

GOSHA

GUERNSEY OCCUPATIONAL SAFETY AND HEALTH ASSOCIATION
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Newsletter – Guernsey HSE Up-date 30 November 2006

The HSE Team in Guernsey have kindly provided us with an up-date of new publications and reference material, all available from them, and these are listed below. We hope you will find them helpful and will take up the HSE's offer to assist you in accessing them.

For more details, please contact Jean Bourgaize on 234567. Also, please visit the Guernsey HSE website (link via www.gosha.org.uk) where the Guernsey Construction Approved Code of Practice is now available in pdf format. New guidance available includes:

- It's in your hands - dermatitis leaflet
- Fibre classification - potential hazard and risk
- Providing leadership on occupational health and safety
- Reducing slip and trip accidents in the health services
- Carbon Monoxide: the silent killer
- Corporate occupational health and safety governance
- Roller-curtain doors
- Better Backs campaign – posters available (see below)
- Absence management toolkit for line managers
- COSHH guidance on service and retail
- Stonemasons: exposure to respirable crystalline silica
- Control of Asbestos Regulations 2006 in force in the UK 13.11.06 (see below)

In addition, you may find the following summaries of interest (and guidance documents are also available from Jean).

Plant and machine management

The purpose of this Guide is to increase awareness of the factors to consider when managing equipment containing hazardous fluids or pressure and to help those responsible for equipment to understand and assess the risks of accumulated damage and deterioration.

The guidance is at a general rather than an equipment-specific level, and can be applied to a wide range of static equipment and associated machinery.

The management of equipment begins with an awareness that ageing is not about how old the equipment is, but is about what is known about its condition, and the factors that influence the onset, evolution and mitigation of its degradation.

Once the symptoms of ageing are understood, and detected from inspection, a decision can be made how to proceed. The options can include putting together a case to justify continued service, re-rating, repair, or scrapping the equipment.

In addition to the engineering aspects, there are important managerial issues that should also be considered. The company culture and defined roles and responsibilities are discussed in relation to managing equipment. These are affected by staff demographics, along with skills, training and competencies.

The importance of maintaining documentary information and records throughout equipment life is also highlighted.

Backpain – see www.betterbacks.hse.gov.uk

Backache is a fairly common problem. In fact 80% of adults will suffer back pain at some point during their adult life. Most people manage to continue working, or return to work within a few days or weeks, despite their pain..

What increases the risk of back pain?

Back pain can arise in many work situations. The exact cause is often unclear, but back pain is more common in tasks that involve:

- Heavy manual labour and handling tasks
- Manual handling in awkward places, like delivery work
- Repetitive tasks, such as manual packing of goods
- Sitting in front of a computer for a long period of time especially if your workstation is not correctly arranged or adjusted to suit your needs
- Driving long distances or driving over rough ground, particularly if your seat is not, or cannot be, properly adjusted

Some of the activities that can harm your back include:

- Repetitive or [heavy lifting](#)
- Excessive [bending and twisting](#)
- Exerting [too much force](#)
- Poor [working conditions](#)
- High [job demands](#) and lack of control
- Not recognising or reporting symptoms and not [doing anything about it](#)
- Back pain is a major problem for both employers and employees. There's a lot you can do to manage back pain in your workplace. Here are a few pointers:
- Get your staff involved
- Assess the risks and find ways to avoid or reduce them
- Provide your employees with sufficient training and information

In any business, it's important for a worker to get back to work as soon as possible. And when they do return, part of your role as a manager is to carry out a new risk assessment to check whether changes need to be made to the tasks they do either temporarily or permanently. In this way you can help them fully recover by gradually returning them to normal work.

Remember:

- Things can be done to [prevent](#) or minimise back pain
- Preventative measures are [cost-effective](#)

You cannot prevent all back pain but staying active and staying in work is the best way of managing it

The good news is that you can manage back pain in your workplace. A few simple tips to get your employees on the road to recovery include:

- Make sure they have the right information and [advice](#) on how to cope with back pain
- Reassure them that you are concerned about them and want to help
- Discuss whether modified work or a [gradual build-up to normal duties](#) will help them return to work
- Encourage them to stay active
- Check their workstations
- Think about your employees' working conditions and [the way they do things](#)
- Work together as a team to [identify new risks](#) and implement new solutions, after all many hands make light work
- Make sure your employees are using the [appropriate equipment](#) correctly and report symptoms early

Psychological ill health - Investigation of the links between psychological ill-health, stress and safety

The impact of psychological ill health and stress at work is gaining increasing attention from both researchers and organisations. The last few years have seen a sharp increase in interest in how this impacts on the individual's wellbeing and performance in a work context. At the same time, there has also been an increase in focus on the impact of human factors on accidents and safety related behaviours. A growing proportion of accidents and incidents are caused by human behaviour, rather than technology and equipment.

Investigating the causes of accidents, incidents and unsafe behaviour, including understanding the possible influence of psychological ill health, has become a priority. This understanding should address both whether experiencing psychological ill-health or stress at work can impact on individuals' safety behaviour and also how the presence of potential sources of psychological illhealth or stress at work may affect safety performance.

This report focuses on the relationship between psychological ill-health, stress and safety in a work context.

The management of asbestos in non-domestic premises. Regulation 4 of the UK's Control of Asbestos Regulations 2006

This publication gives advice on how to comply with the duty in regulation 4 of the Control of Asbestos Regulations 2006 to manage asbestos in non-domestic premises. It explains the duties of building owners, tenants and anyone else with legal responsibilities for such premises.

Please follow as best practice for Guernsey.

And finally Young People at Work - for those of us employing young people, there is now a dedicated HSE website to help : www.hse.gov.uk/youngpeople