/ or www.hse.gov.uk/pubns/latvian/indg410.pdf. The English language version is at www.hse.gov.uk/pubns/indg410.pdf

Are you sitting comfortably? musculoskeletal disorders (MSDs) are now the most common occupational illness in Britain and IOSH has given guidance on comfortable working postures including:

- hands, wrists, and forearms should be straight, in-line and roughly parallel to the floor.
- head is level, or bent slightly forward, forward facing, and balanced.
- shoulders are relaxed and upper arms hang normally at the side of the body.
- elbows stay in close to the body and are bent between 90 and 120 degrees.
- feet are fully supported by floor or footrest.
- back is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.
- thighs and hips are supported by a well-padded seat and generally parallel to the floor.
- knees are about the same height as the hips with the feet slightly forward.

GOSHA news

- **AGM** – 22.11.07 was a successful evening. Ian Whattam of R.G.Falla was elected to the committee and will add his experience from the construction industry and enthusiasm for the benefit of us all. We'd like to thank Alan Chubb of Guernsey Electricity for an excellent talk on good health and safety practices and assessment and his colleagues, Sally-Ann and Mark, for their talk on the important topic of dial before you dig.
- **Open Meetings in 2008** – dates have been booked with La Trelade for 21 February (Dr Aubrey Thyer of HSL), 15 May (TBA), 18 September (TBA) and 20 November (Hannah Beacom, MD of Island Coachways).
- **Website** – We hope you are finding it helpful. Example risk assessments have been added to the training page.
- **GOSHA window stickers** –are a great way to let others aware of our association and your concern for workplace safety in Guernsey.
- **Membership renewal** – our membership year began on 1 November and it would help us so much if any outstanding fees could be sent without delay.
- **Raising issues/training needs etc** - our next committee meeting will be on 14 February – if you would like to raise any matter, please contact a member of the committee (details at www.gosha.org.uk).

GOSHA Committee